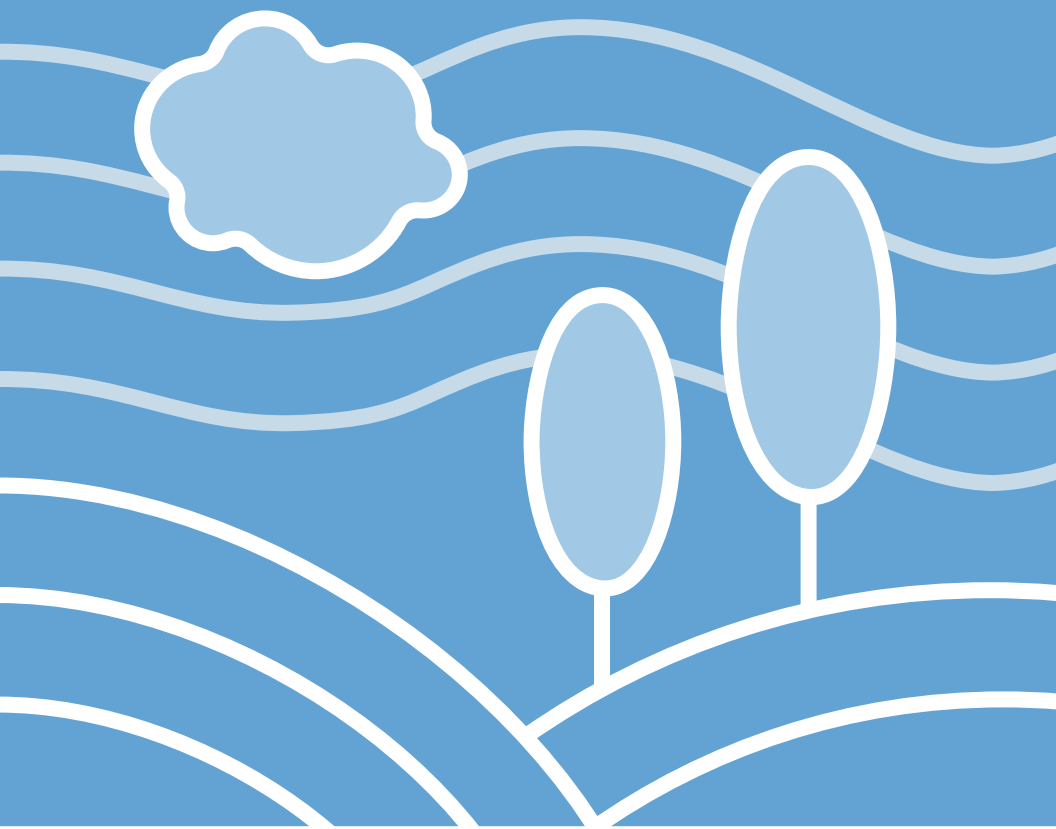
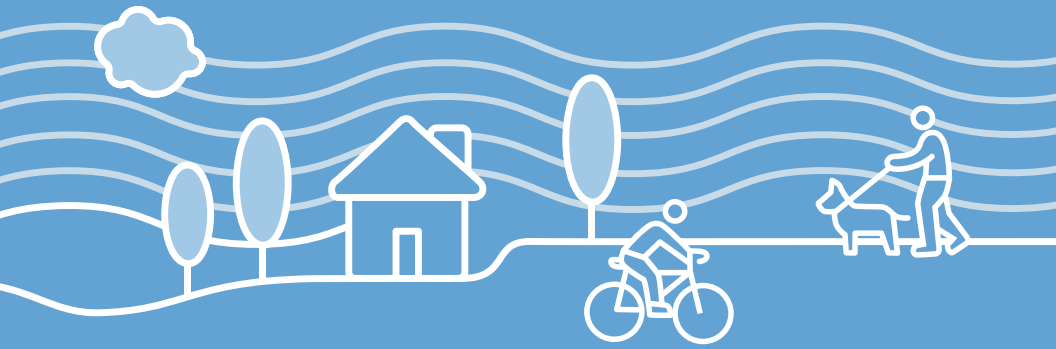


Little Steps.
Cleaner
Air.



Activity Guide



Better Air Quality = Better Health

Nothing is more a part of everyday life than the air we breathe. Most of us don't give it a second thought, but we couldn't survive without it. And when the quality of the air around us suffers, our health does too.

