

# PURPLE

## ENDS PREMATUREITY

Prematurity Awareness Month®

Elementary and  
Middle School Guide

### A Guide for Teachers

**Lesson ideas for elementary and middle school students on the impact of premature birth**

#### Mission awareness activity:

**What does prematurity look like?**

**Time:** 10 to 15 minutes

**Objective:** To visually demonstrate premature birth and why being born too soon is a problem

#### Materials:

**Mission materials:** Please choose one, some or all of the following:

- Ring
- Paper clip (regular, not jumbo)
- Preemie-size diaper and newborn-size diaper

**Activity materials** (optional):

- Crayons, markers or color pencils
- World Prematurity Day Coloring Activity Sheet



#### Instructions:

**Material instructions:**

- Paper clips: Pass around paper clips and ask students to imagine a baby so small that its foot is the size of the paper clip.
- Ring: Pass around or show students a ring and ask them to imagine a baby so small that the ring fits around a whole arm or leg.
- Diapers: Show students both diapers, explaining that the newborn diaper fits on a baby who was born on time, while the preemie diaper is for a baby born too soon, and sometimes this diaper is too big.

### Questions/explore:

- Ask students to find out from their parents how much they weighed when they were born. Ask if anyone in the room was born prematurely (too soon) or knows someone who was — and to tell their story, if they are comfortable talking about it. Ask students born prematurely to bring in photos.

### Activity (optional):

- Distribute the World Prematurity Day Coloring Activity Sheet and crayons. Ask students to color each state based on their letter grade:  
A – Purple; B – Blue; C – Yellow; D – Orange; F – Red
- Ask students to find their state (or point out yourself). Which color is it? Let them know that since 2002, the March of Dimes gives every state a Report Card each year. The higher the letter grade each state has, the lower percent of babies being born early in those states. Since 2002, # of states have turned purple. By 2020, the March of Dimes hopes to color the entire map purple.

### Service learning and fundraising activity:

#### Coin collecting for premature babies

**Time:** 1 week to 1 month

**Purpose:** To engage students in an activity that helps protect babies from being born too soon

**Materials:** Containers for collecting coins (coffee can, milkbox, etc.)

#### Instructions:

- Ask students to collect coins that will help give babies the best chance for a healthy start.
- Donate coins to your local March of Dimes office. Visit [marchofdimes.org](http://marchofdimes.org) to find your local office.

### Awareness activity:

#### Dress in Purple

**Purpose:** To engage students in an awareness activity to show their support for the March of Dimes and motivate their peers to do the same.

#### Instructions:

- Ask students to wear purple, the March of Dimes color, on World Prematurity Day (November 17) or another day during Prematurity Awareness Month.
- Encourage them to ask their friends to do the same
- On the day of the event, share information about the March of Dimes or ask students to share what they have learned.

# March of Dimes 2013 Premature Birth Report Card



Visit [marchofdimes.com/reportcard](http://marchofdimes.com/reportcard) for an interactive version of this map.

