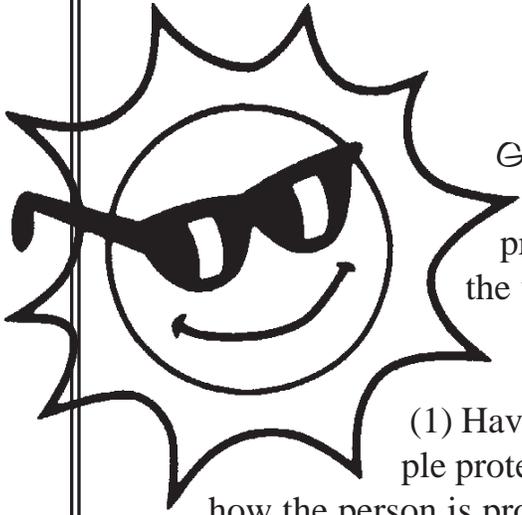


# It is a Sunny, Sunny World



**Goal:**

To familiarize children with ways that people protect themselves from the sun in different parts of the world.

**Procedure:**

(1) Have children participate by looking at pictures of people protecting themselves from the sun and commenting on how the person is protecting him/herself from the sun.

**Examples:**

Robes/head coverings worn in desert countries  
Straw hats worn in Southeast Asia  
Sombreros, Cowboy Hats  
Sunbonnets, Straw Hats  
Beach umbrellas, Tree Leaves  
Sunglasses

- (2) Have actual items on hand and have children volunteer to show how the item can be used to protect from the sun. Some items can be passed around for all students to try on.
- (3) You may want to mention siestas. In many hot, sunny parts of the world people take a midday nap to get out of the sun.
- (4) You may wish to point out that native people in sunny countries often have darker skin, which protects them from the sun.

# Silly Questions

## Goal:

To reinforce SunSafe concepts by taking advantage of small children's sense of humor and silliness.

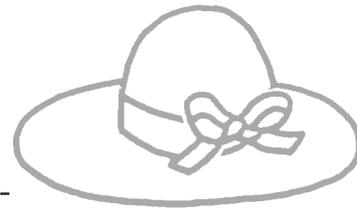


## Procedure:

Teacher asks a series of questions about SunSafe behaviors, using silly alternatives to help children identify correct behaviors. Children can shout out answers as a group. This can be done as a noisy outdoor activity if necessary.

## Examples:

“What do I wear on my head when I go to the beach. . . .do I wear a watermelon?”



(Children shout out “No!”) “Do I wear a crown?”

“Do I wear a soup can?”

Finally “Do I wear a HAT?” (“Yes!”)

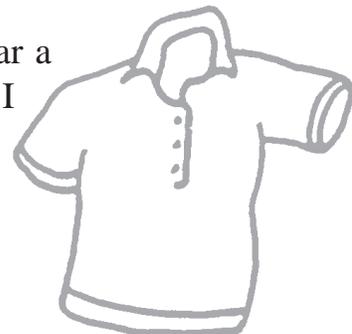


“What do I put on my skin when I’m out in the sun. . . .do I put on shaving cream?” “Do I put on maple syrup?” “Do I put on glue?”

“Do I put on SUNSCREEN?”

“What do I wear out in the sun. . . .do I wear a snowsuit?” “Do I wear an alligator?” “Do I wear balloons?”

“Do I wear a T-SHIRT?”



Feel free to make up your own alternatives!

# Animals Under Cover



**Goal:**

To relate the idea of skin protection to animals the children may be familiar with.

**Procedure:**

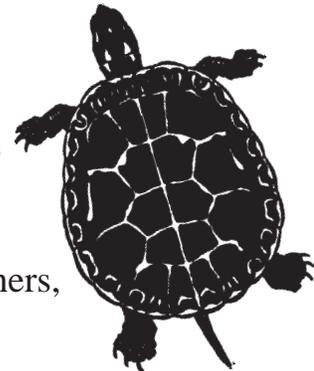
- (1) Children talk, guided by the teacher, about how different animals protect themselves from the sun. Pictures of animals can be used to prompt responses (i.e. "How does this animal protect itself from the sun?").
- (2) The teacher may want to have each child pretend to be an animal and tell the others how their animal protects itself from the sun.

