



SAFE IN THE SUN

52 Weeks of
Sun Safe Activities



Developed April 2008 by:

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ACTIVITY #1: SILLY SUNNY QUESTIONS

ACTIVITY GOAL:

This activity will reinforce sun safe behaviors by taking advantage of small children's sense of humor and silliness.

MATERIALS NEEDED:

- NONE—just a sense of humor!

STEPS TO DO THE ACTIVITY:

1. Begin by asking children a series of questions about sun safe behaviors, using silly alternatives to help them identify the correct behaviors.
2. Allow the children to shout out the answers as a group.

Examples:

- “What do I wear on my head when I go to the beach? Do I wear a watermelon?” (Children shout 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 pancake 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 LONG SLEEVE T-SHIRT?”

This activity can be noisy. Feel free to make up your own questions and silly answers!

Source: SunSafe curriculum

http://www.cancer.dartmouth.edu/melanoma/PDFs/EarlyYears_Files/preschool_curriculum_part3.pdf

ACTIVITY #2: IT IS A SUNNY, SUNNY WORLD

ACTIVITY GOAL:

This activity will familiarize children with ways people protect themselves from the sun in different parts of the world.

MATERIALS NEEDED:

- Photos of people from various countries protecting themselves from the sun (from books or magazines)
- Hats (cowboy hats, straw hats, sunbonnets and sombreros)
- Umbrella
- Sunglasses

STEPS TO DO THE ACTIVITY:

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

Examples:

- head coverings worn in desert countries
- straw hats worn in Southeast Asia
- sombreros
- cowboy hats
- sunbonnets
- beach umbrellas
- sunglasses

2. Have example items on hand and have the children volunteer to show how the items can be used to protect them from the sun. Pass the items around for all the students to try on.

You may want to point out that native people in sunny countries often have darker skin, which protects them from the sun.

Source: SunSafe Curriculum

http://www.cancer.dartmouth.edu/melanoma/PDFs/EarlyYears_Files/preschool_curriculum_part3.pdf

ACTIVITY #3: ANIMALS UNDER COVER

ACTIVITY GOAL:

This activity will help children relate the idea of skin protection to animals the children may be familiar with.

MATERIALS NEEDED:

- Photos of animals with different coverings (those with fur, those with skins [snakes], those with shells, etc.)

STEPS TO DO THE ACTIVITY:

1. Guide the children in talking about how different animals protect themselves from the sun.
2. Utilize the photographs of different animals to prompt responses from the children such as "How does this animal protect itself from the sun?"
3. You may want to have different children volunteer to pretend to be a certain animal from the picture and tell the others how their animal protects itself from the sun.

Examples:

- Insects hiding under leaves
- Desert animals in tunnels in the sand (gophers, snakes, rodents)
- African animals resting in the water (hippos, lions)

4. If possible, have various animal coverings for the children to feel and compare.

Examples:

- Animal fur (rabbits, bear, etc.)
- Animal skins (snakes, etc.)
- Wool
- Shells (turtles, snails, etc.)

Source: SunSafe Curriculum

http://www.cancer.dartmouth.edu/melanoma/PDFs/EarlyYears_Files/preschool_curriculum_part3.pdf

ACTIVITY #4: DESIGN-A-HAT

ACTIVITY GOAL:

This activity will reinforce the idea of wearing a hat in the sun and remind children that hats can be fun.

MATERIALS NEEDED:

- Cartoon hat coloring page (see following sheet)
- Art supplies (crayons, markers, stickers, glitter, etc.)

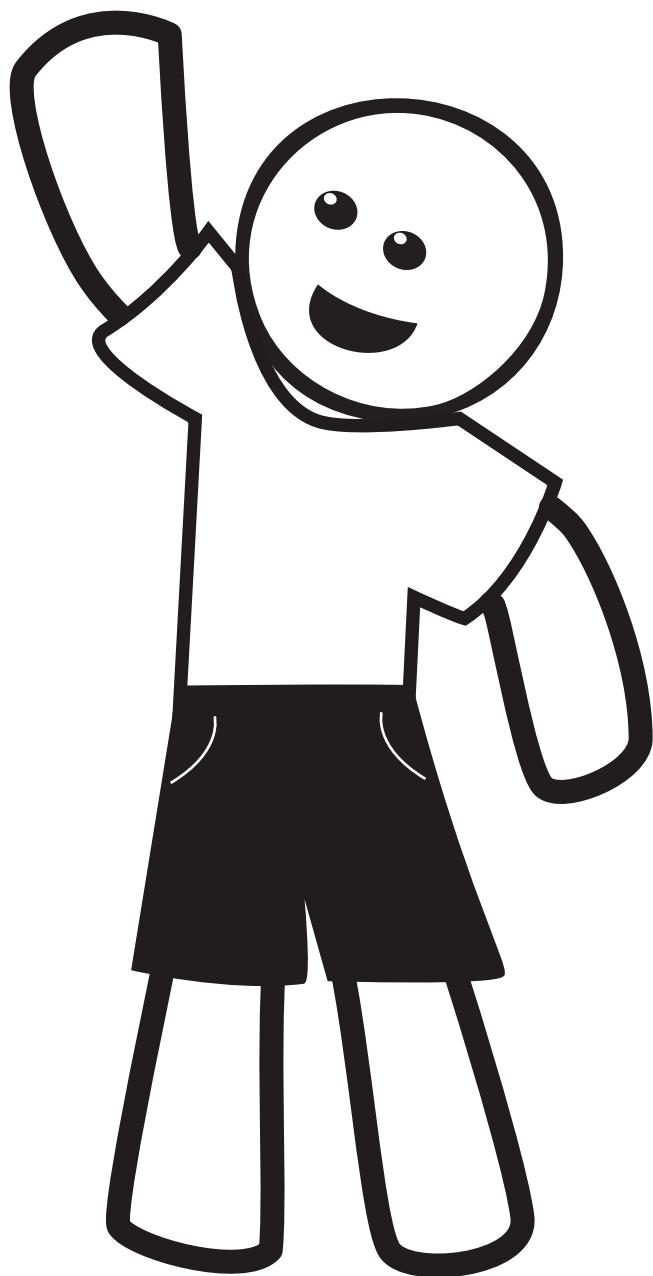
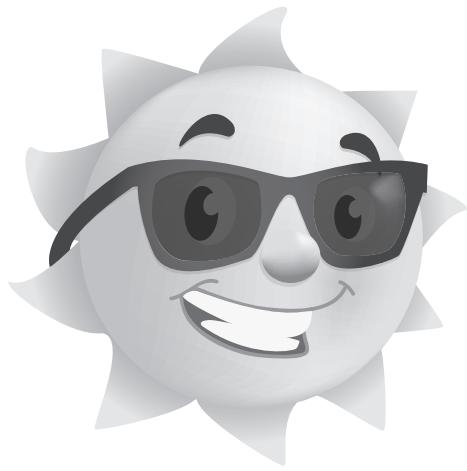
STEPS TO DO THE ACTIVITY:

1. Have children design a hat for the cartoon character provided on the following sheet using crayons, markers, or art materials of the child's choice.
2. Ask the children why the cartoon man would need a hat.
3. Teacher may want to point out different features of hats that help to protect people from the sun such as visors, large brims or earflaps.

Canvas painter's hats for the children to design and wear are also a great way to reinforce this concept. If children have the opportunity to decorate the hats, they are more likely to wear them!

Source: SunSafe Curriculum

http://www.cancer.dartmouth.edu/melanoma/PDFs/EarlyYears_Files/preschool_curriculum_part3.pdf



ACTIVITY #5: DESIGN-A-SHIRT

ACTIVITY GOAL:

This activity will reinforce the idea of wearing a shirt in the sun and remind children that shirts can be fun.

MATERIALS NEEDED:

- T-shirt coloring sheet (see following page)
- Art supplies (crayons, markers, glitter, stickers, glue, etc.)
- Cutouts of felt, fabric or construction paper

STEPS TO DO THE ACTIVITY:

