# SUN SAFE SUMMER
## *Activity pack*

**8 fun activities for your little sunbeams**

The importance of growing up with a knowledge of sun safety and understanding of the dangers of over-exposure to UV cannot be underestimated, so if you're looking for some fun and engaging ideas to activate your pupils throughout the summer, we have 8 great activities to entertain them whilst learning all about sun safety.

The amount of adult assistance required will depend on the child's age and ability, there are plenty of activities to choose from and we have developed something for all ages and abilities to enjoy. From colouring, cutting, sticking and designing, to origami, planting, card games and more... let your little sunbeams shine and become Sun Safe Superstars this Summer!

SUN SAFE SCHOOLS
HELPING CHILDREN ENJOY THE SUN SAFELY

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# Animal Instinct

## Mix and match, question and answer

**All creatures that live in hot and sunny environments have different natural defences and habits that help protect them from the sun. Below are six examples of animals that show different ways they naturally protect themselves from the sun.**

**Can you complete the worksheet by cutting out the pictures and words for each animal below and stick them into the correct boxes overleaf? Then answer the follow up questions by drawing or writing your answers in the spaces provided.**

**Parental introduction to activity:** Explain to your child(ren) that although, like some animals, people have hair all over their body that helps to protect our skin, when we go outside on sunny days (and even on cloudy days in the summer) the sun's UV (Ultra Violet) invisible rays can quickly damage and burn our skin, so it is very important to make sure that we always follow the five S's of Sun Safety to make sure we NEVER burn.

Remember the five S's of Sun Safety: SLIP, SLOP, SLAP, SLIDE, SHADE

1. **SLIP on a T-shirt that will keep shoulders covered as they can easily burn**
2. **SLOP on sunscreen (minimum SPF 30, with high/broad-spectrum UVA protection)**
3. **SLAP on a broad brimmed hat to shade your face neck & ears**
4. **SLIDE on sunglasses to protect your eyes**
5. **SHADE from the sun when possible, particularly between 11am -3pm**

| | | |
|---|---|---|
| elephant | tortoise | koala |
| gorilla | meerkat | dog |

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# Animal Instinct

*Cut out and stick the correct animal name here*

*Write or draw the answer in the space provided in each box*

I love to go walkies and play in the sun, I always wear a fur coat to protect my skin. What am I?

_____

*Cut out and stick the correct animal picture here*

What item of clothing do we wear to help protect our skin from the sun?

_____

I spread dirt all over my back to cover my skin and protect it from the sun. What am I?

_____

*Cut out and stick the correct animal picture here*

What do we rub on our skin to protect us from the sun?

_____

I have a shell that protects me from the sun and when it gets hot I protect my head by popping it back into my shell. What am I?

_____

*Cut out and stick the correct animal picture here*

What do we wear to help protect our head and shade our face, neck and ears from the sun?

_____

I have dark circles around my eyes that absorb sunlight and help protect my eyes from the sun. What am I?

_____

*Cut out and stick the correct animal picture here*

What do we wear to protect our eyes from the sun?

_____

I spend most of the day sleeping in a eucalyptus tree that helps shade and protect me from the hot sun. What am I?

_____

*Cut out and stick the correct animal picture here*

Where should we play to help protect us from the sun?

_____

I don't like to go out in the middle of the day, I prefer to go out early in the morning and later in the afternoon. What am I?

_____

*Cut out and stick the correct animal picture here*

What are the best times for us to stay out of the sun?

