

## \*\*\*\*\*Special Kid Edition!\*\*\*\*\*

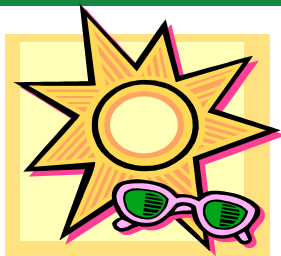
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### **The Sun and You**

The sun is wonderful! The sun heats the Earth. The Earth would be very cold without it. Plants would not grow without the light of the sun. But too much sun can hurt your skin. Too much sun will give you wrinkles and spots on your skin when you grow up. Too much sun can also give you a serious disease called skin cancer when you grow up. Learn about sun safety so you can protect your skin from the sun.



#### **Play inside when the sun is high in the sky**

The sun hurts your skin the most between 10:00 a.m. and 4:00 p.m. Go inside. Read a book. Play a game. Do an art project. Eat lunch. Go to an indoor pool, museum, movie or the library.



#### **Cover up with clothes and a hat**

Clothes and hats are great to protect your skin. Clothes and a hat shade your skin. Clothes and a hat will make you feel cooler when it is hot.



#### **Play in the shade**

Shade blocks the sun. Play under a tree, a tent, a sun umbrella, or some other type of shelter.



#### **Wear sunglasses**

The sun can hurt your eyes, too. Your eyes can get sunburned. Sunglasses and snow goggles will protect your eyes.



#### **Use sunscreen every day**

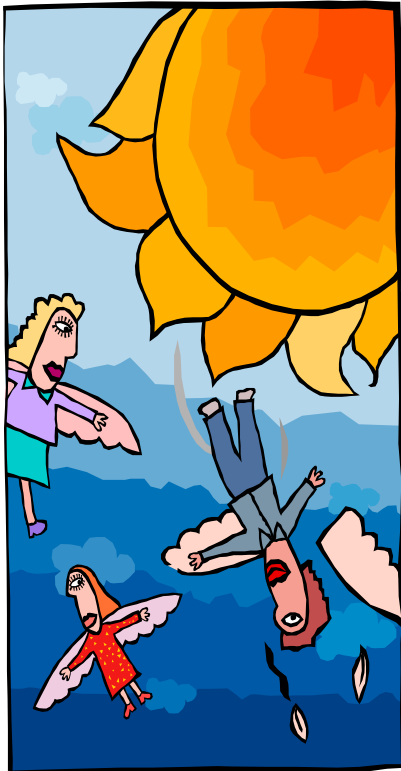
When you can't cover up with clothes, wear sunscreen. Waterproof sunscreen works when you swim. Put on sunscreen every 2 hours when you are outside. Use sunscreen every day, even in the winter and on cloudy days.



# Sun Safety Word Search

Find these words from Page 1 in any direction!

*Hat, Safety, Tent, Shade, Sun, Skin, Inside, Tree*



## Sun Card Activity

### Materials Needed:

Construction paper  
Small objects



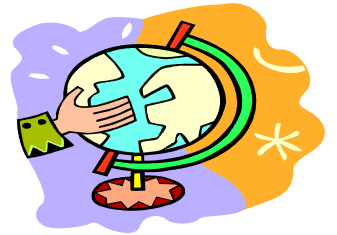
### Activity:

- Get some thick, dark-colored construction paper.
- Place some small objects with fun shapes on top of the paper, such as keys, small toys, or small household items. You can also cut out letters from another sheet of paper and glue them to the top of the colored construction paper.
- Place the construction paper directly in the sun in the morning. Check it at the end of the day. What did you find?

**Something to think about: If the bright sun can do this to paper, what do you think it is doing to your skin?**

Permission to reprint granted by the National Safety Council, a membership organization dedicated to protecting life and promoting health.

# Hats On for Sun Safety!



## **Wearing a hat: A great way to stay cool and safe in the sun.**

- Wearing a hat protects your face, neck and scalp from getting too much sun.
- Hats are like umbrellas. They shade your head from the sun.
- Hats keep you cool in the summer because they keep the sun off of you.
- Hats keep you safe in the sun and they make you look good. Lots of kids wear hats.
- Kids who live in Australia can't play outside at school unless they wear a hat.



## **Hats Around the World**

Kids and adults all over the world wear hats to protect their skin from the sun. Hats look different around the world. Can you tell where each of the hats below come from?

**Draw a line to connect each hat with the correct description.**

People in Mexico wear sombreros. Sombreros keep you cool when it's hot outside. They shade the head and neck from the sun.



