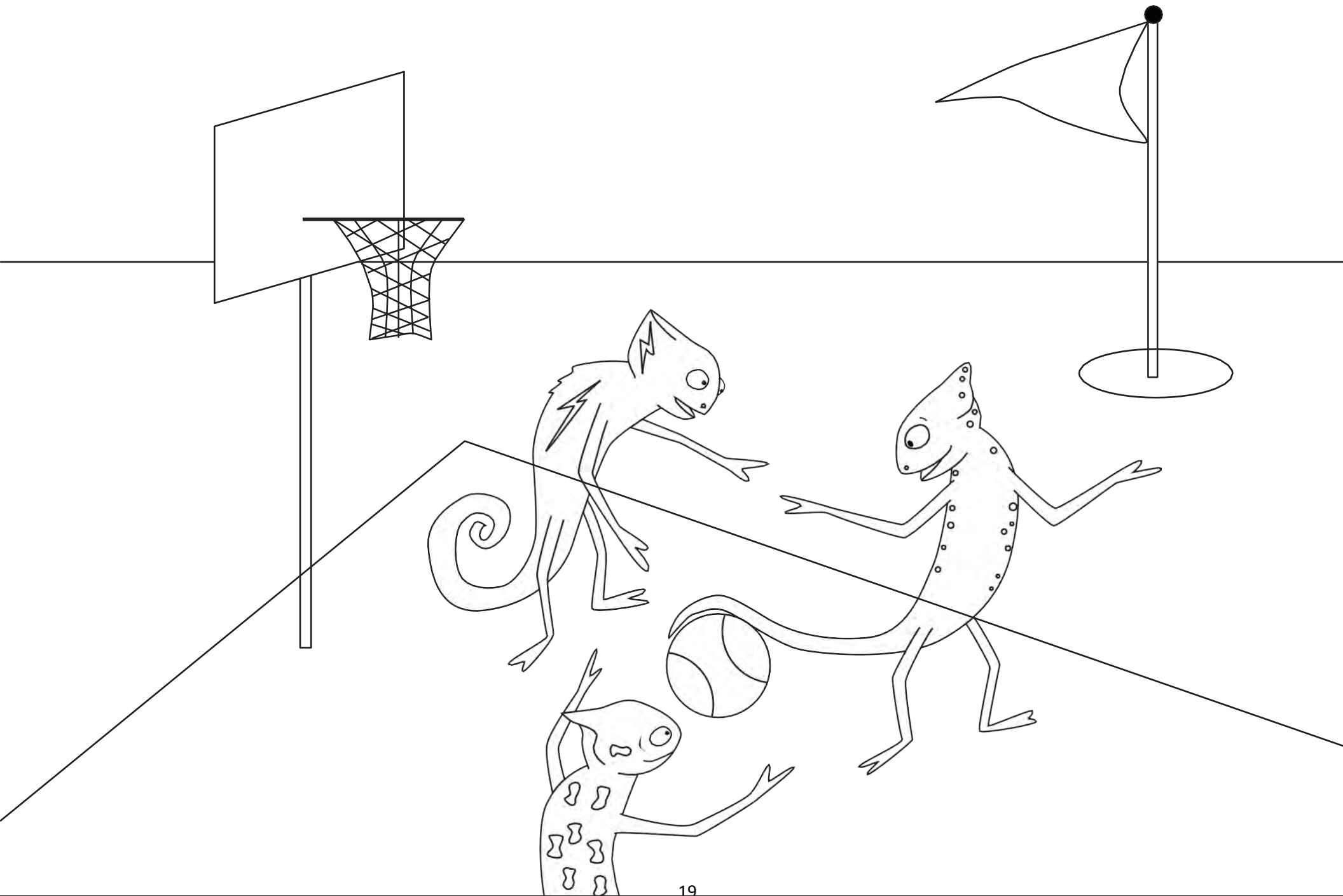


# Preschool Lesson Plans

These lesson plans correspond with the book, *Why Is Coco Red?*  
Visit [AirNow](#) to read *Why is Coco Red?* The [Why is Coco Red? video](#) is available on YouTube in English or Spanish.

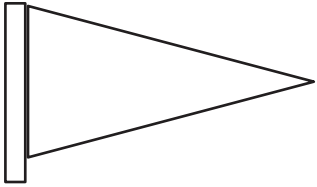




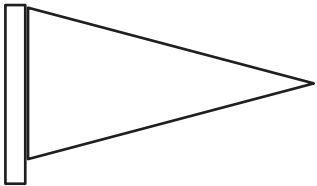
Exercise is good for you! Remember to take more breaks if the air outside is unhealthy.  
Check the air quality color at [airnow.gov](http://airnow.gov)

# What Color is Your Air Today?

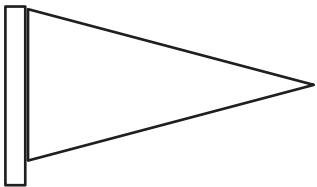
Color the flag to match each sentence.