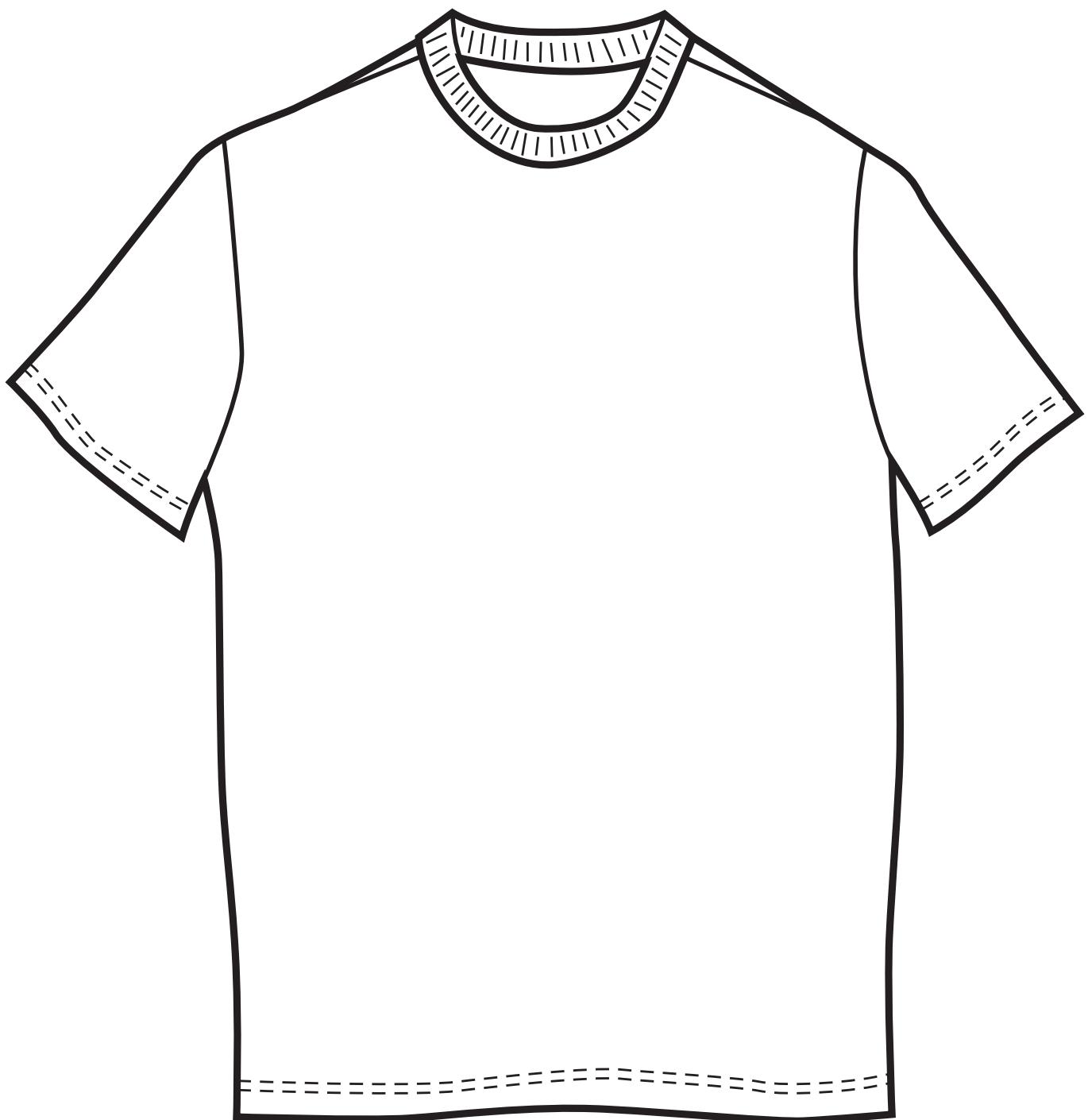
1. Have children invent their own t-shirt design using the t-shirt coloring sheet.
2. Have the children use a variety of art materials for their design.
3. Instruct them to design the type of shirt they would like to wear in the sun.
4. Help children remember the importance of wearing a shirt when in the sun.

Similar to the Design-a-Hat activity, the Design-a-Shirt activity can also be done with actual t-shirts. Again, let the children decorate their own shirt and then allow them to wear it outside to show how it protects them from the sun.

Source: SunSafe Curriculum

http://www.cancer.dartmouth.edu/melanoma/PDFs/EarlyYears_Files/preschool_curriculum_part3.pdf

LET'S DESIGN-A-SHIRT!



ACTIVITY #6: SUN PROTECTOR COLLAGE POSTER

ACTIVITY GOAL:

This activity will help children participate in making a prominent visual aid that can be used to promote sun protection.

MATERIALS NEEDED:

- Magazines
- Kid safe scissors

STEPS TO DO THE ACTIVITY:

1. Have children select images from the magazines related to sun protection and cut them out.
2. Let children paste their images into a group collage. You may want to let 2-3 children work together to make a small collage and then hang all the collages together to make one large one.

Examples of images for children to look for:

- people in the shade
- people wearing hats, sunglasses, or shirts
- sunscreen bottles
- people sitting under umbrellas at the beach

If needed, the teacher may cut out pictures from magazines prior to the activity to eliminate the need for scissors.

Source: SunSafe Curriculum

http://www.cancer.dartmouth.edu/melanoma/PDFs/EarlyYears_Files/preschool_curriculum_part3.pdf

ACTIVITY #7: THE SHADE GAME

ACTIVITY GOAL:

This activity will utilize children's love of active play to remind them to take advantage of shade while outdoors.

MATERIALS NEEDED:

- Area with shade

STEPS TO DO THE ACTIVITY:

1. Choose a play area with several sources of shade (ie: trees, playground equipment).
2. Explain the game to the children and designate "out of bounds".
3. Announce "put your toes in the shade".
4. Children then have a short period of time to run and find a place to put their toes in the shade.
5. When everyone has his/hers toes in the shade, announce a new body part (ie: fingers, top of head, knee, foot, etc.) to put in the shade. Children should move to a new location each time.
6. Game can be stopped when children become tired or you may choose to play the game with "outs" from the beginning.
7. If playing by "outs"- 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 area lacks sufficient shade: You may designate half of the children to be "shadow casters" and the other half to be "shadow finders". The groups should be distinguishable somehow. In each round, the Shadow Finder has to get their body part in the shadow of the Shadow Caster.

Source: SunSafe Curriculum

http://www.cancer.dartmouth.edu/melanoma/PDFs/EarlyYears_Files/preschool_curriculum_part3.pdf

ACTIVITY #8: SUN EXPOSURE EXPERIMENT

ACTIVITY GOAL:

This activity will allow children to compare the effect of the sun on different substances.

MATERIALS NEEDED:

Examples of substances to use with activity:

- Ice
- Measuring cup with 1/8 cup of water
- Chocolate Kisses
- Candle wax
- Unwanted picture negative
- Milk

STEPS TO DO THE ACTIVITY:

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. Look at the items after 1 hour and 1 day and see how the sun has affected them.

Experiment should be done on a hot, sunny day.

Source: SunSafe Curriculum

http://www.cancer.dartmouth.edu/melanoma/PDFs/EarlyYears_Files/preschool_curriculum_part3.pdf

ACTIVITY #9: SHADOW PICTURES

ACTIVITY GOAL:

This activity will show children the power of the sun.

MATERIALS NEEDED:

- Brightly colored construction paper (one sheet for each child)
- Selection of flat objects such as keys, coins and paper clips (enough for each child to have more than one)

STEPS TO DO THE ACTIVITY:

1. Have each student pick a brightly colored sheet of construction paper and choose several flat objects (they may like to have one of each of the choices).
2. Write the student's name on their paper.
3. Have each child place their paper in the sun with their object on top of the paper.
4. Leave the papers in the sun for 2 or more hours.
5. Recheck the paper and the shadow pictures will be visible.

Source: SunSafe Curriculum

http://www.cancer.dartmouth.edu/melanoma/PDFs/EarlyYears_Files/preschool_curriculum_part3.pdf

ACTIVITY #10: SAFE IN THE SUN SPECIAL FRIENDS

ACTIVITY GOAL:

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

MATERIALS NEEDED:

- Each child will need his/her “special friend” (doll, teddy bear, action figure, etc.)
- Doll sized-clothes, specifically hats and shirts
- Empty sunscreen bottles

STEPS TO DO THE ACTIVITY:

1. Have each child bring his/her “special friend”.
2. Have children show you and each other how they would protect their “special friend” from the sun.
3. The students can:
 - put hats and shirts on them
 - 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 too hot.

Source: SunSafe Curriculum

http://www.cancer.dartmouth.edu/melanoma/PDFs/EarlyYears_Files/preschool_curriculum_part3.pdf

ACTIVITY # 11: SUN & SHADE AND THE BEAN SPROUT

ACTIVITY GOAL:

This activity will help children understand how the sun helps the body and plants grow.

MATERIALS NEEDED:

- Small, clear plastic cups for each child
- Paper towels
- Lima beans
- Water
- Pictures of growing plants (from books or magazines)

STEPS TO DO THE ACTIVITY:

1. Inform the children that they will be able to see how seeds grow with the help of sunlight. Show them pictures of growing plants and explain that they will be observing plant growth.
2. Prepare some lima beans for sprouting the day before the experiment by soaking them in warm water overnight. Bring the soaked lima beans the next day and place 3 to 4 beans in each of the small, clear plastic cups between 2 or 3 small pieces of a moist paper towel. Keep the paper towels moist throughout the experiment.
3. Ask the children to volunteer whose plants will be placed in the sunlight versus the shade or just select a few students at random for the two options.
4. Place half of the clear plastic cups by the windows to expose them to sunlight.
5. Place the other half of the clear plastic cups in a very shady or dark area with no direct sunlight.
6. Check the plastic cups each day for growth and to maintain moisture in the paper towels. Use only a small amount of water each day to keep the plants moist.
7. Be sure to label each plant with the date planted and the child's name.
8. If all goes well, the lima beans exposed to the sunlight should grow/sprout sooner than the lima beans placed in the shade.
9. Reinforce that the plants need sunlight and water to grow the best.

On weekends, the plants may become dry and limp, which will allow you to discuss the need for sun AND water for growth.

Source: California Early Childhood Sun Protection Curriculum- Alex the Alligator
http://www.dhs.ca.gov/ps/cdic/cpns/skin/images/skin_sunproteccurriculum.pdf

ACTIVITY #12: SMOOTH PEBBLES

ACTIVITY GOAL:

This activity will encourage children to understand that the sun makes objects hot. It will help them relate this to themselves when they play outside and teach them how to keep cool.

MATERIALS NEEDED:

- Smooth pebbles
- Sunny windowsill or outside area
- Bowl of water
- Bowl of ice

STEPS TO DO THE ACTIVITY:

1. During circle time ask the children to feel the pebbles and describe them.
2. Ask the children for ideas on how to make some rocks cold and some hot.
3. Place some pebbles in the sun, some in the shade, some in water and some in ice.
4. After about an hour ask the children to feel the pebbles and describe the differences. Test the pebbles left in the sun before allowing the children to touch them, as they may be hot.

You may modify this activity to include other objects that will not be too hot when exposed to sunlight like wood, plastic forks/spoons, or paper plates.

