

# Sun Awareness

Be Sun Safe!

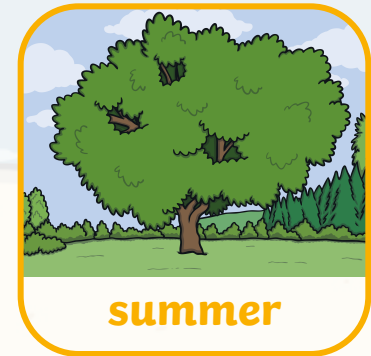


# The Seasons



Do It!

Can you put the seasons in the correct order?



answer



Discuss It!

Which is your favourite season? Why?

What is the weather like in each season?

Do we wear the same clothes for each season? Why?

# What Is Good about the Sun?

The sun gives us vitamin D.

It is healthy for our body and minds to play and learn outside.

It keeps us warm.

It helps plants grow.



# Why Should We Be Careful in the Sun?

The sun's UV rays can damage your skin.

The sun's UV rays can burn your skin.

The sun can be dangerous to everybody.

The sun is very strong between 11 a.m. and 3 p.m., even on cloudy days.

Have you ever been sunburnt?

Have you ever been suntanned?

Which is best?

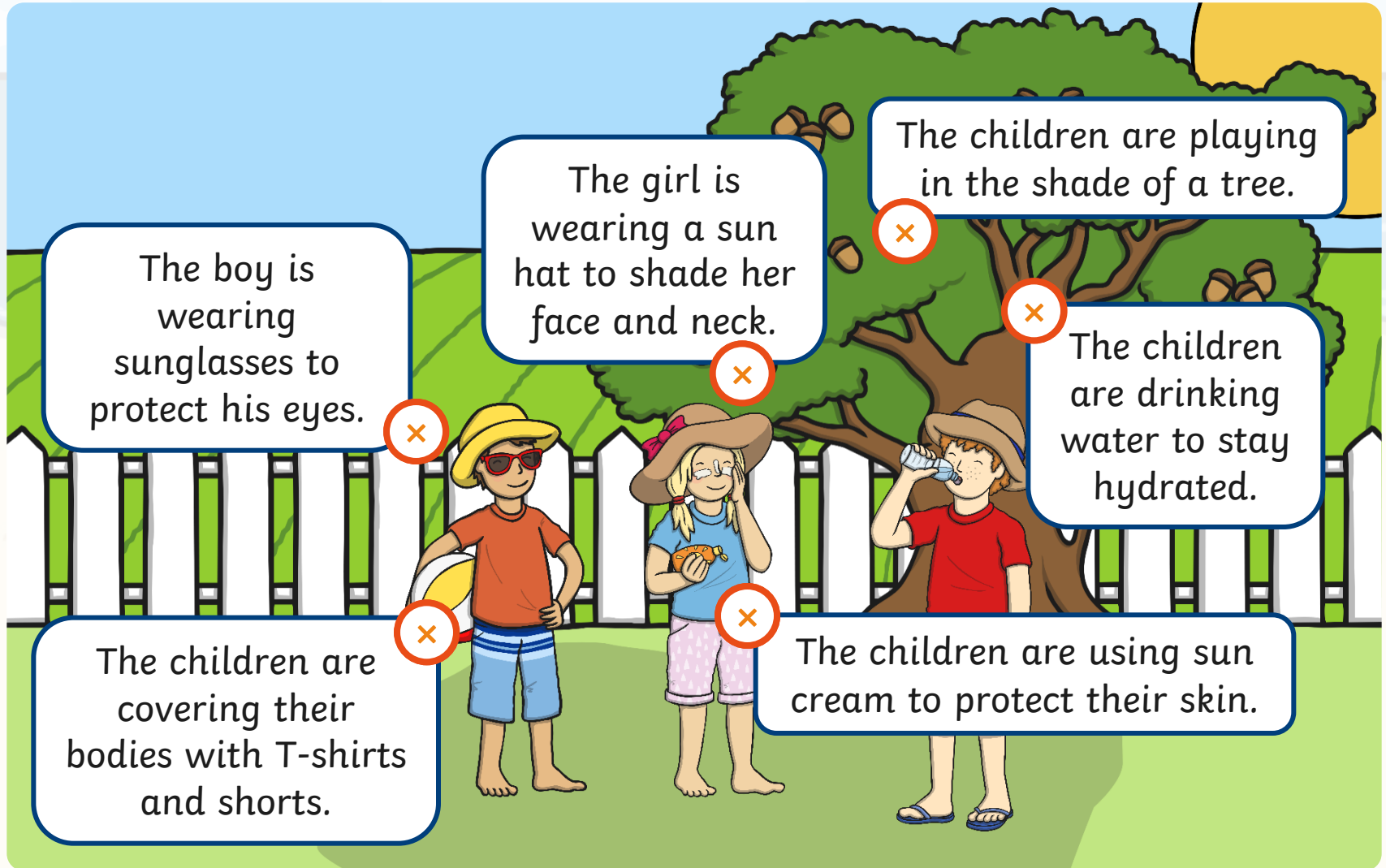
Neither is best; they are both just your skin trying to produce its own protection from the sun.

 Discuss It!





## How Are These Children Staying Safe in the Sun?



The boy is wearing sunglasses to protect his eyes.

The girl is wearing a sun hat to shade her face and neck.

The children are playing in the shade of a tree.

The children are drinking water to stay hydrated.

The children are covering their bodies with T-shirts and shorts.

The children are using sun cream to protect their skin.