_____

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# Dress to Impress

## Colouring, cutting and sticking fun

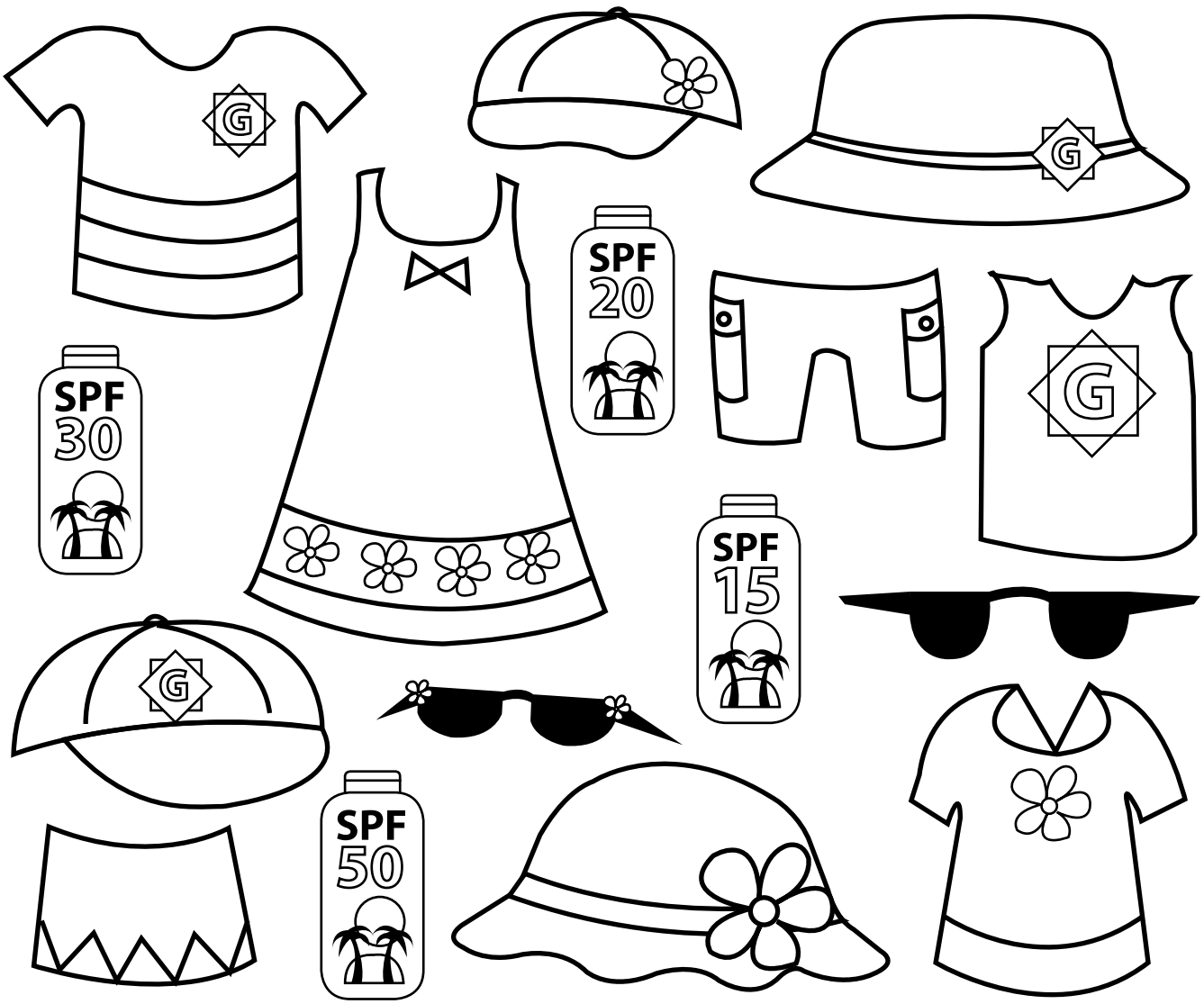
**George and Alice are going to the park to play, it's a hot sunny day so they need to remember the five S's of sun safety and dress in the right clothes that will help protect them from the sun. Can you help George and Alice get dressed?**

Choose the correct clothing from the items below, colour them in, cut them out and stick them on the picture of George and Alice overleaf. Remember, they must take their sunscreen with them, but which one's are correct?

To help you choose the correct items, here are the five S's of Sun Safety: SLIP, SLOP, SLAP, SLIDE, SHADE

**1. SLIP on a T-shirt that will keep shoulders covered as they can easily burn**
**2. SLOP on sunscreen (minimum SPF 30, with high/broad-spectrum UVA protection)**
**3. SLAP on a broad brimmed hat that will shade your face neck and ears**
**4. SLIDE on sunglasses to protect your eyes**
**5. SHADE from the sun whenever possible, particularly between the hours of 11-3**

Once you have dressed George and Alice, can you circle all the areas that they must apply their sunscreen to?
And can you complete your sun safe picture by drawing in the park in the background, as well as something that will help to shade them?