Source: California Early Childhood Sun Protection Curriculum- Alex the Alligator
http://www.dhs.ca.gov/ps/cdic/cpns/skin/images/skin_sunproteccurriculum.pdf

ACTIVITY #13: SPONGES AND WATER

ACTIVITY GOAL:

This activity will allow children to explore the sun's strength. It will show the effect of the sun on water (to introduce the concept of evaporation) and the importance of drinking water when someone is exposed to extended sunlight.

MATERIALS NEEDED:

- Container to hold water
- Two shallow trays
- Sponges in varying shapes and sizes
- Water
- Empty shelf inside a cabinet or closet
- A sunny day

STEPS TO DO THE ACTIVITY:

1. Fill the container with about 1-2 inches of water.
2. Allow the children to play with the water and sponges for a brief period.
3. When the kids seem ready to move on, gather all the sponges and place them on the two trays.
4. Place one tray in the sunshine and one tray in a dark cabinet.
5. Check them periodically throughout the day.
6. Bring out the sponges again and ask the children:
 - What's happening?
 - Where did the water go?
 - Do the sponges feel warm or cool?
 - Why did this happen?
 - Does your body also lose water?
 - What happens when you are thirsty?

Remind them that this is why they need to drink water when in the sun, so they don't get dry like the sponges.

Source: California Early Childhood Sun Protection Curriculum- Alex the Alligator
http://www.dhs.ca.gov/ps/cdic/cpns/skin/images/skin_sunproteccurriculum.pdf

ACTIVITY #14: FIND THE RAINBOW

ACTIVITY GOAL:

This activity will introduce the concept that we cannot see some of the damaging light (rays) created by the sun. This activity will also help introduce the concept that water reflects light and the idea of a relationship between light and color. Children will also learn the wonderful things sunlight and water can do.

MATERIALS NEEDED:

- Small water hose that can spray
- Warm, sunny day

STEPS TO DO THE ACTIVITY:

1. Have everyone stand with his or her back to the sun.
2. Aim hose in a steady spray in the air around the children.
3. Usually, a rainbow can be found between your shadow and the spray of water.
4. The children can move around to see when the rainbow appears and disappears.
5. Ask the children:
 - What is a rainbow?
 - How does it happen?
 - How many colors do you see? Name them.
 - What do we need to have a rainbow?

Source: California Early Childhood Sun Protection Curriculum- Alex the Alligator
http://www.dhs.ca.gov/ps/cdic/cpns/skin/images/skin_sunproteccurriculum.pdf

ACTIVITY #15: LIGHT HELPS US SEE

ACTIVITY GOAL:

This activity will help introduce the concept that light is needed to see. It will increase awareness of light and its properties and help demonstrate how solid objects or bodies block light.

MATERIALS NEEDED:

- Dark room with blank wall
- Flashlights
- Various three dimensional objects or cut outs (shapes, children's hands, etc.)

STEPS TO DO THE ACTIVITY:

1. Give each child a flashlight, leaving the room lights on for a few minutes.
2. Talk about what they might expect when the room lights are turned off and what they think might happen. Children may need assistance turning the flashlight on and off.
3. Turn off the room lights. Allow time for the children to explore the room.
4. Shine a flashlight on the blank wall. Allow the children to shine their lights too.
5. Hold objects and hands in front of the light.
6. The children can take turns standing in front of the light, moving their bodies, making different shapes and forms on the wall.
7. Ask the children:
 - What happens when you move toward the light?
 - What happens when you move toward the wall?
 - Where does light come from?
 - What makes it dark?

Source: California Early Childhood Sun Protection Curriculum- Alex the Alligator
http://www.dhs.ca.gov/ps/cdic/cpns/skin/images/skin_sunproteccurriculum.pdf

ACTIVITY #16: WHAT DO I NEED TO PLAY OUTSIDE?

ACTIVITY GOAL:

This activity will help children identify items that can keep you safe while playing in the sun.

MATERIALS NEEDED:

- Picture of a child, mounted on a board
- Cut out pictures of sunglasses, hats, long sleeved shirts, pants, sunscreen and glass of water
- Picture of the sun

STEPS TO DO THE ACTIVITY:

1. Ask the children to look closely at the picture.
2. Ask, "What do we need to protect us from the hot sun?"
3. Ask, "Let's pretend we are going outside. What do we need to have before we go outside?"
4. Say, "Now it's time to come in. What do we need to put away and where do we put it?"
5. Ask the children:
 - Why do we need to be protected from the sun?
 - What do we do to protect ourselves?
 - What does the sun feel like, is it hot?
 - What parts of the body does a hat cover?
 - Why do we need sunscreen?

You can make up any story that will capture the imagination of the children and help remind them how to prepare for outdoor playtime!

Source: California Early Childhood Sun Protection Curriculum- Alex the Alligator
http://www.dhs.ca.gov/ps/cdic/cpns/skin/images/skin_sunproteccurriculum.pdf

ACTIVITY #17: MAKE A SHADE TENT

ACTIVITY GOAL:

This activity will ensure children understand the need for protection from sunlight and realize that shade can help keep them cool and safe.

MATERIALS NEEDED:

- large sheet
- clothes line
- clothes pegs
- stones or weights for corners
- markers

STEPS TO DO THE ACTIVITY:

1. Help the children string the clothesline between two high supports. Drape the sheet over, weighing down the corners. Secure the rope so that the pegs and weights will not tumble down on the children.
2. Children can bring soft things to sit on in the shade or bring books to read in the shade.
3. You can also use markers to decorate the sheet or may want to write their names on the sheet. You may want to let them decorate the sheet before it is hung up.
4. Ask the children:
 - What are some other ideas for making a sun shelter?
 - What are some other ways of keeping cool in the sun?

Activity will work best outdoors where the tent will create a shady spot.

Source: California Early Childhood Sun Protection Curriculum- Alex the Alligator
http://www.dhs.ca.gov/ps/cdic/cpns/skin/images/skin_sunproteccurriculum.pdf

ACTIVITY #18: LIGHT AND DARK

ACTIVITY GOAL:

This activity will help children understand the importance of hats for sun protection and understand how shadows and shade move. It will also allow them to use design, art and craft skills.

MATERIALS NEEDED:

- Sunny, outside area
- Narrow stick (1-2 feet)
- Modeling clay
- Chalk

STEPS TO DO THE ACTIVITY:

1. Before you begin, draw the children's attention to the position of the sun. Talk about the areas of the playground that are shady.
2. Ask if anyone has noticed if or where the shade moves.
3. On a sunny day, go outside and place a short stick into an upright position, anchoring it in a solid base (like modeling clay) so that it won't fall over.
4. Draw the shadow's line with chalk on the flat surface and mark the time of day.
5. Redraw the shadow line at different times during the day.
Do NOT move the stick!
6. Repeat steps three to six but balance a broad brimmed hat on the stick.
7. Ask the children:
 - Why did the shadow move?
 - Did anything else change about the shadow?
 - Does a hat create a shadow?

Source: California Early Childhood Sun Protection Curriculum- Alex the Alligator
http://www.dhs.ca.gov/ps/cdic/cpns/skin/images/skin_sunproteccurriculum.pdf

ACTIVITY #19: LET'S MAKE SUNGLASSES!

ACTIVITY GOAL:

This activity will introduce the concept that we can't see without light and help children understand why they should wear sunglasses, while also making it fun.

MATERIALS NEEDED:

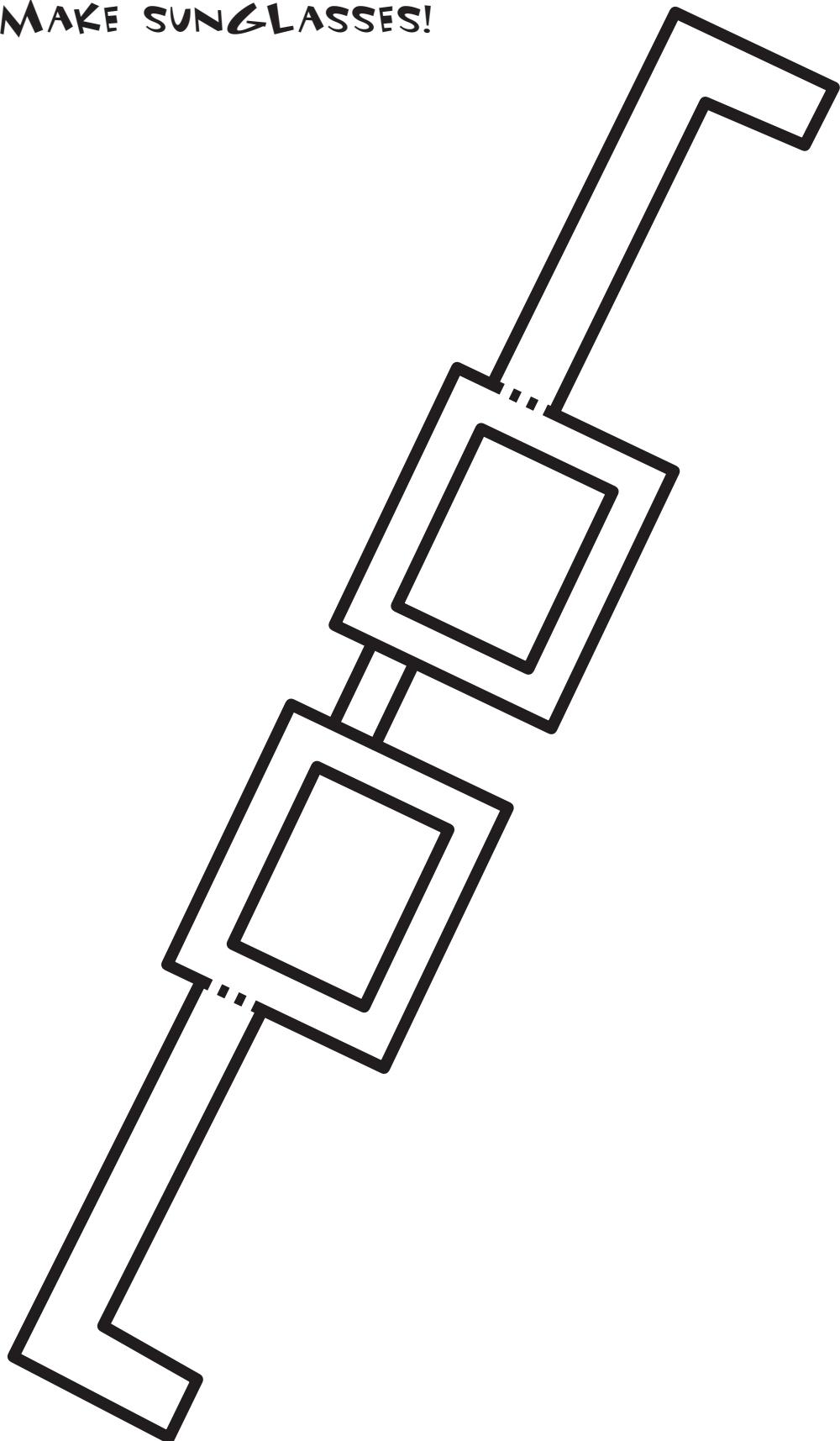
- Construction paper (heavy weight)
- Cellophane sheets in varying colors
- Glue with brushes
- Small decorative materials such as buttons, stickers, feathers, sequins, etc.
- Sunglass "paper frames" (see following page)