**Examples:**

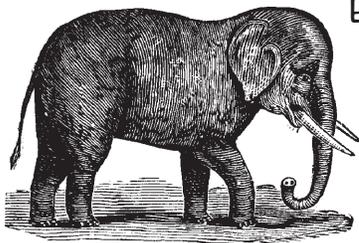
Insects hiding under leaves (either on plants or under dead leaves on the ground)

Desert animals in tunnels in the sand (gophers, snakes, rodents, desert toads)

African animals resting in the water (hippos, lions)



- (3) If possible, the teacher can have animal coverings for the children to feel and compare.

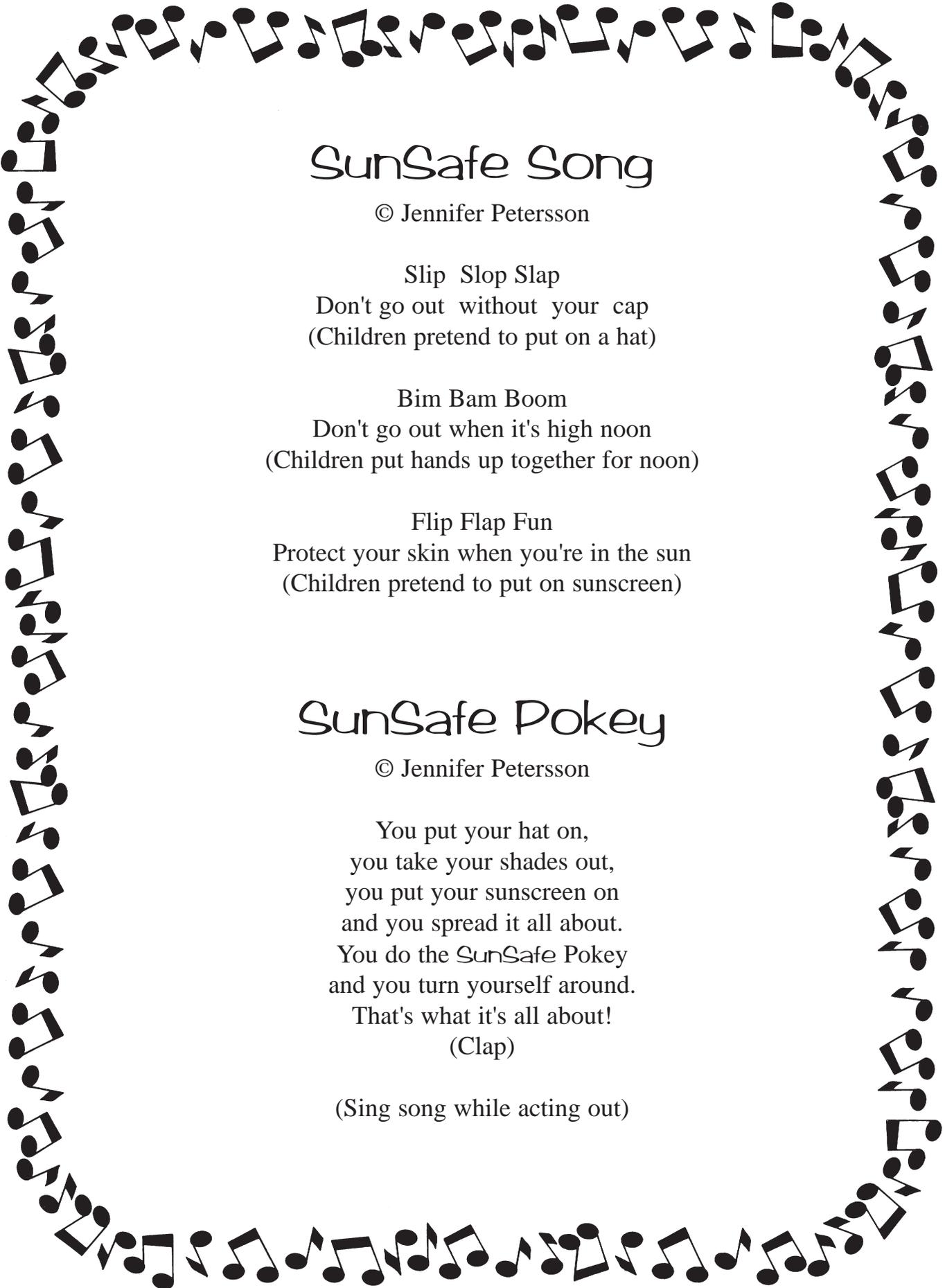


**Examples:**

Animal fur (rabbits, bear, etc.)

Animal skins (snakes, etc.)

Wool, Shells (turtles, snails, etc.)