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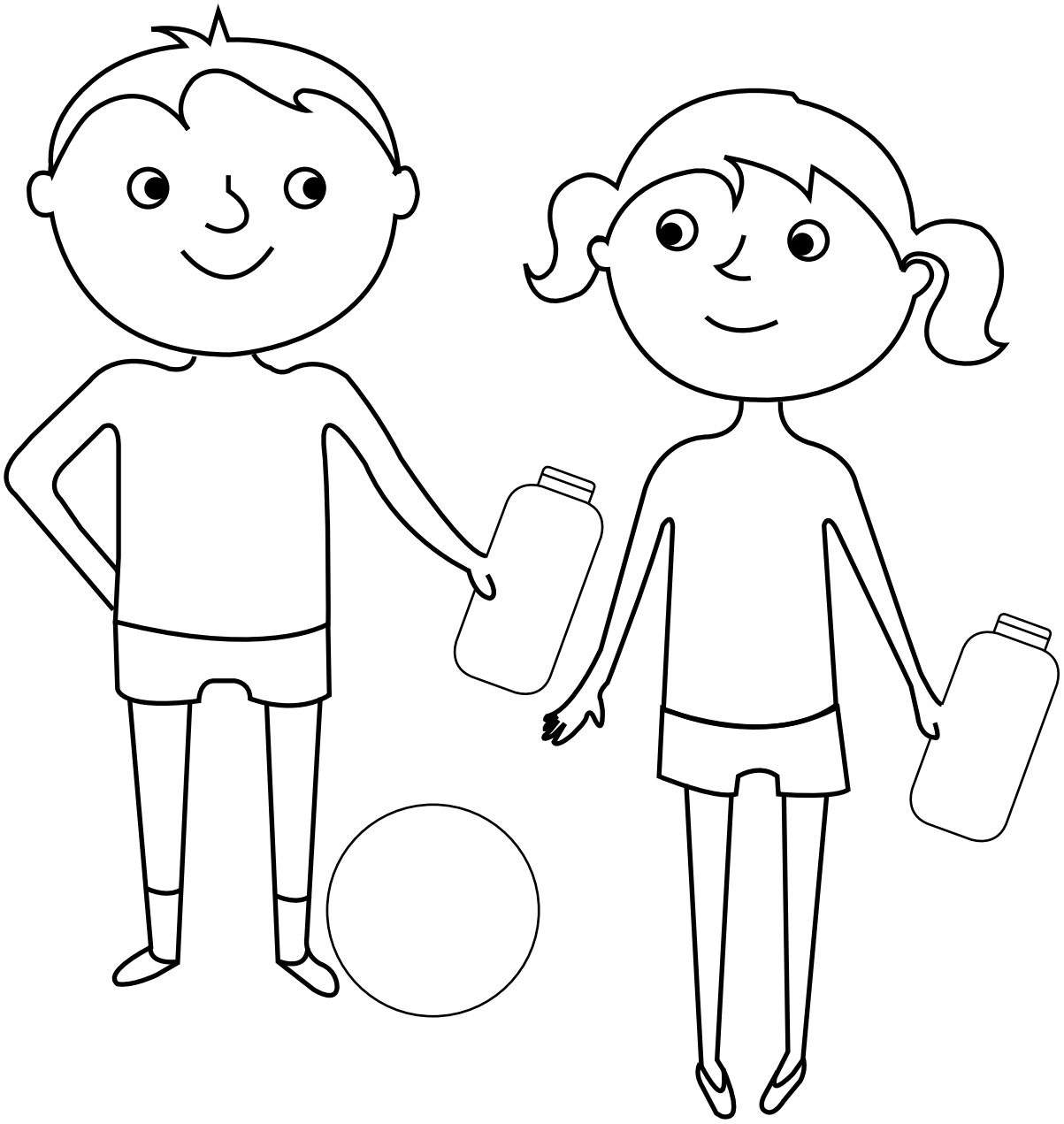
# Dress to Impress

My Sun Safe Picture



**Name:** _____ **Age:** _____

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# Cootie Catcher

## Are you a Sun Safe Superstar?

**Test your friend's and family's knowledge of Sun Safety, with this fun Cootie Catcher! Taken from the ancient Chinese art of Origami (paper folding) and often referred to as a fortune teller, the Cootie Catcher is an old-school favourite for children.**

Cut out the printed Cootie Catcher below around the dotted line and follow the instructions overleaf to fold and make the Cootie Catcher.
Instructions of how to play are also overleaf - are you a Sun Safe Superstar?!