STEPS TO DO THE ACTIVITY:

1. Practice looking through the cellophane. Show the importance of keeping the cellophane "lenses" from soiling.
2. Photocopy the pattern of sunglasses onto heavy paper. You will need two cutouts per pair of glasses.
3. Help the children glue the cellophane sheet between the two cut-outs (one piece covers both lenses).
4. Cut excess cellophane from the edges.
5. Have the children decorate the frames.
6. Allow 1-2 hours to dry.
7. Let children look outside with and without the glasses! Ask them if they can tell a difference in how bright things are.

Source: California Early Childhood Sun Protection Curriculum- Alex the Alligator
http://www.dhs.ca.gov/ps/cdic/cpns/skin/images/skin_sunproteccurriculum.pdf

LET'S MAKE SUNGLASSES!



ACTIVITY #20 RUB-A-DUB SUNSCREEN

ACTIVITY GOAL:

This activity will get kids comfortable with the feel and use of cream (sunscreen). This will also show the appropriate ways to apply sunscreen and how much to use. This activity will introduce healthy skin care habits and the concept of protection.

MATERIALS NEEDED:

- SunScreen or any unscented lotion (only if you are using “pretend” sunscreen)

STEPS TO DO THE ACTIVITY

1. Make this part of your regular routine in preparation to go outside on a hot sunny day - or part of circle time pretend play.
2. Sit down together in a circle.
3. Roll up sleeves and pant legs if necessary.
4. Give each child a dot of sunscreen in the palm of his/her hand.
5. Start with the legs and sing as you apply the sunscreen:

COVER UP! COVER UP!

UMM! UMM! UMM!

COVER UP! COVER UP!

FUN! FUN! FUN!

Source: California Early Childhood Sun Protection Curriculum- Alex the Alligator
http://www.dhs.ca.gov/ps/cdic/cpns/skin/images/skin_sunproteccurriculum.pdf

ACTIVITY #21: OUR SKIN

ACTIVITY GOAL:

This activity will help children examine their own skin for different characteristics (freckles, scars, scratches, etc.) to see the differences in children's skin.

MATERIALS NEEDED:

- A magnifying glass for each student or one to share

STEPS TO DO THE ACTIVITY:

1. Have the students sit in chairs or on the floor in a semi-circle around you.
2. Provide each student with a magnifying glass (or pass one around the circle).
3. Ask the students to examine their skin.
4. Prompt them by asking how many of them have any of the following: scratches, freckles, scars, hair, goose bumps, or describe a characteristic not previously mentioned.

Source: California Early Childhood Sun Protection Curriculum- Alex the Alligator
http://www.dhs.ca.gov/ps/cdic/cpns/skin/images/skin_sunproteccurriculum.pdf

ACTIVITY #22: SMILIN' SUNNY QUESADILLAS

ACTIVITY GOAL:

This activity will help show children how sun safety is part of everyday life in sunny climates. These activities can be integrated into your daily schedule.

MATERIALS NEEDED:

- Grated Cheese
- Flour Tortillas (tor-TEE-ahs) (2 per child, taco size tortillas work well)
- Iron Skillet or Non-Stick Fry Pan
- Tomato Wedges or Red Pepper Slices
- Small Can of Sliced Olives
- Child safe scissors

STEPS TO DO THE ACTIVITY:

1. Have the children make their tortillas into sun shapes by cutting out triangles along the edge using child safe scissors. If your children can manage it, they may want to put two tortillas together and cut them together so they match. If they do make a matched pair, make sure to clip one point so the pair can be matched up easily.
2. Take the ungreased pan, heat it over low heat and warm up one or more tortillas for a few seconds, just until a little soft. This is much like making a grilled cheese. Once the cheese has melted a little, put another tortilla on top and flip both tortillas (now a quesadilla) together to get even heating on both sides.
3. The children can make smiley faces on their quesadillas with strips of red pepper or tomato wedges for mouths and sliced black olives for eyes. The suns look festive when served on colorful paper plates.

Leftover scraps can be saved to serve warm, topped with hamburger, salsa and cheese or they can be discarded.

Source: California Early Childhood Sun Protection Curriculum- Alex the Alligator
http://www.dhs.ca.gov/ps/cdic/cpns/skin/images/skin_sunproteccurriculum.pdf

ACTIVITY #23: WHERE TO FIND SHADE

ACTIVITY GOAL:

This activity allows children to utilize their skills and knowledge of sun safety to identify areas with or without shade while reinforcing the importance of shade to protect them from the sun's effect.

MATERIALS NEEDED:

- Pictures from magazines of outdoor scenes that have little or no shade
- Pictures from magazines of outdoor scenes that include shaded areas (shaded areas in the picture may be natural shade like trees or structure shade such as buildings or canopies)

STEPS TO DO THE ACTIVITY:

1. Have the children sit in a semi circle on the floor or in chairs.
2. Tell the children that they will be learning about something called shade. Explain that the shade protects them from the hot sun when they are outdoors so that they can stay cool and avoid sunburn or skin damage.
3. Show the children the pictures of the outdoors that contain little or no shade. Tell them that in places like these with no shade, they could become hot or sunburned without sun protection.
4. Next, show the children the pictures of the outdoors with shade. Reinforce that these shaded areas will protect them from becoming hot or sunburned.
5. You may also want to take the children outside to locate a shady area versus a non-shady area so they can see the difference in person. You can ask them if they notice a difference in the way they feel when they are in the shade or out of the shade.

Source: California Early Childhood Sun Protection Curriculum- Alex the Alligator
http://www.dhs.ca.gov/ps/cdic/cpns/skin/images/skin_sunproteccurriculum.pdf

ACTIVITY #24: DRESSING "ALEX THE ALLIGATOR" FOR SUN SAFETY

ACTIVITY GOAL:

This activity reinforces the concept of sun protective clothing needed by children to ensure protection from the sun.

MATERIALS NEEDED:

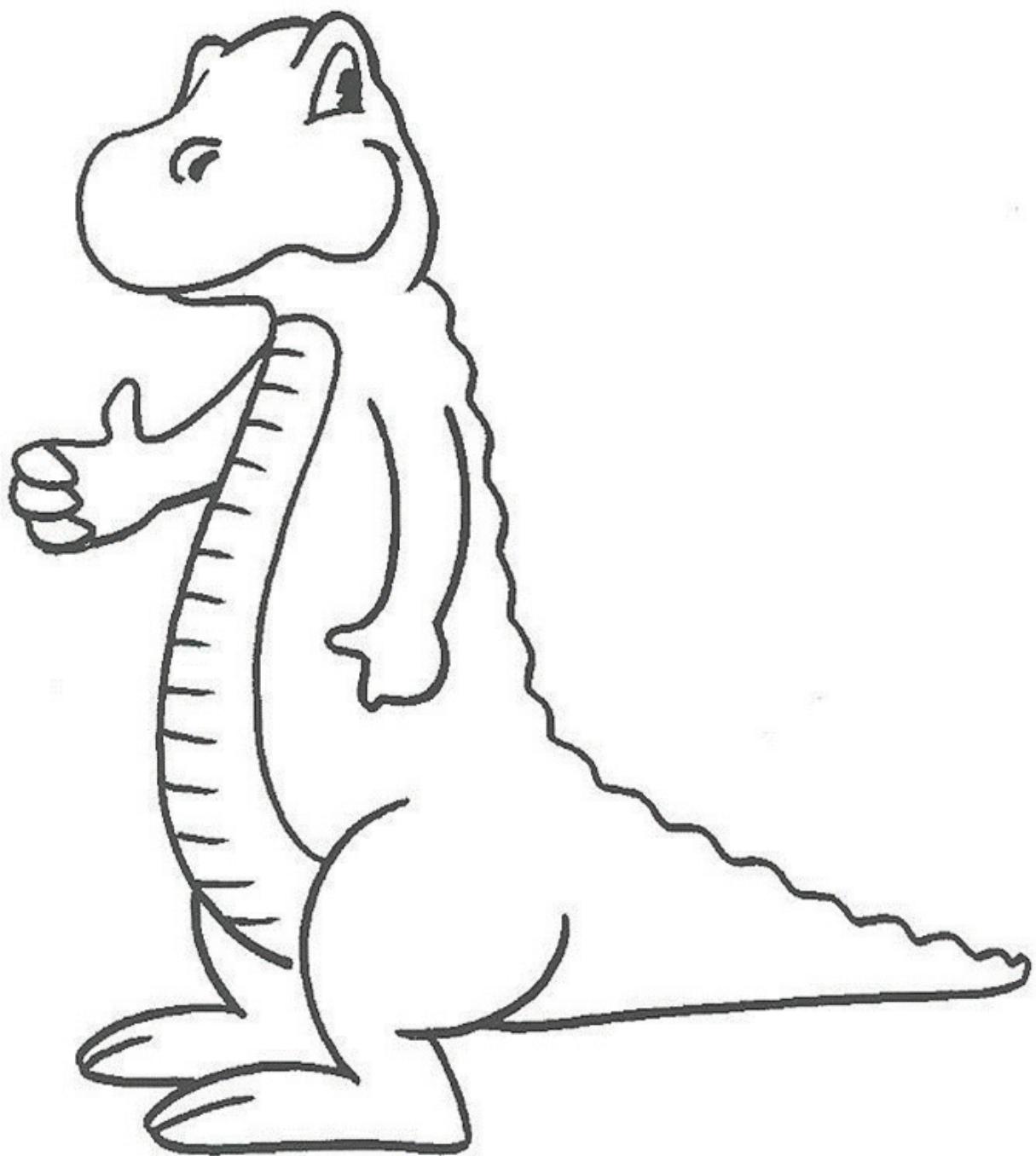
- Kid safe scissors
- Alex the Alligator worksheet (see following sheet)
- Clothing worksheet (see following sheet)