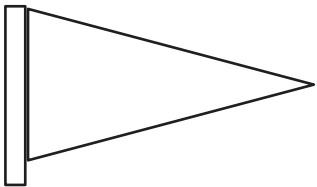
**Green means it's a great day to be outside!**



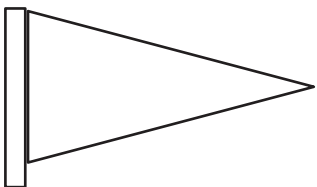
**Yellow means it's a good day to be outside.**



**Orange means it's OK to be outside,  
but take breaks and rest if you're  
playing for a long time.**



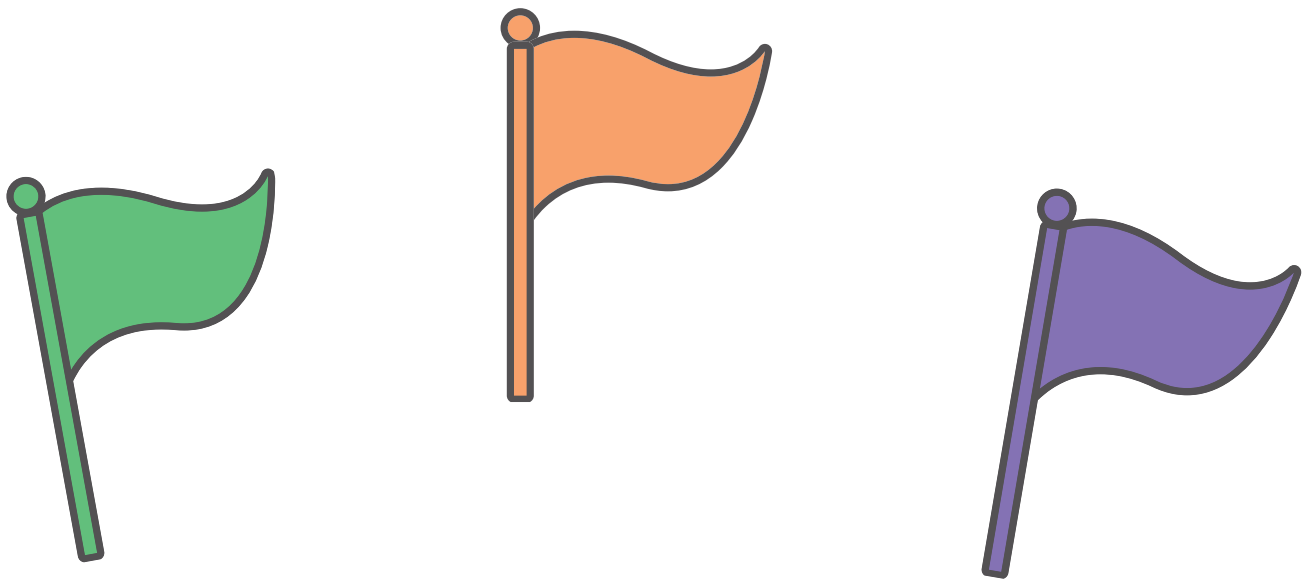
**Red means take breaks and rest while playing  
outside.**



**Purple means it's a good day to be inside.**

# Activity

## Green light, orange light, purple light



**This activity is connected to the air quality levels and can be used to complement the book, "Why is CoCo Red?"**

1. Explain to the children that they are going to practice following the air quality guidelines through a game. Review what the colors indicate about air quality.
  - Green levels mean healthy air.
  - Orange levels mean the air is unhealthy for sensitive groups (this includes all children, as their lungs are still developing), and children should take it slow and not run or engage in strenuous activity outside.
  - Purple means (hazardous) levels, children should stay inside.
  - For this activity, you will need a small green flag, an orange flag, and a purple flag. (If you have a color-blind student, consider marking the flags with different letters, like an G, O, and P, so they can differentiate them). Everyone lines up at one end of a space. When the Flag Raiser (child or staff) raises the green flag, everybody runs as fast as they can toward the finish line. When the orange flag is raised, runners must run in slow motion. If someone doesn't run in slow-mo, they have to go back to the start! When the purple flag is raised, everyone must freeze. Alternate flags in no particular order. First one to the finish line wins! (Or, to mix it up – last one to the finish line wins)!