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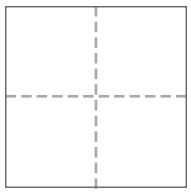
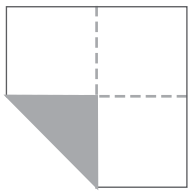
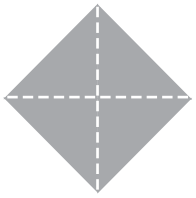
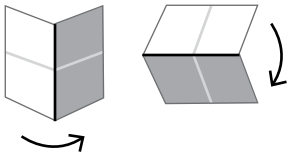
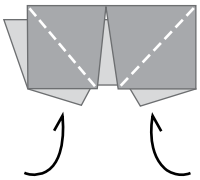
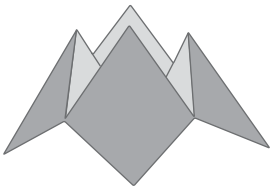
# Cootie Catcher

## Instructions and how to play:

Once you have carefully cut out your Cootie Catcher, place it face down on the table in front of you and follow the set of instructions from 1-9 below.

### HOW TO FOLD YOUR COOTIE CATCHER:

| | | |
|---|---|---|
| Crease the paper by folding in half vertically and horizontally<br>Artwork must be face down<br>  <br>1 | With artwork still face down, fold all 4 corners into the centre of the paper<br>  <br>2 | Your Cookie Catcher should now look like this:<br>  <br>3 |
| Turn the paper over, so the folds you have just made are face down<br><br>4 | Just like step 2, fold all 4 corners into the centre of the paper<br> <br>5 | Your Cootie Catcher should now look like this:<br> <br>6 |
| Now fold in half vertically and then horizontally to crease and reveal the numbered squares<br>  <br>7 | Insert your thumbs an forefingers underneath the 4 flaps either side<br>  <br>8 | Your Cootie Catcher is now finished and should look like this:<br>  <br>9 |

### HOW TO PLAY:

1) Find a friend or family member and ask them to pick a number from one of the top flaps.
2) With your thumbs and forefingers inserted in to all four corners of your Cootie Catcher, move the flaps in and out and from side to side the number of spaces your friend has picked.
3) Stop on the last number to reveal 4 different sun safety pictures and ask your friend to choose one.
4) In the same way as step 2, move the flaps in and out and side to side, counting out the spelling of each letter in the word that describes the picture your friend has picked - for example T-R-E-E = 4 moves.
5) Stopping on the last letter, to reveal another set of pictures ask your friend to pick one again.
6) This time open up the chosen flap to reveal the question and answer hidden underneath.
7) If your friend get's it right, give them another turn!

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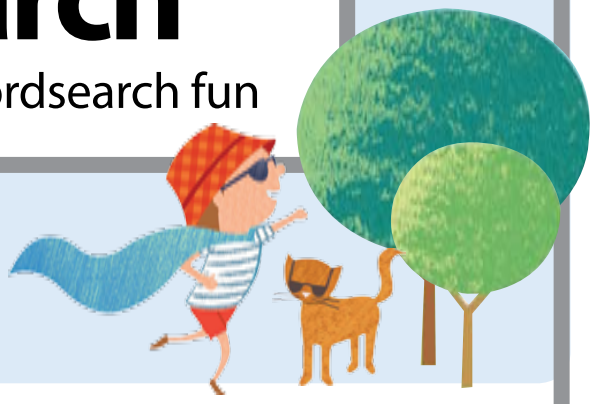
# Wordsearch

## 20 questions and giant wordsearch fun



**Test your knowledge of sun safety by completing the answers to the 20 sun safety questions below, writing the answers in the spaces provided. Then find each of the 26 words in our giant wordsearch overleaf!**

1): What are the five S's of sun safety? (find all 5 words in the wordsearch) _____

2): What must we always wear to make sure our shoulders don't burn? _____

3): What do we rub on to exposed skin to help protect it from the sun's rays? _____

4): What broad brimmed item should we wear on our heads to shade our face, neck and ears? _____

5): What should we wear to protect our eyes from the sun? _____

6): The sun's harmful rays are called UV - what does UV stand for? _____

7): The sun's UV rays cannot be seen, this means they are what? _____

8): The sun omits two types of UV rays, what are these called? (find both on the wordsearch) _____

9): You can usually find one of these in the park that will give you shade, what is it? _____

10): When applying sunscreen, what is the minimum SPF you should use (find the written number)_____

11): What should you drink plenty of to keep hydrated? _____

12): What should you make sure you never let your skin do when playing outside?_____

13): What is the hottest time of the day when we need to take extra care not to burn?_____

14): The sand, sea and swimming pools can increase our risk of burning because they _____the sun's rays.