STEPS TO DO THE ACTIVITY:

1. Have children cut out "Alex the Alligator" and clothing items from the attached sheets. If children are too young, you can provide the clothing cut outs for them or just let them color in his clothes.
2. Once the items are cut out, have the children glue or tape the clothing items on Alex that he needs for protection from the sun. (i.e.: hat, long sleeved shirt, water bottle).
3. As the children attach the items, discuss how each of these components can protect them from the effects of the sun. Reinforce that when playing outside on sunny days, they should drink water, cover their head with a hat, wear sunglasses, wear a long sleeve shirt and apply sunscreen (SPF 15 at least).

There are several items included on the worksheet that will not adequately protect Alex and should not be put on him. You can also further discuss why these items don't offer protection from the sun.

Source: California Early Childhood Sun Protection Curriculum
Alex the Alligator http://www.dhs.ca.gov/ps/cdic/cpns/skin/images/skin_sunproteccurriculum.pdf





ACTIVITY #25: HARRY BY THE SEA BOOK

ACTIVITY GOAL:

This activity will allow children to see characters of the book engaging in sun safe behaviors.

MATERIALS NEEDED:

- Harry by the Sea book

STEPS TO DO THE ACTIVITY:

1. Have children sit in a circle.
2. Read the book Harry by the Sea to the children.
3. While reading, ask the children what they see in the pictures:
 - How are the people protecting themselves from the sun?
 - Do you see hats? Do you see sunglasses? Do you see umbrellas?

This is a simple activity that helps reinforce sun safe behaviors through reading and also provides children with a visual that reinforces the messages as well.

Source: Danielle Shatley-Poore, MPH, CHES
South Carolina Department of Health and Environmental Control - Region 1 Health Education

ACTIVITY #26: HATS GALORE

ACTIVITY GOAL:

This activity reinforces the need for hats in order to protect the head and neck from sun exposure. This activity also allows the children to engage in “dress up” activities in order to reinforce the sun safety message.

MATERIALS NEEDED:

- Variety of hats for the children to use (wide brimmed, visors, baseball caps, snow hats, straw hats, etc.)

STEPS TO DO THE ACTIVITY:

1. Lay out the collection of hats so that the children can view them all.
2. Ask the children questions about the hats:
 - Which ones do you like?
 - Why do you like those?
 - Have you ever seen anyone wear a hat like these?
 - Etc.
3. After the children have looked at the hats, remind them about the importance of “Slap on a Hat” when in the sun.
4. Explain that some of the hats they have looked at are better than others at protecting them in the sun.
5. Have the children sort the hats into 2 piles (those that do provide good protection versus those that don’t provide good protection against the sun).
6. Allow the children to try on the hats and have some “dress up” fun!

You could even have a sun safety parade at your school in which the children dress up in protective hats and other clothing!

ACTIVITY #27: SLIP, SLOP, SLAP!

ACTIVITY GOAL:

This activity reinforces the Slip, Slop, Slap sun safety message to the children, while also allowing them to act out the steps in the message. (Slip on a shirt, slop on sunscreen, slap on a hat)

MATERIALS NEEDED:

- Shirts
- Hats
- Sunscreen bottles (empty)
- Sunglasses
- Slip, Slop, Slap song (below)

STEPS TO DO THE ACTIVITY:

1. Have children gather in a circle.
2. In the center of the circle, place a pile of shirts, hats, sunglasses and empty sunscreen bottles.
3. Allow the children to pick out one item that reminds them of sun safety and allow them to wear it or hold it during the song!
4. Teach the children the Slip, Slop, Slap! song.
5. Sing the song as a group to reinforce the Slip, Slop, Slap! sun safety message.

Slip, Slop, Slap Song

SLIP, SLOP, SLAP!

IT SOUNDS LIKE A BREEZE WHEN YOU SAY IT LIKE THAT

SLIP, SLOP, SLAP!

IN THE SUN WE ALWAYS SAY "SLIP, SLOP, SLAP!"

SLIP, SLOP, SLAP!

SLIP ON A SHIRT, SLOP ON SOME SUNSCREEN, SLAP ON A HAT

SLIP, SLOP, SLAP!

YOU CAN STOP SKIN CANCER, BY SAYING SLIP, SLOP, SLAP!

Source: Cancer Council Australia

<http://www.cancer.org.au/cancersmartlifestyle/SunSmart/Campaignsandevents/SlipSlopSlap.htm>

ACTIVITY #28: SAFE IN THE SUN SUZZY/STEPHEN

ACTIVITY GOAL:

This activity allows children to practice utilizing the Safe in the Sun concepts by “dressing” the cutout.

MATERIALS NEEDED:

- Large pieces of butcher block paper
- Markers or Crayons

STEPS TO DO THE ACTIVITY:

1. Divide the children into teams (preferably 3-4 teams).
2. Cut the butcher-block paper into large pieces (at least the same height as the children in the class).
3. Have one child from each team lie down on the piece of butcher-block paper.
4. Allow the other children on the team to use markers or crayons to trace the child’s outline onto the piece of butcher block paper.
5. Allow the children to then color on a t-shirt, shorts, hat, sunglasses, etc. and even put on “sunscreen” (with something such as white paint or glitter).
6. Hang up Safe in the Sun Suzy/Stephen as a reminder to the children.

Works well if you can use a child whose name starts with a “S”- aka Safe in the Sun Suzy/ Stephen.

Source: SunSafe curriculum

http://www.cancer.dartmouth.edu/melanoma/PDFs/EarlyYears_Files/preschool_curriculum_part4.pdf

ACTIVITY #29: SAFE IN THE SUN COOKIES

ACTIVITY GOAL:

This activity will encourage children to use their creativity and knowledge about sun safety to decorate edible figures.

MATERIALS NEEDED:

- Pre-made sugar cookie dough (store bought works great!)
- Tubes of frosting
- Screw on tops for frosting (found in baking aisle)
- Gel frosting tubes
- Fruit by the Foot
- Child safe scissors and scissors for teacher
- Butter knives (plastic is OK)
- Spatula
- Cookie trays
- Cooling racks
- Paper towels
- Cookie cutters (preferably gingerbread man or teddy bear)

STEPS TO DO THE ACTIVITY:

1. Roll out the dough and allow the children to use the cookie cutters to cut out the cookie shapes. Use a spatula to transfer them to the cookie tray. Bake the cookies and allow them to cool on rack. If children are too young, you can bake cookies ahead of time.
2. While the cookies are baking or cooling, explain to the children that they are going to “dress” the cookies. Ask the children for suggestions about what the cookies need to be “dressed” in to be safe in the sun (hat, shirt, sunglasses, etc.).
3. When the cookies are cool, children can begin decorating them. They can use the frosting to “dress” the cookies in t-shirts, shorts, etc. Gel frosting works well for making sunglasses. Slathering some of the cookies in frosting “sunscreen” is great too! If the children are old enough, they can make outlines for the clothing and decorate the cookies t-shirts with designs.
4. Children can cut hat shapes out of the Fruit by the Foot and stick these on the cookies heads with a dab of gel frosting.

Supplies for this project can add up once you buy everything needed. You may want to ask parents to bring in extra decorating supplies from home or to contribute a dollar per child to the project.

Source: SunSafe curriculum

http://www.cancer.dartmouth.edu/melanoma/PDFs/EarlyYears_Files/preschool_curriculum_part4.pdf

ACTIVITY #30: SUMMERTIME SETTING PLACEMATS

ACTIVITY GOAL:

To make a placemat that shows summertime activities enjoyed in a sun safe manner.