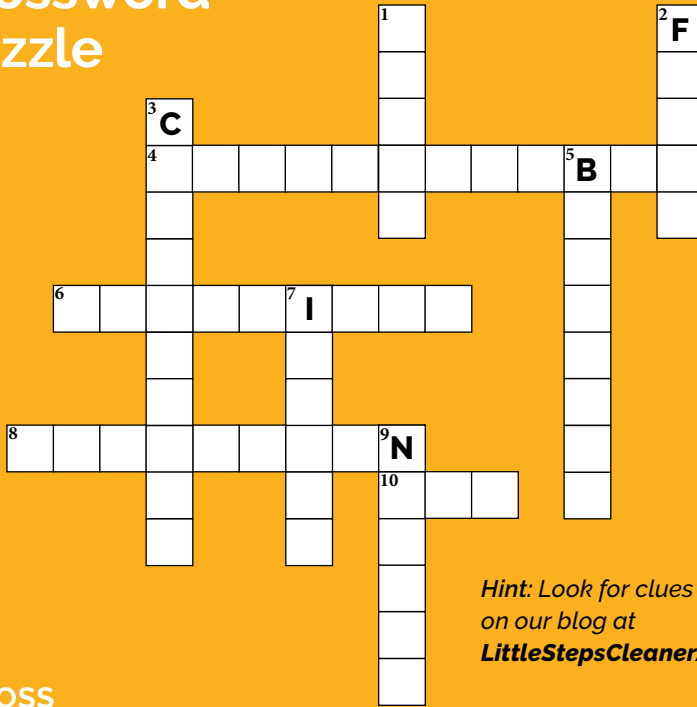
Although the air in the Omaha-Council Bluffs metro appears relatively clean, health studies have shown that levels of ground-level ozone — an odorless, colorless air pollutant — continue to be a health hazard in our area, and come close to exceeding the EPA's unacceptable, or "non-attainment" level, especially on hot summer days.

Little Steps Cleaner Air is a community-wide campaign focused on the idea that each of us has the power to help reduce ground-level ozone and improve our air quality.

Managed by the Metropolitan Area Planning Agency (MAPA), and funded by grants from the Federal Highway Administration and the Nebraska Environmental Trust, Little Steps Cleaner Air offers easy ways for all area residents to do their part.

Learn how you can help improve the air quality in our area on the following pages of this activity guide!

Crossword Puzzle



*Hint: Look for clues
on our blog at
LittleStepsCleanerAir.com*

ACROSS

4. Synonym for "non-attainment."
6. If we all take little steps to lower our _____, then together, we can reduce ground-level ozone in the Omaha metro.
8. If the Omaha metro goes over the ozone standard, we could face stricter _____ controls.
10. The mission of this agency is to protect human health and the environment.

DOWN

1. AQI stands for Air Quality _____.
2. _____ released by the gas pump can disperse overnight if you fuel up in the evening.
3. As part of the science _____ at several metro Omaha schools, Little Steps Cleaner Air provides hand-held air quality monitoring devices to classrooms.
5. E15 and E85 are examples of cleaner-burning _____ to fill up your vehicle.
7. Turn your car off when _____ for 30 seconds or more.
9. Ozone is good up high and bad _____. (*Hint: it rhymes*)

Storytime

Grab a friend and add in the missing words — no peeking at the story! Once you've filled in the blanks, take turns reading your story aloud.

Seven Little Steps to Improve Our Air Quality by

(your name)

Drive less. Carpool, _____ *(action verb)*, take the bus, or ride your _____ *(animal)* whenever possible. _____ *(verb)* all your errands in one trip to be more _____ *(adjective)* with your fuel usage.

Turn off your car when idling for more than 30 seconds.