15): Sunscreen should always be reapplied every_____hours. (Find the written number)

16): You should immediately reapply your sunscreen after you have been doing what? _____

17): The sun's harmful rays can still reach our skin even when it is what? _____

18): When on holiday or at the beach, what should you sit under that provides shade?_____

19): When should you make sure you are wear your sun hat and sunscreen at school?_____

20): Sunburn can be painful, it makes your skin turn _____ and makes it feel_____

**SLIP PARASOL SHADE SWIMMING TREE SUNSCREEN SLOP TWO UVB RED BREAKTIMES SUNGLASSES SUN HAT LUNCHTIME SLIDE UVA T-SHIRT SORE ULATRA VIOLET THIRTY INVISIBLE REFLECT SLAP CLOUDY BURN WATER**

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# Wordsearch

20 questions and giant wordsearch fun

**Have you managed to answer all 20 questions correctly?**
**Now try and find all 26 words in our giant wordsearch below.**

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| B | A | G | U | E | L | J | G | A | S | L | A | P | A | S | O | R | E | A | S |
| U | N | M | T | S | R | E | D | T | G | P | A | O | R | I | Y | K | X | L | U |
| R | E | F | L | E | C | T | B | S | A | U | A | F | L | A | N | T | O | A | N |
| N | B | A | F | L | H | D | E | Y | T | S | H | I | R | T | A | P | R | U | S |
| A | Q | W | C | O | A | T | V | U | E | L | C | E | P | A | B | W | K | A | C |
| C | A | V | L | C | K | S | F | B | A | U | A | G | S | H | A | D | M | U | R |
| Z | N | A | O | R | U | L | T | R | A | V | I | O | L | E | T | B | A | M | E |
| E | V | P | U | Y | A | I | G | E | L | A | F | N | I | S | H | E | G | T | E |
| A | F | S | D | A | G | D | E | A | B | E | L | L | P | F | A | R | T | A | N |
| B | A | H | Y | A | W | E | P | K | B | O | A | E | K | I | A | E | A | D | A |
| C | H | A | T | I | N | A | B | T | S | U | N | G | L | A | S | S | E | S | O |
| A | S | D | L | A | M | I | N | I | A | V | Y | L | U | E | V | I | O | L | X |
| R | G | E | O | X | Y | S | A | M | G | B | O | O | N | D | G | I | B | R | L |
| H | N | T | R | E | E | S | A | E | V | O | L | I | C | S | A | D | N | L | A |
| E | I | R | S | O | M | U | H | S | C | H | A | N | H | D | U | A | I | L | E |
| I | M | E | R | D | N | A | E | I | I | C | A | R | T | G | A | N | E | V | O |
| S | M | S | T | O | O | B | U | T | R | T | H | I | I | S | I | S | H | A | G |
| N | I | A | R | O | B | Y | T | R | E | T | V | G | M | N | I | T | T | A | E |
| A | W | A | T | E | R | G | W | A | I | N | E | F | E | D | A | L | M | O | T |
| X | S | A | X | A | E | N | O | A | P | A | R | A | S | O | L | A | D | T | S |

**SLIP PARASOL SHADE SWIMMING TREE SUNSCREEN SLOP TWO UVB RED BREAKTIMES SUNGLASSES SUN HAT LUNCHTIME SLIDE UVA T-SHIRT SORE ULTRA VIOLET THIRTY INVISIBLE REFLECT SLAP CLOUDY BURN WATER**

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# Spot the Difference

The 2 sets of sun safe pictures below show George the Sun Safe Superstar being Sun Safe in the garden, at school, at the park and at the beach.
Can you spot all 20 differences between set A and set B?