MATERIALS NEEDED:

- Camera with film
- See additional materials for options 1 & 2 below

STEPS TO DO THE ACTIVITY:

1. As you enjoy your summer outdoor activities with the children in your care, take some photographs of them being safe in the sun (playing or eating lunch in the shade, putting on sunscreen, wearing their hats and shirts, etc.).
2. Making the Summertime Placemat. There are two ways to do this project. Pick the one you prefer:

Option 1: Construction Paper Option

- Picture of each child
- Poster board cut into 11" x 17"
- Child safe scissors
- Construction paper
- Glue
- Blank address labels or name tags
- Clear contact paper cut to 12" x 18"

Option 2: Drawing Option

- Picture of each child
- White poster board cut to 11" x 17"
- Magic markers
- Blank address labels or name tags
- Clear contact paper cut to 12" x 18"

3. Select a photo of each child to use. Show each child the photo and ask him/her to illustrate the "setting" (beach, the park, play area) to go around it. Construction paper option: the children can cut shapes out of the construction paper (beach ball, pool of water) to glue on the poster board. Another good alternative is to make construction paper "confetti" and have the children glue these on instead (green pieces for grass, blue for water, etc.). Drawing option: they can draw directly on the poster board. Feel free to be creative and let them be creative. Anything can be used to decorate the placemat as long as it is flat.

Activity is continued onto next page >>

ACTIVITY #30: SUMMERTIME SETTING PLACEMATS CONT'D

4. Glue each child's picture on his or her setting when it is done. Write "Susie is Safe in the Sun" or "Sam is Safe in the Sun this summer!" or a similar message on a label and stick it below the child's picture (you can also write directly on the poster board).
5. Laminate the placemat by covering both sides with clear contact paper. Be sure to press extra firmly at the edges to seal them.

This could be a great "end of summer session" gift for parents to show them that their children had summer fun in a safe manner. Children will now have a reminder about being safe in the sun when they sit down for a meal or snack!

Source: SunSafe curriculum

http://www.cancer.dartmouth.edu/melanoma/PDFs/EarlyYears_Files/preschool_curriculum_part4.pdf

ACTIVITY #31: SiMON SAYS: SUNSCREEN!

ACTIVITY GOAL:

This activity makes a fun game out of reminding children to cover every exposed body part with sunscreen.

MATERIALS NEEDED:

- Enough sunscreen for each child (SPF 15 or higher)

STEPS TO DO THE ACTIVITY:

Complete this activity before going outside to play.

1. Start with all of the children on one side of the room.
2. Each child should have either a bottle of sunscreen or a dollop in one hand that they can dip into for spreading.
3. Play the traditional game of Simon Says! However, instead of having Simon tell the children to pat their head's, rub their tummies, etc., Simon tells them to put sunscreen on a body part.
4. As always, each instruction must begin with "Simon says..." for the children to do it.

Example:

- "Simon says, put sunscreen on your... ears!" Children put sunscreen on their ears.
- "Simon says, put sunscreen on your... nose!" Children put sunscreen on their noses.
- "Put sunscreen on your... cheeks!" Children should pause. Children who put sunscreen on their cheeks would normally be "out!"

Instead of having the children sit down when they are "out", have them go to the other side of the room and continue playing (this way everybody gets covered with sunscreen)!

5. Continue until every exposed part is covered with sunscreen, then have Simon say to put on hats and/or sunglasses and go out for some playtime!
6. You can either have the winner play Simon the next day or have the children take turns playing Simon until all have had a chance (this is a great way to help all of them remember to cover every part with sunscreen).

Source: SunSafe curriculum

http://www.cancer.dartmouth.edu/melanoma/PDFs/EarlyYears_Files/preschool_curriculum_part4.pdf

ACTIVITY #32: SUNNY SOUTH OF THE BORDER MEXICAN HAT DANCE AND SIESTA TIME

ACTIVITY GOAL:

This activity uses a Mexican theme to show the children how sun safety is a part of everyday life in sunny climates.

MATERIALS NEEDED:

- Inexpensive straw sombrero (Can be borrowed or purchased at party store for about \$3)
- Craft materials (felt, sequins, glue, etc.)
- Mexican props or decorations
- Tape with Mexican hat dance – try to borrow a tape with the traditional music from the library (also called “La Tapatia”) or use any Latin music
- Maracas

STEPS TO DO THE ACTIVITY:

1. If you'd like, wear the sombrero to greet the children. Talk with the children about how such wide hats help people in Mexico to protect their faces from the scorching sun.
2. Allow the children to help you decorate your sombrero with craft materials.
3. Place the Mexican props and decorations around the room.
4. Do the “Mexican Hat Dance”.

This dance is traditionally done as one pair of people at a time, but can also be done with a whole group.

- Face one another with the hat in the middle
- Cross arms across your own body
- Alternate kicking feet forward to the “dada dada dada”
- When the music speeds up, grab hands and circle around the hat
- When it changes, circle the other way
- Repeat
- Children can also take turns shaking maracas

Activity is continued onto next page >>

SIESTA TIME

1. Talk to the children about how people in Mexico often work outside in open fields where they are exposed to the hot sun. They need to take a break during the hottest part of the day so they don't get sick from too much sun.
 - Heat stroke is of great danger to these workers, in addition to the skin Cancer risk.
2. You may want to instruct the children to imagine they have been working in the hot fields and role-play how they would feel and what they might do (get a drink, wipe their forehead, sit in the shade, etc.).
3. Point out to children that after this midday break, the people begin working again!

Instead of naptime, have Siesta Time

Source: SunSafe curriculum

http://www.cancer.dartmouth.edu/melanoma/PDFs/EarlyYears_Files/preschool_curriculum_part4.pdf

ACTIVITY #33: SUN PiÑATA

ACTIVITY GOAL:

This activity will involve children in a hands-on project making a decorative sun that can be used for activity days related to Safe in the Sun or for other educational purposes.

This activity requires some attention so it may need to be saved for a day when you are feeling ambitious or have a parent volunteer to help out. The project can be done in several stages.

MATERIALS NEEDED:

- Old dish tub or other plastic container
- Couple of newspapers- torn into strips about an inch wide, then torn in half
- Elmer's glue- Large school size plus some extra
- Balloon
- String
- 2-inch dowel (half a pencil will work too)
- Yellow poster paint
- Glitter
- Yellow or orange construction paper

STEPS TO DO THE ACTIVITY:

Making the Sun:

1. Put the glue in the tub and mix in warm water until it reaches the consistency of pancake batter.
2. Dip some of the strips and allow them to soak a little so they become saturated.
3. Meanwhile, inflate the balloon (you want as round of a balloon as possible).
4. Layer the strips round and round the balloon, trying to keep the layers as even as possible. There should be at least 6 layers when you are done. Be sure to cover the knot (where balloon was tied) also.
5. Allow drying overnight.
6. Stick a needle through the layers and pop the balloon.
7. Paint the sun with poster paint and allow drying.

Activity is continued onto next page >>

TO HANG THE PiÑATA:

1. Tie the middle of the dowel in the middle of a long piece of string. It will make an upside down T when you hold the two ends of the string with the dowel below.
2. When the paint is dry, use scissors to cut a hole in the bump where the knot is making sure the hole is big enough to stick the dowel through.
3. Put the dowel, with the string attached, through the hole. Leave the ends of the string hanging out.
4. The dowel should hold the piñata stable when it is hung by the string.

ADDING THE SUN'S RAYS:

1. Cut triangles out of the construction paper and fold the bottom edge up.
2. Apply glue to the folded edges of the triangles and stick them on to be the rays of the sun.
3. Apply glitter if desired.
4. Allow drying.

FILLING THE PiÑATA:

1. Cut a small triangle out of the upper half on the backside (SAVE the triangular piece cutout).
2. Allow the children to peek inside.
3. Put treats, balloons, or whatever you decide to use in through the hole. Do NOT put too much weight or the top may not hold.
4. Plug the hole with the triangular piece.
5. For safety, it is best to use a whiffle ball bat. Mark out a circle on the floor with masking tape and tell the children who are waiting for a turn that they must stand outside the circle.

It is your choice as to whether to fill the piñata with treats or save it for decoration!

Source: SunSafe curriculum

http://www.cancer.dartmouth.edu/melanoma/PDFs/EarlyYears_Files/preschool_curriculum_part4.pdf

ACTIVITY #34: SAFE IN THE SUN SAFARI

ACTIVITY GOAL:

This activity will reinforce sun safe practices in younger children and make remembering fun.

This activity is a memory game in which children are asked to add to and remember (in order) a growing list of sun protection items (modified loosely after the game “We’re going on a bear hunt”)

MATERIALS NEEDED:

- None

STEPS TO DO THE ACTIVITY:

1. Ask children to sit in a circle.
2. Tell them that you are about to take them on a pretend sun safe safari. Explain that when you go on a safari, you will be in Africa, close to the equator where the sun is very, very strong and while you are out looking for animals in the hot sun, you might get sunburned.
3. Have children think quietly to themselves of an item they might need to take along for the trip to keep them safe in the sun. Explain that it will take everybody thinking hard to make a list of items each child will need to be protected from the sun, and that they must each remember what everybody around the circle suggests!
4. Begin with yourself, or assign a fairly confident child to be the first participant.

Teacher or first child says:

“I’m going on a sun safe safari and I am going to take a... HAT!”

Next child: “I’m going on a sun safe safari and I am going to take a hat and some... SUNSCREEN!”

Next child: “I’m going on a sun safe safari and I am going to take a hat, some sunscreen, and... SUNGLASSES!”

And so on until you have gone all the way around the circle, and have created a list with as many sun safe items as there are people sitting around the circle.

Activity is continued onto next page >>

It may not be easy for each child to come up with enough things so that each child has a new sun safe item. You can help them by prompting them to embellish on the basics so there are enough items to go around (such as “a blue long sleeved shirt” and a “yellow long sleeved shirt”).

5. After you have gone around the room once, ask the children to talk about how they can practice sun safety in their own back yards.