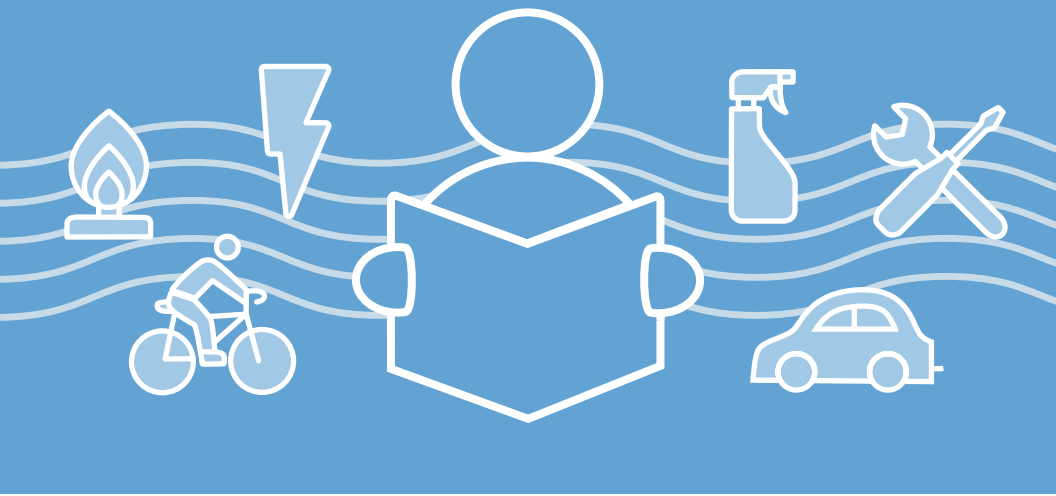
_____ *(verb ending in -ing)* your _____ *(noun)* for more than _____ *(number)* seconds uses more fuel than stopping and starting your engine.

Make sure your tires are inflated properly and that your engines

are maintained. Cars, trucks and even _____ *(noun)* burn fuel more _____ *(adverb)* when they're in _____ *(adjective)* working order.

Buy an electric or manual lawn mower, or mow your yard during the cooler hours of the day. Even _____ *(adjective)* engines

in _____ *(noun)*-powered mowers, leaf blowers and trimmers release as much as _____ *(number)* percent of unburned gasoline into the air.



Convert your wood-burning fireplace into gas. Wood smoke has _____ *(adjective)* health and environmental effects, and is less _____ *(adjective)* than _____ *(noun)*.

Weatherize your home by sealing cracks and insulating your walls and attic. You will use less _____ *(noun)* because your heater and air conditioner won't have to _____ *(verb)* as _____ *(adjective)*.

Buy environmentally safe cleaning products and paint. Recent studies have shown the environmental impact of the _____ *(adjective)* _____ *(plural noun)* that come from paint, _____ *(plural noun)*, chemicals and cleaning products have been underestimated in the past, so use as _____ *(adjective)* as possible.



Word Match

Think of the Air Quality Index (AQI) as a yardstick that runs from 0 to 500. The higher the AQI value, the greater the level of air pollution and the greater the health concern.

The EPA has assigned a specific color to each AQI value to make it easier for people to understand quickly whether air pollution is reaching unhealthy levels in their communities.

To view the daily forecast, visit www.DouglasCountyAirQuality.com.

Draw lines to match the Little Steps Cleaner Air air quality emoji to the correct AQI category.

Air Quality Index (AQI) Values

Levels of Health Concern

Little Steps Cleaner Air Emoji

When the AQI is in this range:

...air quality conditions are:

...as symbolized by this color:

0 to 50

Unhealthy for Sensitive Groups



51 to 100

Very Unhealthy



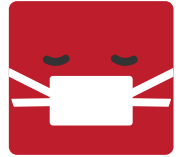
101 to 150

Hazardous



151 to 200

Good



201 to 300

Unhealthy



301 to 500

Moderate



Trivia

Put your air quality knowledge to the test! How many of these trivia questions can you answer?

1. According to the Air Quality Index (AQI), which numerical values fall within the "Moderate" category?
 - a. 10 to 25
 - b. 30 to 50
 - c. 51 to 100
 - d. 61 to 120
2. Which of the following are considered sensitive groups to air pollution:
 - a. Children
 - b. People with asthma
 - c. The elderly
 - d. All of the above
3. We can see ground-level ozone in the air.
 - a. True
 - b. False
4. Which of the following are NOT affected by ground-level ozone?
 - a. Cars
 - b. Animals
 - c. Forests
 - d. Crops
5. What's one little step people can take to reduce emissions and improve the Omaha metro's air quality?
 - a. Ride your bike
 - b. Carpool with friends
 - c. Walk to school
 - d. All of the above



Little Steps Scavenger Hunt

See how many of these air quality-friendly actions, items and people you can spot in the Omaha metro.

