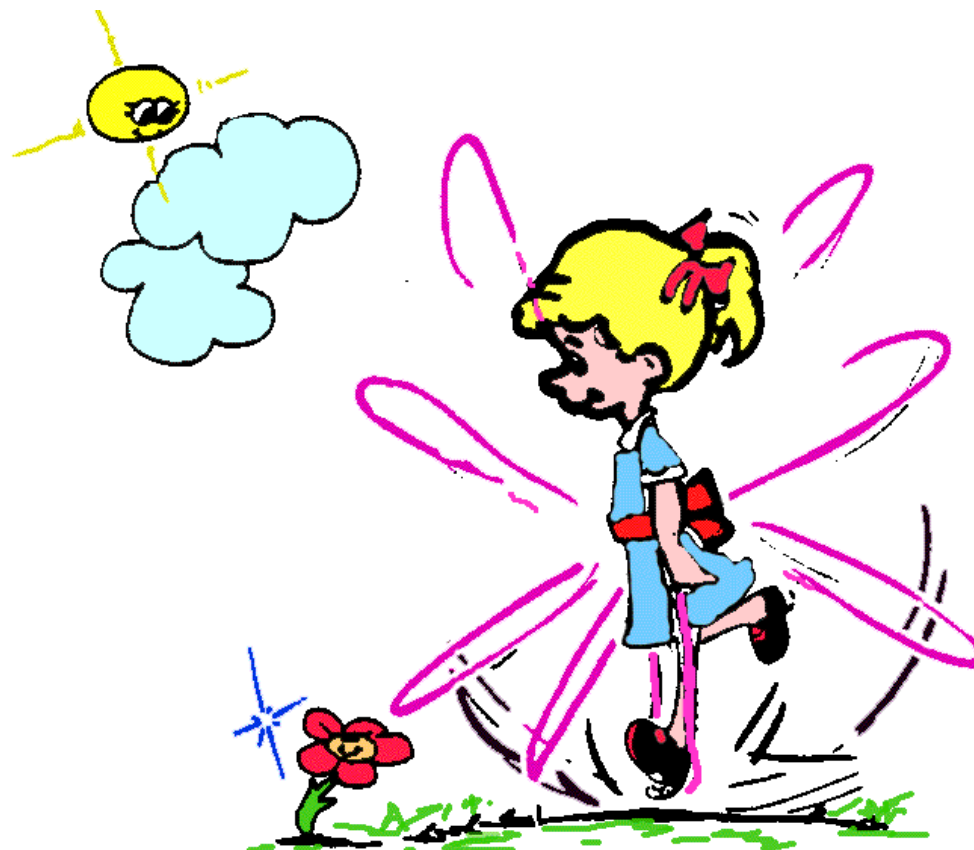


Sun Safety Activity Pages for Children Grades 3-5



www.sunsafetyalliance.org



Sun Safety Activity Pages -- Grades 3-5

Fresh air, sunshine, and exercise are essential to the healthy development of young children. Children who regularly spend time running, jumping, and playing outdoors are generally more fit and have a lower risk of being overweight. Adults should encourage children to be outside, active, and safe — including sun-safe.

A message for children is "Your skin protects you. You should protect your skin." For children in grades 3-5, these activities integrate language, math, and science skills with sun-safety information. Sun safety education should promote informed decision-making skills and life-long health habits.

These activity pages are based on the following sun-safe actions:

- Avoid peak hours when UV rays are most harmful (10:00 AM to 4:00 PM)
- Stay in the shade
- Wear cover-up clothing
- Wear a hat
- Wear UV protective sunglasses
- Apply sunscreen
- Avoid tanning beds and sunlamps
- Check UV, heat, and air quality indexes
- Drink plenty of water
- Practice sun safety every day, all year long