## SunSafe Song

© Jennifer Petersson

Slip Slop Slap  
Don't go out without your cap  
(Children pretend to put on a hat)

Bim Bam Boom  
Don't go out when it's high noon  
(Children put hands up together for noon)

Flip Flap Fun  
Protect your skin when you're in the sun  
(Children pretend to put on sunscreen)

## SunSafe Pokey

© Jennifer Petersson

You put your hat on,  
you take your shades out,  
you put your sunscreen on  
and you spread it all about.  
You do the SunSafe Pokey  
and you turn yourself around.  
That's what it's all about!  
(Clap)

(Sing song while acting out)

## Sunscreen Songs

© Susan Boiko, MD

American Academies of Dermatology and Pediatrics

\*\*Children apply pretend sunscreen as they sing

*(to the tune of "So Early in the Morning")*

This is the way we save our skin, save our skin,  
This is the way we save our skin  
From sunburn in the morning.

This is the way we rub it in, rub it in,  
This is the way we rub it in,  
Our sunscreen every morning.

Don't forget your nose and chin, ears and toes, on it goes,  
Don't forget your nose and chin  
Our sunscreen every morning.

*(to the tune of "ABC")*

ABCDEFG

I won't let the sun burn me!  
A means away-I'll go inside  
from sun burning rays I'll hide.

ABCDEFG

I won't let the sun burn me!

ABCDEFG

I won't let the sun burn me!  
B is block, I use sunscreen,  
Everywhere my skin is seen,

ABCDEFG

I won't let the sun burn me!

ABCDEFG

I won't let the sun burn me!  
C is cover with a hat,  
T-shirt, sunglasses--just like that!

ABCDEFG

I won't let the sun burn me!

\*\*Make large cardboard cutouts of the letters ABC and select 3 children to hold these letters and step forward when their letter is sung about.

## Design-A-Hat

**Goal:**

To reinforce the idea of wearing a hat in the sun and to remind children that hats can be fun.

**Procedure:**

Have children design a hat for the cartoon character provided (see following sheets), using crayons, markers, or art materials of the teacher's or child's choice.

Ask the children why the man needs a hat. You may also want to point out features of certain hats that help in protecting from the sun, such as visors and large brims.

## Design-A-T-Shirt

**Goal:**

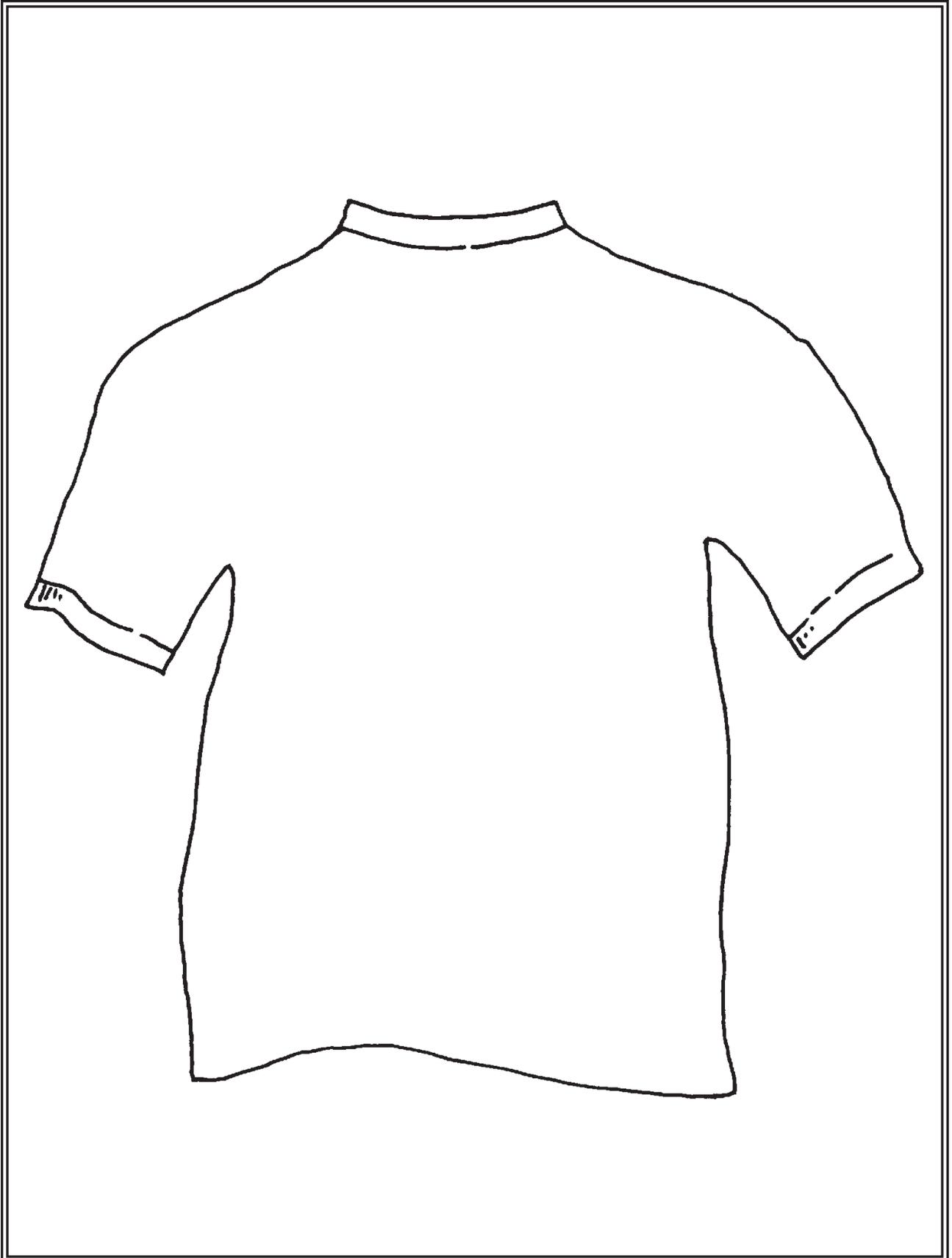
To reinforce the idea of wearing a shirt in the sun and to remind children that shirts can be fun.