AT THE PARK: 1) Bird facing the other way. 2) Sunscreen SPF 30. 3) Flower on girls hat changed colour. 4) Boy playing football sweating & pink cheeks. 5) Park sign pointing in opposite direction. AT THE BEACH: 6) Sun's eyes open. 7) Ball flipped. 8) Extra cloud in the sky. 9) Boy has no sunglasses. 10) Logo on boys T-shirt has changed. IN THE GARDEN: 11) Cat facing the other way. 12) Sunflower has leaf missing. 13) Sun has different color hat. 14) Wooden sign has no point/arrow. 15) Blue band on Georgie's hat. AT SCHOOL: 16) No SPF on sunscreen. 17) Girls shoes are red. 18) Bird has moved. 19) Stripes on boys tie changed colour. 20). Sun not smiling

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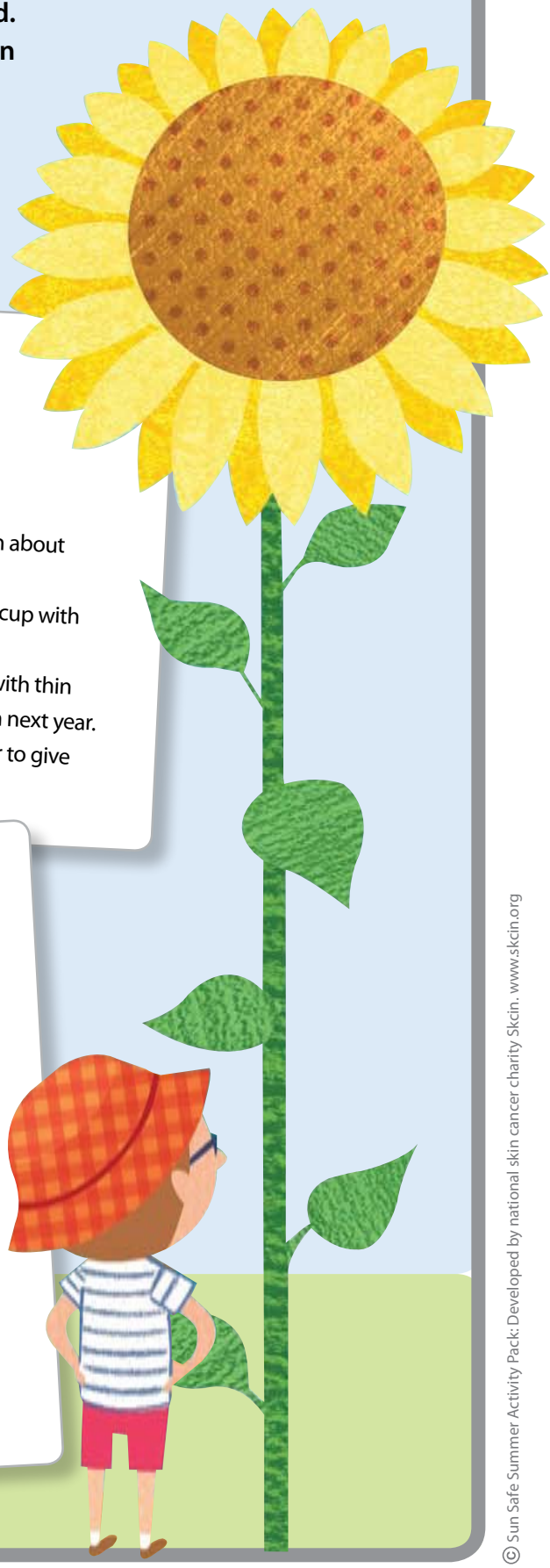
# Grow and Tell

Grow a sunflower and learn about the sun

**A fun and interesting activity to do with a parent or friend. You could even organise a sunflower growing competition with family members or friends! Follow the instructions below to plant your seed and grow your sunflower. Then watch and learn - use the activity tips below to watch for wildlife, track it's growth, learn about the sun and even make a healthy snack. Have fun!**



## Growing Instructions:

- To start, choose a sunny spot in your garden (6-8 hours of sun a day is preferable) that's shaded from strong wind.
- Soak your seeds the night before planting in warm water.
- Dig holes for your seeds about 5cm deep and 15cm apart.
- Plant your seeds, give them a water and water regularly, every day - in about 2 weeks the shoots should appear.
- If you need to protect your sunflowers from being eaten, use a plastic cup with the bottom chopped off or similar.
- If particularly popular with wildlife you may need to protect the head with thin muslin, that way you'll have some seeds left to harvest and grow again next year. When they get taller you may need tie them to a garden cane or similar to give the stems extra support.