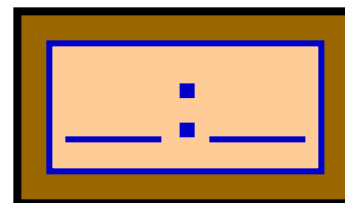
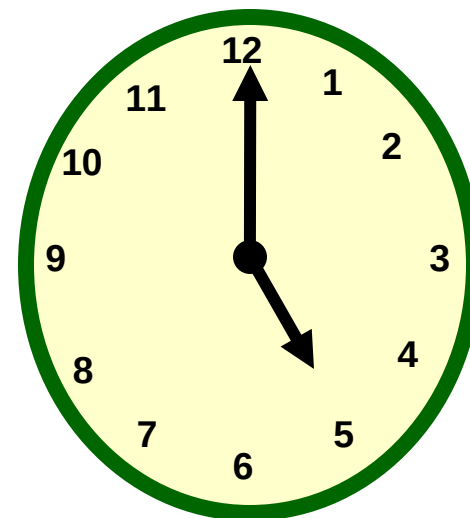
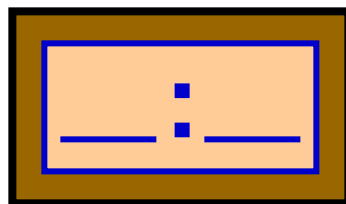
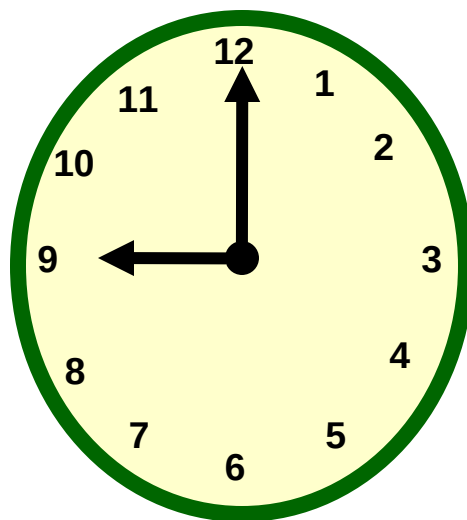
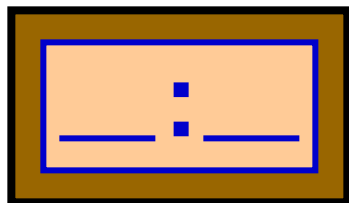
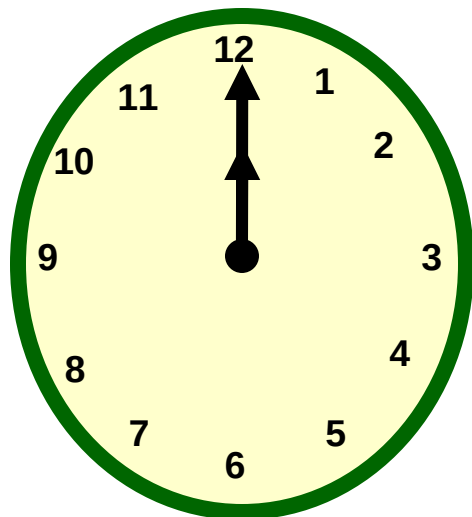
For additional information, please visit www.sunsafetyalliance.org

www.sunsafetyalliance.org

SunTime

People can tell time on digital clocks or on "face" clocks. Write the digital time below each of the face clocks.

Then, put an X on the clock that shows what time the sun's UV rays are strongest.



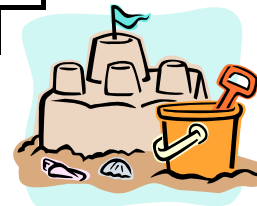
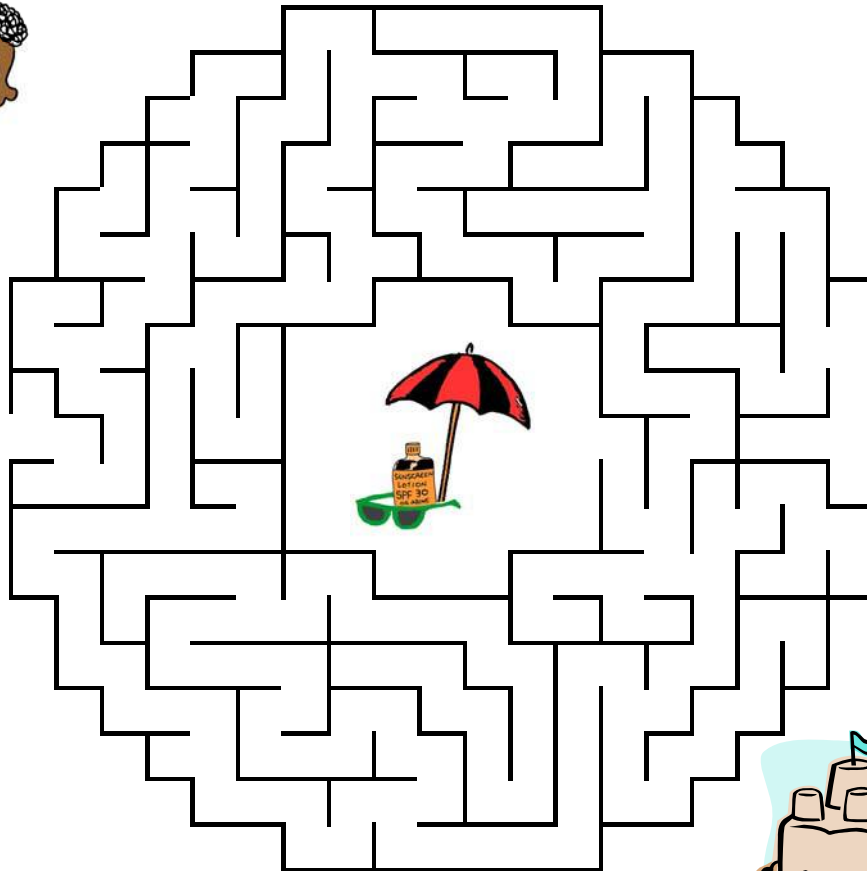
UV rays are the invisible burning rays from the sun. The UV rays are strongest between 10:00 AM and 4:00 PM.