Cone-shaped straw hats called coolies are worn by people in Asian countries like China, Vietnam and Korea. Farm workers in Asia will often wear coolies to protect themselves from the sun and rain.



People looking for animals on a safari in Africa might wear a safari hat.

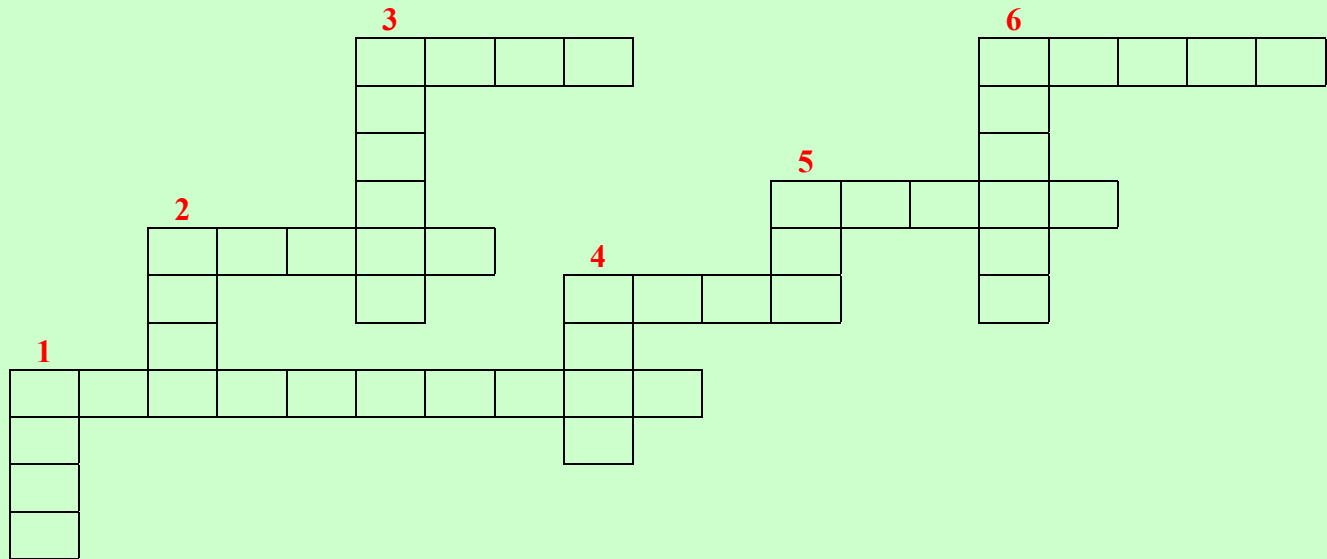


People in Colorado wear cowboy hats. Cowboys wear hats because they work outside most of the day. The hats protect them from getting a sunburn. Cowboys also wear long sleeve shirts and long pants to protect the rest of their bodies from the sun.



# Sunny Crossword

Use the sun-safe clues below to solve the crossword puzzle.  
The answers are on the pages listed next to the clues.



## Across

1. S\_\_\_\_\_ and snow goggles will protect your eyes from the sun. (Page 1)
2. S\_\_\_\_\_ from a tree, a tent, a sun umbrella or some other type of shelter blocks the sun when you are playing outside. (Page 1)
3. Hats will not make you feel hot. Hats will keep you c\_\_\_\_\_ in the summer because they keep the sun off of you. (Page 3)
4. You can put up a t\_\_\_\_\_ in your backyard to shade you from the sun and pretend you are camping. (Page 1)
5. The sun h\_\_\_\_\_ the Earth. The Earth would be very cold without it. (Page 1)
6. Wear sunscreen when you can't cover up with clothes. W\_\_\_\_\_ proof sunscreen works when you swim. (Page 1)

## Down

1. Hats keep you s\_\_\_\_\_ in the sun and they make you look good. (Page 3)
2. Too much sun can hurt your s\_\_\_\_\_. (Page 1)
3. Use sunscreen every day, even in the winter and on c\_\_\_\_\_ days. (Page 1)
4. Play under a t\_\_\_\_\_, a tent, a sun umbrella, or some other type of shelter. (Page 1)
5. Wearing a h\_\_\_\_\_ protects your face, neck and scalp from getting too much sun. (Page 3)
6. Use sunscreen every day in the summer, fall, spring and w\_\_\_\_\_. (Page 1)