**Procedure:**

Have children invent their own T-shirt design, using the basic shape provided (see following sheets). Children can, for example, use glue on shapes such as cutout pieces of felt or construction paper. Try to use different art media for the Design-A-Hat and Design-A-Shirt activities.

Emphasize that children are designing the type of shirt they would like to wear in the sun. Ask the children why they need a shirt.





# Sun Protectors Collage Poster

**Goal:**

To have children participate in making a prominent visual aid that can be used to promote sun protection.

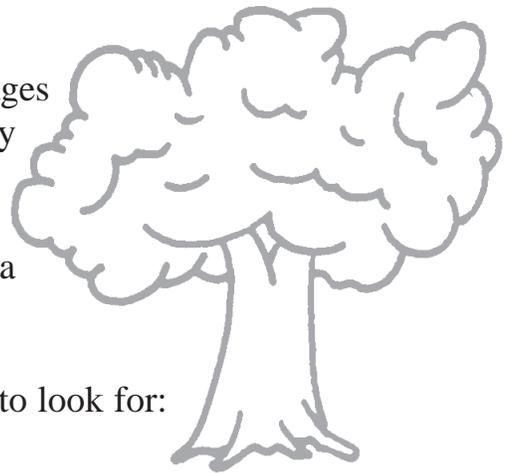
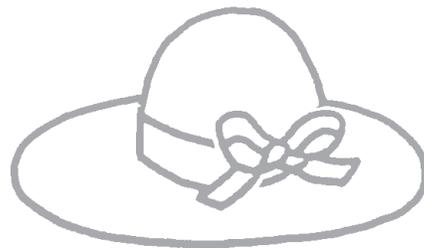
**Procedure:**

- (1) Have children select images related to sun protection from magazines and clip them out.
- (2) Let children paste their images onto a group collage. You may wish to have 2-3 children to a smaller collage and hang all of the collages together to make a larger one.

Examples of images for children to look for:



People in the shade  
People wearing hats, shirts, & sunglasses  
Sunscreen bottles



# The Shade Game

**Goal:**

To use children's love of active play to remind them to take advantage of shade.

**Procedure:**

- (1) Choose a play area with several sources of shade (i.e. trees, playground equipment).
- (2) Explain the game to the children and define "out of bounds".
- (3) Announce "Put your toes in the shade". Children then have a short period of time to run and find a place to put their toes in the shade.
- (4) When everyone has their toes in the shade, announce a new body part (i.e. pinkie, top of head, heel, knee, bottom) to put in the shade. The children have to change to a new location each time.
- (5) The game can be stopped when children tire of it or it can be completed by playing it with "outs" from the start. The last player to put his/her body part in the shade joins the players who are out of the game and selects the body part for the next round for the remaining players.