Possible list of sun safe items:

- Sunscreen (SPF 15 or higher)
- Broad brimmed hat
- Sneakers
- Sunglasses
- Straw hat
- Umbrella
- Lip balm
- Long sleeved shirt
- Socks
- Water bottle
- Long pants
- Tent for resting in the shade
- Tarp to make a shady spot for watching animals
- A watch to remind you when to avoid the peak hours

This activity may get a little noisy and silly as the children struggle to keep track of what items are on the “list”. You can explain that while it’s hard to remember in order everything you are taking on your sun safe safari, in real life it is much easier to remember “Slip, Slop, Slap” to be safe in the sun.

Source: SunSafe curriculum

http://www.cancer.dartmouth.edu/melanoma/PDFs/EarlyYears_Files/preschool_curriculum_part4.pdf

ACTIVITY #35: SUN SAFE BEACH DAY PARTY

ACTIVITY GOAL:

This activity reinforces the sun safety message to children.

MATERIALS NEEDED:

- Bathing suits
- Towels
- Sunscreen
- Hats
- Sunglasses
- Beach toys
- Long sleeve t-shirts

STEPS TO DO THE ACTIVITY:

1. Allow children to bring in or provide the noted materials.
2. Allow children to dress up as if they were going to the beach.
3. After each child is dressed, ask them:
 - What things are you wearing that protect you from the sun?
 - Why do we need these things?
 - What protects your head and ears?
 - What protects your skin?
 - What protects your eyes?
 - ETC.

This is a great activity to do in the “off season” to help remind children about sun protection before the real beach season or summer arrives.

Source: SunSafe curriculum

http://www.cancer.dartmouth.edu/melanoma/PDFs/EarlyYears_Files/preschool_curriculum_part4.pdf

ACTIVITY #36: SHADE TREE

ACTIVITY GOAL:

This activity will help children understand the importance of having shade for sun protection and also incorporates activities related to planting and caring for a shade tree.

MATERIALS NEEDED:

- Shade tree (contact a local nursery/ tree farm to see what trees would be best suited for your area and will grow quickly)
- Area to plant the tree
- Shovel
- Watering cans
- String
- Metal anchors
- Pictures of shade trees from books or magazines

STEPS TO DO THE ACTIVITY:

1. Show the children pictures of different shade trees from books or magazines.
2. Ask them which trees they like best, which ones they think would provide the best shade, etc. Talk about the importance of shade in relation to sun protection.
3. Purchase a shade tree from a local nursery or tree farm.
4. Take the children outside and allow them to help pick out a good place for a new shade tree.
5. Dig a hole for the tree (the kids can help).
6. After the tree has been planted, allow the children to help with watering!
7. As a precaution, it might be wise to anchor the tree to the ground to ensure it grows straight!
8. Allow the children to water the tree several times a week. As the tree begins to grow, talk about the changes such as leaves, etc. Ask the children to notice that as the tree grows it begins to provide more and more shade.

Contact the local nursery/tree farm and explain what you are doing. Often times they will give discounts or may even be willing to help with the planting of the tree!

Source: Danielle Shatley-Poore, MPH, CHES
South Carolina Department of Health and Environmental Control - Region 1 Health Education

ACTIVITY #37: THE SUN ALL AROUND ME

ACTIVITY GOAL:

This activity will introduce the children to the sun and the sun's rays. It will also reinforce that the sun can be very powerful and can cause damage to their skin when it is not protected.

MATERIALS NEEDED:

- Magazines or books
- Kid safe scissors
- Crayons, markers

STEPS TO DO THE ACTIVITY:

1. Have children sit in a circle.
2. Talk to the children about the sun and its rays. Explain how the sun has rays that give us heat and light. When the sky is clear and we can see the sun, this is called a sunny day versus a rainy day or cloudy day. Remind the children that even on cloudy days (when you can't see the sun) the rays are still there and that during different seasons of the year the sun's ray strength varies (summer is when the sun's rays are the strongest).
3. Have the children tell you the different places where the sun shines.

For example sun shines:

- On the lake
- On the ground
- On the car
- During all seasons
- On animals
- On me

4. Using the responses, have the children draw or cut out pictures of two or three of the places. Make sure they include the sun and themselves in their picture!

Source: The Sun Safety Activity Guide- National Safety Council
http://www.nsc.org/public/ehc/sunsafe/sun_1-53.pdf

ACTIVITY #38: SHADOW YOURSELF

ACTIVITY GOAL:

This activity will allow children to learn about shadows and their relationship to the sun.

MATERIALS NEEDED:

- Large roll of butcher-block paper
- Markers and crayons
- Kid safe scissors
- Sunny Day

STEPS TO DO THE ACTIVITY:

1. Take the children outside and divide them into teams (3 or 4 teams will work well). Give each team a large sheet of butcher-block paper. Have one student from each team stand on the end of paper with the sun to their back.
2. Have the other children on the team draw the shadow on the paper.
3. When they have completed tracing the shadow, have the children return to the classroom and cut out the tracing of the shadow.
4. Direct the children to hold the shadow up to his/her body.
5. Ask the children, "Is the shadow shorter or taller than you?"
6. Talk to them about the shadow rule: When there is no shadow, you need to seek shade.

Source: The Sun Safety Activity Guide- National Safety Council
http://www.nsc.org/public/ehc/sunsafe/sun_1-53.pdf

ACTIVITY #39: HOMEMADE SUNDIAL

ACTIVITY GOAL:

This activity helps teach children that the sun and shade move throughout the day.

MATERIALS NEEDED:

- A sunny day
- Stake, pole, dowel or other similar shaped item (at least 2 feet tall)
- 4 fist size rocks
- Other small items (one item for each child)

STEPS TO DO THE ACTIVITY:

1. Select a place for the stake that will be in the sun all day. Pound the stake into the ground.
2. Four evenly spaced times during the day (like every 1-2 hours), take the children outside and place an object at the end of the stake's shadow.
3. After placing the third object, ask the children to put their own items where they think the next shadow will fall. Next time you check the shadow, compare their guesses to the actual shadow.
4. Talk with the children about why the objects are not always in the same place.

Ask questions like:

- What causes the shadow?
- Why does the shadow move?
- Why does the shadow get longer or shorter?
- Where is it shady right now?

ACTIVITY #40: SUN SAFETY CARD MATCH

ACTIVITY GOAL:

This activity will teach and reinforce the safe in the sun message and teach memory skills to children.

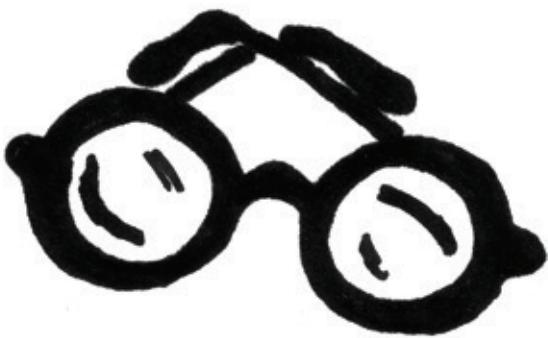
MATERIALS NEEDED:

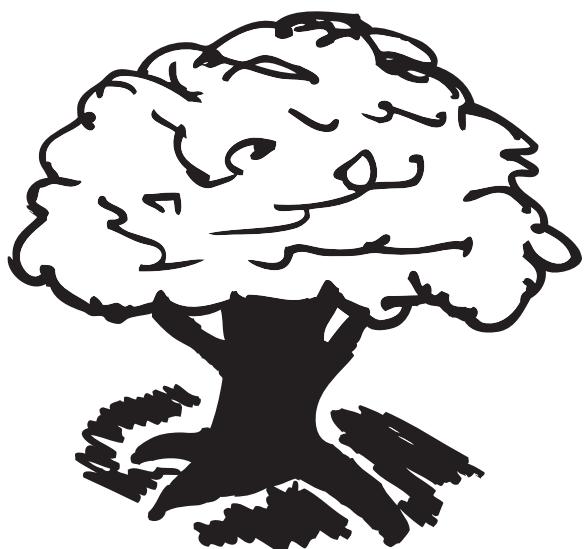
- 8 ½" x 11" paper or cardstock to print/copy the sun safe items cards (see attached)
- Color printer or copy machine
- Scissors
- Peel and stick laminating sheets or clear contact paper

STEPS TO DO THE ACTIVITY:

1. Copy each page of the sun safe items (best to have two or three copies of each item). Best to have 24 images total.
2. Cut out each image on the black line.
3. Cover the cards with clear contact paper or peel-n-stick laminating paper.
4. Using some or all of the cards, match the pairs of cards together. Shuffle the cards and lay them face down so the image doesn't show.
5. Have one child turn over a card, then another. If the images match, move both cards to the side. If they do not, turn both cards back over and have the child turn over two more. Continue this process until all cards have been matched.
6. To play this game with more than one child, have the children take turns matching cards.

This activity is best suited for small groups.





ACTIVITY #41: UV INDEX POSTER

ACTIVITY GOAL:

This activity will allow children to learn the daily UV index number for where they live and what it means for safe in the sun procedures. This activity can also reinforce how children can be sun safe at different UV levels.

MATERIALS NEEDED:

- Poster board
- Clear contact paper or peel-n-stick laminate
- Dry Erase marker
- Heavy weight construction paper
- Markers
- Ruler
- Glue or tape
- Pictures from magazines or books of sun safe materials such as sunscreen, hats, umbrellas, shade trees, long sleeve t-shirts, or a clock (hands between 10am- 2pm)

STEPS TO DO THE ACTIVITY:

1. On the left hand side of the poster board, draw or stencil a thermometer with a zero at the bottom and a 10 at the top. You may also write or stencil in the other numbers as well.
2. Draw a line between numbers 2 and 3 and a second line between numbers 6 and 7 to divide the thermometer and poster board into three equal sections. The numbers on the thermometer correspond to the UV index, which will be described in more detail below.
3. Allow children to cut out pictures from magazines and books that show sun safe behaviors or materials, such as sunscreen, hats, umbrellas, and shade trees.
4. Allow the children to glue the magazine cut outs onto the poster board with a corresponding UV index level.