- Heartland B-cycle bike
- Person walking their dog
- Metro bus
- E-85 at the gas station
- People walking on the Bob Kerrey Pedestrian Bridge
- Runner
- Electric mower
- Someone at the gas station after 7 p.m.
- Empty drive-thru
- Family walking to school
- Someone waiting at a bus stop
- Bicyclist wearing a helmet
- Carpoolers (more than two people in a car)
- Good air quality reading on a phone

Bonus: Take a photo of the items you find and tag [@LittleStepsOMA](#) on social media using [#ShareTheAir](#)

Word Jumble

Can you unscramble these words that relate to clean air?

I miss nose
(1 word)

Gel-noodle nervouz
(2 words)

Eih are trash
(3 words)

T trains
(1 word)

Let starlet lairn pieces
(4 words)

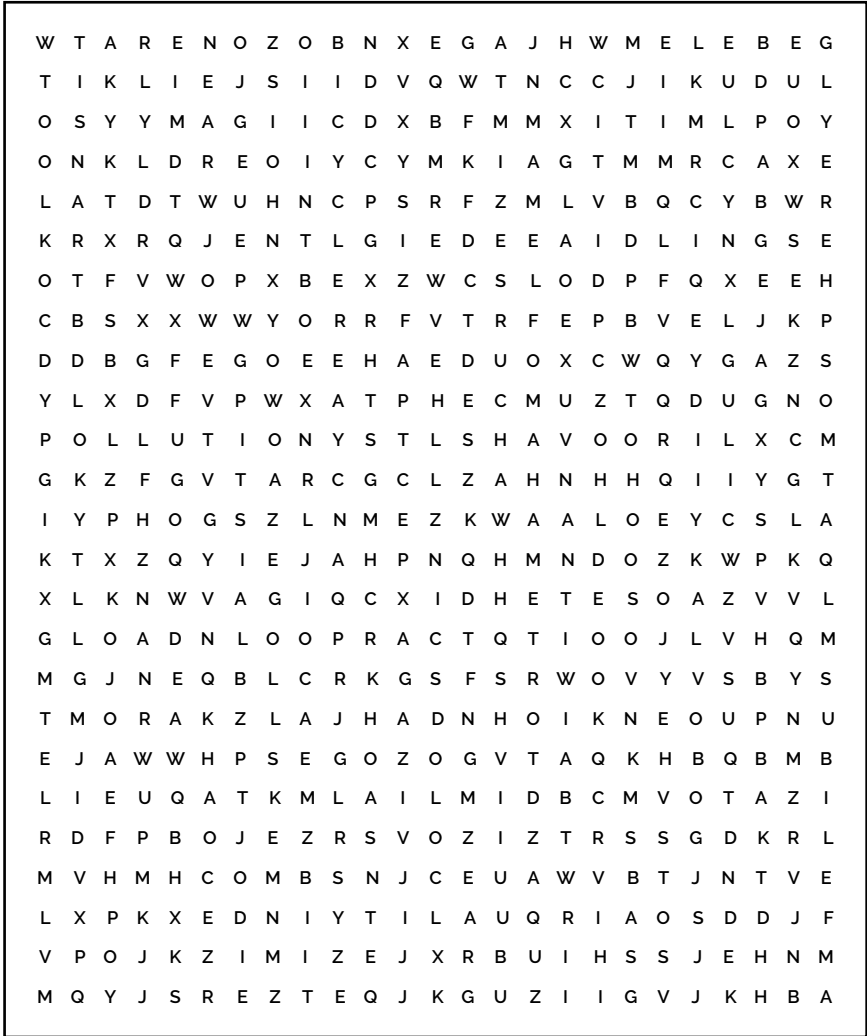
I rash deer
(1 word)

Any alter dozeo
(3 words)

Answers: I miss nose (emissions), Gel-noodle nervouz (ground-level ozone)
Eih are trash (Share the air), T trains (transit), Let starlet lairn pieces (Little Steps Cleaner Air),
I rash deer (rideshare), Any alter dozeo (ozone alert day)

Word Hunt

Find the following words relating to air quality in the puzzle below!



Air Quality Index

Asthma

Atmosphere

Bicycle

Biofuel

Bus

Carpool

Electric

Emissions

Ethanol

Little Steps

Cleaner Air

Idling

Omaha Metro

Oxygen

Ozone

Pollution

Share the Air

Transit

Walk



Little Steps.
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Air

METRO AREA CLEAN AIR COLLABORATIVE



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