## Watch and learn - activity tips

- Growing sunflowers is a great way to bring wildlife into your garden, can you spot and write down which birds and insects like them too?
- Sunflowers grow fast and tall, can you keep a weekly record of your sunflowers growth by measuring how tall it is?
- The sunflower heads will be different sizes, can you measure the heads to see which one is biggest?
- Watch how the sunflower heads track the sun - a great way to learn more about sunrise and sun set.
- Why not harvest your sunflower seeds - wait until the heads have gone really brown, chop the stem and hang them up to dry out for a couple of weeks. Then rub the heads together to loosen the seeds and put some in an envelope for next year. Any leftovers will make a tasty snack for the wildlife in your garden, or for your family - simply soak the seeds overnight and roast them in a hot oven - delicious and very healthy!

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# SLIP, SLOP, SLAP, SNAP!

Create your own fun miniature card game

**Brush up on the five S's of Sun Safety by playing this fun, miniature version of the children's classic card game Snap! Print out the 2 copies of the Snap cards overleaf and cut them all out.**

## How to play:

1) Shuffle the cards well.
2) Divide them into equal piles - (one for you and one for your opponent).
3) Face your cards picture down on the table.
4) Player 1 takes a card from the top of their pack and lays it down to reveal a picture or word.
5) Player 2 does the same with a card from the top of their pile.

• If the pictures or words match exactly, the first player to shout "Slip, Slop, Slap SNAP!" wins the cards in the middle.

• If a picture and a word match - for example; Player 1 puts down a picture of sunscreen and player 2 puts down the word "SLOP" - this is also a match! (Slop on Sunscreen) like the examples (left). To win the cards, you must be the first player to shout "Slip, Slop, Slap, SNAP!"

• If players do not lay down a matching pair - carry on playing and building up the pile in the middle.

• The winner is the first person to hold all the cards!

**To help you, here are the five S's of Sun Safety:**

1. **SLIP** on a T-shirt that will keep shoulders covered as they can easily burn
2. **SLOP** on sunscreen (minimum SPF 30, with high/broad-spectrum UVA protection)
3. **SLAP** on a broad brimmed hat that will shade your face neck and ears
4. **SLIDE** on sunglasses to protect your eyes
5. **SHADE** from the sun whenever possible

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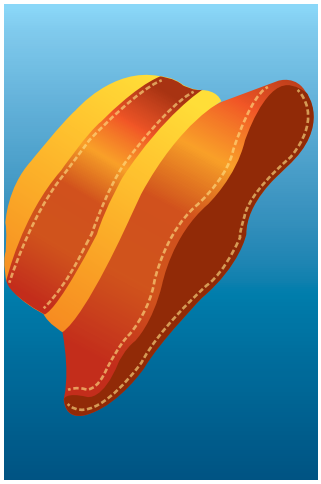

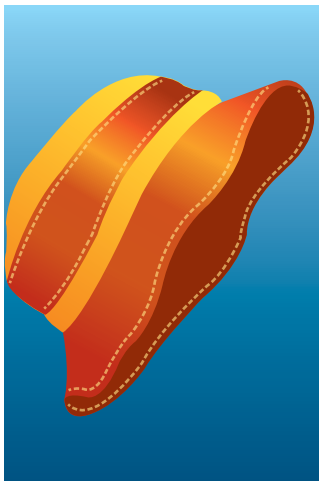

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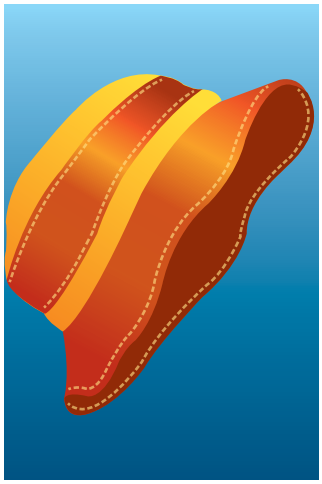

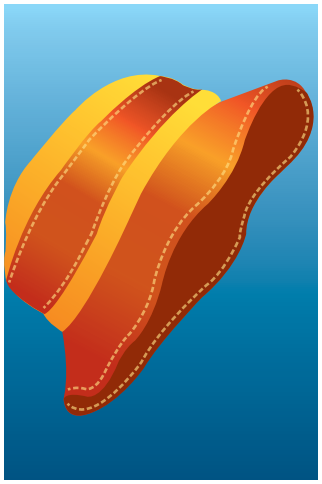

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# I Spy Shade

## Investigation fun in your own garden

**When it's hot and sunny, seeking shade is a great way to help protect yourself from the sun's harmful rays. Shade can come from different objects such as physical structures like your house, from natural sources such as trees and from man made items, like parasols.**

Take a look in your garden, can you spy shady areas? If you look again a little later you will notice that the shade has moved and that different areas of the garden provide shade at different times of the day as the sun moves. The sun is hottest between 11am and 3pm so it's a good idea to play in the shade between those times. To complete your 'I Spy Shade' task, follow the instructions below to make, fill in and plant your 'I Spy Shade' record cards.