*If your play area lacks sufficient shade:*

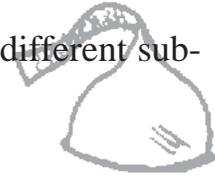
Designate half of the children to be "Shadow Casters" and the other half to be "Shadow Finders". The groups should be distinguishable somehow (i.e. stretchy colored wristbands for the casters). In each round, a Shadow Finder has to get their body part in the shadow of a Shadow Caster.



# Sun Exposure Experiment

**Goal:**

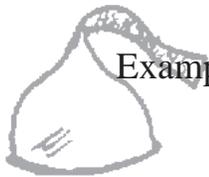
To allow children to compare the effect of the sun on different substances.



**Procedure:**

This experiment should be done on a hot, sunny day.

1. Have each child select an item or substance to leave out in the sun.
2. Put items in the sun in a spot where they will not be disturbed.
3. Go to look at items after 1 hour and 1 day and see how the sun has affected them.



Examples of materials to use:

Ice cube

Measuring cup with 1/8 cup water

Chocolate kiss

Candle wax

Unwanted picture negative



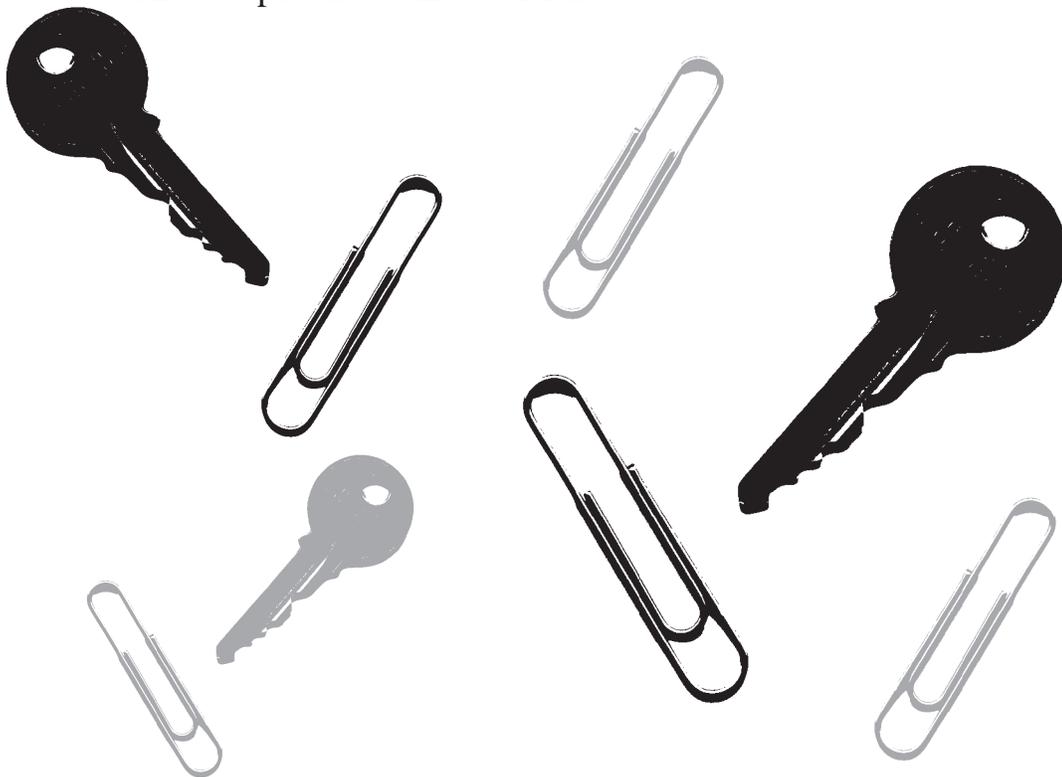
# Shadow Pictures

**Goal:**

To show children the power of the sun in making changes.

**Procedure:**

1. Have students select a brightly colored sheet of construction paper and choose from among a collection of flat objects such as keys, coins, and paper clips.
2. Write each student's name on their paper.
3. Have each child place their paper in the sun with their object on it. Leave the papers for two or more hours, after which time the shadow pictures will be visible.



# SunSafe Special Friends

**Goal:**

To teach children the importance of sun protection by having them protect their “special friends” from the sun.

**Procedure:**

- (1) Ask children to bring in or choose their favorite doll or teddy.
- (2) Have available doll-size hats and shirts and empty or pretend sunscreen bottles.
- (3) Have children show how they would protect their special friend from the sun.

**They can:**

- Put hats and shirts on their “friends”
- Pretend to put on sunscreen
- Have a picnic or tea party in the shade
- Put them down for an afternoon nap when the sun is hot