Activity is continued onto next page >>

5. Discuss with them the meaning of the UV index and utilize the pictures accordingly. For a UV index of 0-2 they would likely only need a hat and sunscreen but for a UV index of 7-10 they would need to seek shade, not go out between the hours of 10am-4pm, wear a hat, sunglasses, a long sleeve shirt, etc.
6. Cover the poster board with clear contact paper or peel-n-stick laminate. Each day, find the daily UV index for your area. The daily UV index can be found in the newspaper, TV, radio weathercasts or the weather channel website.
7. Each morning have one child mark or circle the UV index level number on the poster board with a Dry Erase marker.
8. Talk to the children about the day's sun safety measures, using the pictures and drawings on the poster.

Source: Sun Safe Central (funded by NCI)
www.sun safecentral.com

ACTIVITY #42: SAFE IN THE SUN RELAY

ACTIVITY GOAL:

This activity engages children in physical activity while also reinforcing safe in the sun messages.

MATERIALS NEEDED:

- 2 large beach bags
- 2 sets of sun safe items such as long sleeve t-shirt, sunscreen bottles, sunglasses, hats, umbrella, visor, beach chair, foam surfboard, or anything else that might be at the beach
- Materials to mark the course (start and end point)
- A large open area where the children can run

STEPS TO DO THE ACTIVITY:

1. Split the children into two teams with an even number of players on each team.
2. The first child on each team (or the first one to volunteer) runs down to the beach bag, puts on all the sun safe items over his/her clothes and runs back to the starting line, taking off all the items and putting them back in the bag.
3. Then they run back and put the full bag back at the end of the course and run back to their team.
4. The next child will then run down to the bag and will do the same process.

Source: <http://pbskids.org/zoom/activities/games/sunsafetyrelay.html>

ACTIVITY #43 HOT POTATO WITH THE SUN

ACTIVITY GOAL:

This activity helps reinforce safe in the sun messages with children while also involving them in physical activity.

MATERIALS NEEDED:

- Music
- Ball (preferably yellow in color)

STEPS TO DO THE ACTIVITY:

1. Have the children make a large circle and pretend the ball is the sun.
2. Have the children pass the ball to each other as the music plays.
3. When the music stops, the student with the ball should say one sun fact about how to protect the skin and eyes from the sun.

Source: EPA SunWise
<http://www.epa.gov/sunwise/funactivities.html>

ACTIVITY #44: SUN SAFETY MUSICAL CHAIRS

ACTIVITY GOAL:

This activity reinforces safe in the sun messages with children while also engaging them in physical activity.

MATERIALS NEEDED:

- Music
- Chairs, one less chair than the number of children in the class

STEPS TO DO THE ACTIVITY:

1. Have children walk around the chairs, which are set up in a circle, while the music plays.
2. When the music stops, the children scramble to sit down in a chair.
3. Whichever student is still standing should recite a sun safety fact about how to protect the skin and eyes from the sun.
4. Then, that child will dance and clap for the remaining students, while the game continues.
5. The instructor will pull more and more chairs from the circle until there are no more chairs left.

Source: EPA SunWise
<http://www.epa.gov/sunwise/funactivities.html>

ACTIVITY #45: SAFE IN THE SUN SONG

SLIP SLOP SLAP
DON'T GO OUT WITHOUT YOUR CAP
(Children pretend to put on a cap)

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)

Source: Jennifer Petersson, SunSafe curriculum
http://www.cancer.dartmouth.edu/melanoma/PDFs/EarlyYears_Files/preschool_curriculum_part3.pdf

**ACTIVITY #46:
SAFE IN THE SUN POKEY SONG
(TO THE TUNE OF HOKEY POKEY)**

YOU PUT YOUR HAT ON,
YOU TAKE YOUR SHADES OUT,
YOU PUT YOUR SUNSCREEN ON
AND YOU SPREAD IT ALL ABOUT
YOU DO THE SAFE IN THE SUN POKEY AND
YOU TURN YOURSELF AROUND.
THAT'S WHAT IT'S ALL ABOUT!

(Clap)
(Sing song while acting out)

Source: Jennifer Petersson, SunSafe curriculum
http://www.cancer.dartmouth.edu/melanoma/PDFs/EarlyYears_Files/preschool_curriculum_part3.pdf

**ACTIVITY #47:
SUNSCREEN SONG #1
(TO THE TUNE OF "SO EARLY IN THE MORNING")**

THIS IS THE WAY WE SAVE OUR SKIN,
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, 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.

Children can pretend to apply sunscreen as they sing.

**ACTIVITY #48:
SUNSCREEN SONG #2
(TO THE TUNE OF "ABC")**

A B C D E F G

**i WO'NT LET THE SUN BURN ME!
A MEANS AWAY- i'LL GO INSIDE
FROM SUN BURNING RAYS i'LL HIDE.**

A B C D E F G

i WO'NT LET THE SUN BURN ME!

A B C D E F G

**i WO'NT LET THE SUN BURN ME!
B IS FOR BLOCK, i USE SUNSCREEN,
EVERYWHERE MY SKIN IS SEEN,**

A B C D E F G

i WO'NT LET THE SUN BURN ME!

A B C D E F G

**i WO'NT LET THE SUN BURN ME!
C IS COVER WITH A HAT,
T-SHIRT, SUNGLASSES...JUST LIKE THAT!**

A B C D E F G

i WO'NT LET THE SUN BURN ME!

You can also 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.

Source: Susan Boiko, MD, SunSafe curriculum

http://www.cancer.dartmouth.edu/melanoma/PDFs/EarlyYears_Files/preschool_curriculum_part3.pdf

ACTIVITY #49:
SUN SAFETY SONG
(TO THE TUNE OF "OLD MCDONALD HAD A FARM")

i AM SUN SAFE ALL DAY LONG, EE ii EE ii oo
i WEAR A HAT TO SHADE MY FACE. EE ii EE ii oo
WITH A FLOPPY HAT HERE, AND FLOPPY HAT THERE,
HERE A HAT, THERE A HAT, EVERYWHERE A FLOPPY HAT.
i AM SUN SAFE ALL DAY LONG, EE ii EE ii oo

i AM SUN SAFE ALL DAY LONG, EE ii EE ii oo
i PUT ON SUNSCREEN TO SAVE MY SKIN, EE ii EE ii oo
WITH A RUB IT IN HERE, AND A RUB IT IN THERE,
HERE A RUB, THERE A RUB, EVERYWHERE WE RUB IT IN.
i AM SUN SAFE ALL DAY LONG, EE ii EE ii oo

Ask the children what else they can do to be safe in the sun (wear sunglasses, play in the shade, etc.) and help them make up words for the sun safety song. The above verses are just samples- they can be changed and added to!

ACTIVITY #50: SAFE IN THE SUN CLOTHING TREASURE HUNT

ACTIVITY GOAL:

This activity will reinforce the need for sun safe items while in the sun.

MATERIALS NEEDED:

- Items that provide sun safe coverage (wide brimmed hats, long sleeve shirts, pants, SPF 15 sunscreen)
- Items that do NOT provide sun safe coverage (tank tops, visors, shorts, tanning oil)

STEPS TO DO THE ACTIVITY:

1. Hide several of the safe and unsafe sun coverage items in different locations.
2. Provide the children with “clues” to what the item is and where it might be located. For example, “When it’s outdoor play time, we wear these to protect our eyes”.
3. Children can then hunt for the items as a group.
4. Then select one student to be the safe sun model and one student to be the unsafe sun model.
5. As the children find the additional items they can continue to dress the safe and unsafe models.
6. Once all the items are found, you can review the importance of each sun safe item with the children.

Source: http://www.azdhs.gov/phs/sunwise/pdf/physical_activity.pdf

ACTIVITY #51: SUNSCREEN SCARECROW RELAY RACE

ACTIVITY GOAL:

This activity reinforces the need for sunscreen use in order to protect the children's skin from sun damage.

MATERIALS NEEDED:

- Sunscreen (SPF 15 or higher)
- Open area outside

STEPS TO DO THE ACTIVITY:

1. Have 2 bottles of sunscreen.
2. Divide the children into 2 or 3 equal groups.
3. Have each group of children line up with their arms out to their sides, about 20 feet apart.
4. The first child will pour sunscreen lotion into his/her hand and rub it on an exposed area such as his/her arms, legs, face and neck. That child will then run to the next student and hand him/her the bottle.
5. Each student will hand off to the next student and the first group to finish wins.

This is a good activity to do prior to outdoor play or before going outside for water day.

ACTIVITY #52: CLASSROOM "FUN IN THE SUN" BOOK

ACTIVITY GOAL:

This activity involves each child in a creative project related to sun safe concepts and allows them to use their imagination at the same time.

MATERIALS NEEDED:

- Blank book pages or blank pages of paper (enough for each child)
- Markers, Crayons and other art supplies

STEPS TO DO THE ACTIVITY:

1. Take one of the blank pages and write "I like to _____ in the sun" across the top.
2. Photocopy the sheet so that each child can have one.
3. Have children draw a picture of themselves and their family doing one of their favorite activities in the sun, while also being sun safe.
4. Then fill in the blank on the top of each child's page, such as "I like to give the dog a bath in the sun". Finally, create a cover page and assemble all the children's pictures into a Classroom "Fun in the Sun" Book!

Source: SunSafe curriculum

http://www.cancer.dartmouth.edu/melanoma/PDFs/EarlyYears_Files/preschool_curriculum_part4.pdf



ACTIVITY NOTES:

total printing cost:

total number of documents printed:

cost per unit:



52 Weeks of Sun Safe Activities