### Your I Spy Shade task:

Your task is to spy and record the largest shaded area in your garden at 4 different times in the day:-

Between 11am and 12pm
Between 12pm and 1pm
Between 1pm and 2pm
Between 2pm and 3pm

### Instructions:

1) Cut out the 4 'I Spy Shade' cards overleaf

2) Attach your 'I Spy Shade' cards to a lolly pop stick, a twig or stick from the garden, or a spoon so that you can place them in the ground

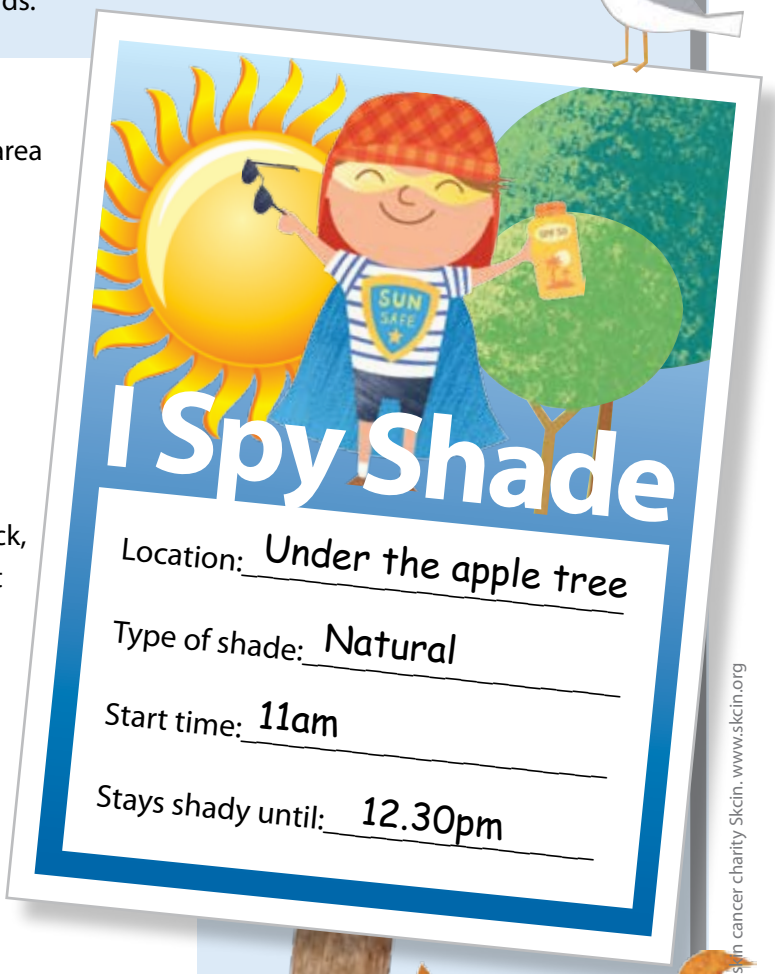
3) Start at 11am and find the largest shaded area in your garden

4) Fill in your first I Spy Shade card by writing in the location, for example 'under the apple tree' and the type of shade that it is for example: 'Natural' if it's a tree, 'Structure' if it's a building or Man Made if it's a parasol

5) Write in the time that you planted your card in the shade and watch to see how long it provides shade for

6) Finish by filling in the time that the shade moved - when your card is back in the sun

7) Now do the same using your other 'I Spy Shade' cards at 12pm, 1pm and 2pm



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# I Spy Shade

Investigation fun in your own garden!

## I Spy Shade

Location:_____

Type of shade:_____

Start time:_____

Stays shady until:_____

I Spy Shade

Location:_____

Type of shade:_____

Start time:_____

Stays shady until:_____

I Spy Shade

Location:_____

Type of shade:_____

Start time:_____

Stays shady until:_____

I Spy Shade

Location:_____

Type of shade:_____

Start time:_____

Stays shady until:_____

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