# How Can We Be Safe in the Sun?

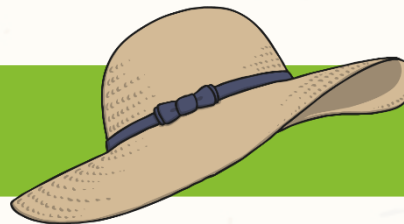
**Wrap!**



**Splat!**



**Hat!**



Wrap up in a...



T-shirt,



shorts and



sunglasses.

# Wrap!



Discuss It!

What kind of shade do you like to play in?

How many outdoor sources of shade can we think of?



## Splat!

Splat on some sun cream!

Wear sun cream on any bits of skin that are not covered, including your face, nose, ears, neck, arms and legs.

Remember to reapply the cream every 1 to 2 hours.

Make sure it is SPF 30 or more.



Sing It!

# How to Apply Sun Cream Safely

1. Look at the SPF number on the bottle. It should say 30 or more.
2. Shake the bottle and open it carefully.
3. Squirt some sun cream into your hands.
4. Rub the cream on your forehead and spread it over your face.
5. Do the same for your face, legs, arms and any part of your body that isn't covered up.
6. Check that every part of your skin is covered with sun cream or clothes. Have you missed a bit?

**Top Tip!** Be careful not to get sun cream in your eyes  
- it will sting!



# Hat!

Wear a wide-brimmed hat to keep your face and neck shaded!



Do It!

Spot the odd one out. Which of these hats would not protect your head in the sun?





# Be Sun Safe

Who should take care of your skin in the sun?

**You!**



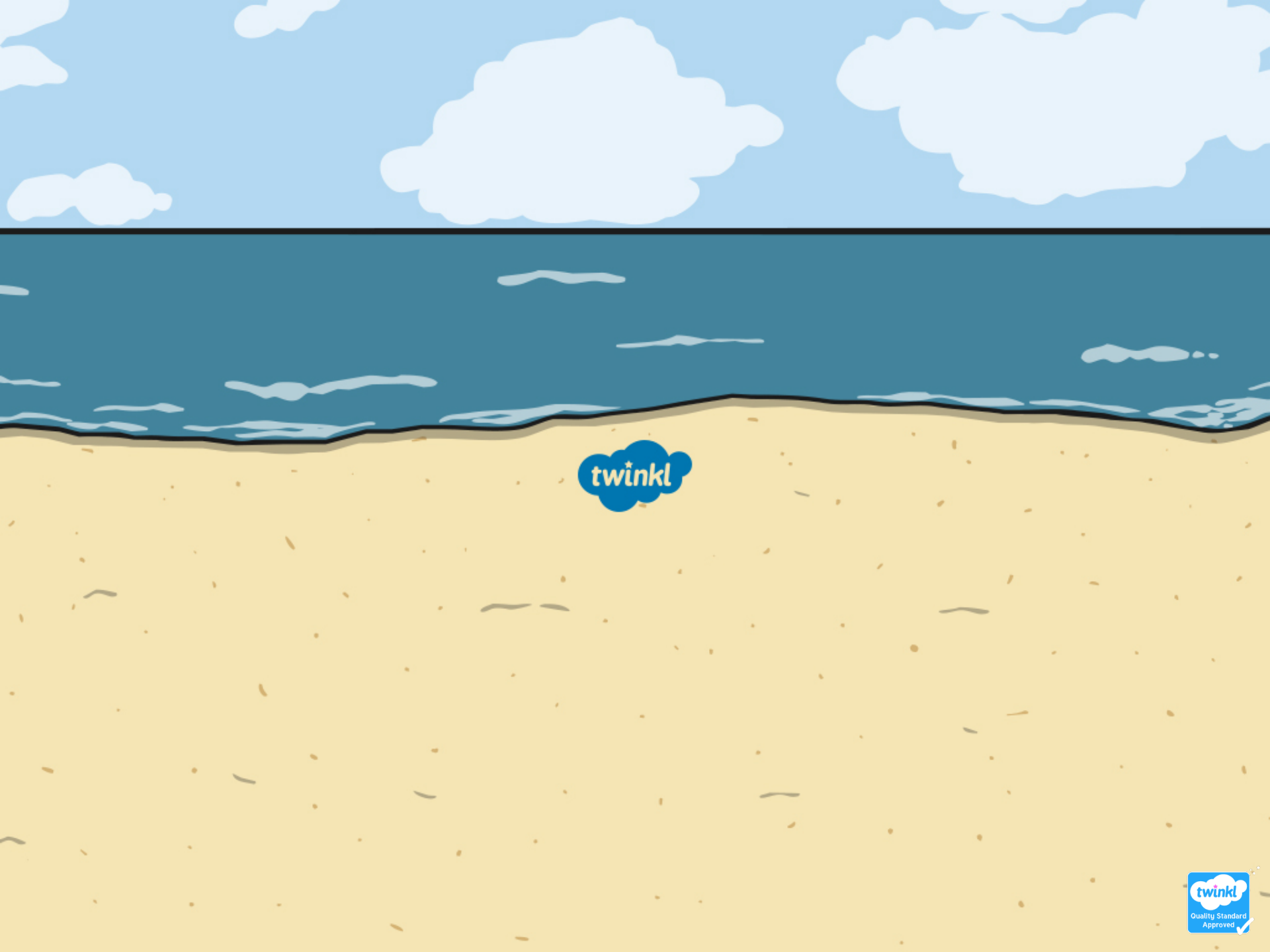
Discuss It!

Who can help you to stay safe in the sun?

Can you remember what you have learnt?

Tell your partner one top tip you have learnt.  
Can they tell you one?





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