Stay in the shade during the sunniest part of the day!



Sun-Safe Beach Fun

Help Carlos pack sun-safety items for the beach.



List some things you would take to the beach. Don't forget to pack your sun protection!

Sunscreen

Beach Bag

*Playing at the beach is more fun
when you stay sun-safe.*

*Pack your beach bag by finding
the following words. Words may
be written up, down, forward,
backward, or diagonally.*



S	S	U	W	S	L	H	B	F
E	L	R	S	S	A	S	A	S
S	A	S	C	L	E	W	O	T
S	L	H	H	S	E	H	S	A
A	L	L	E	R	B	M	U	R
L	A	T	E	B	A	H	C	F
G	B	E	S	H	A	D	E	I
N	E	E	R	C	S	N	U	S
U	S	N	O	B	E	A	C	H
S	U	N	D	S	U	S	H	G

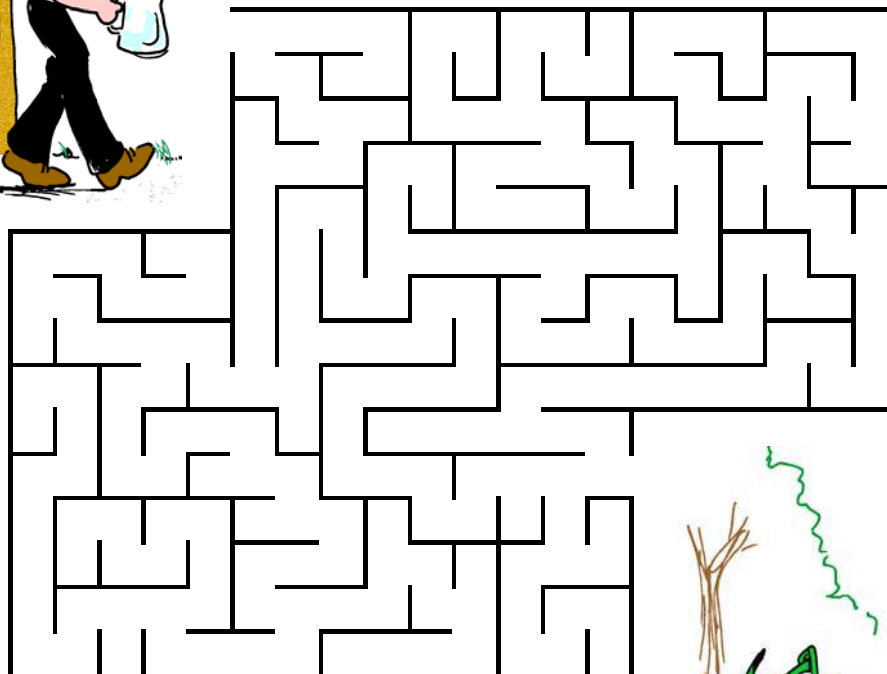


Drink Water!

Your body needs water to stay healthy. You should drink water every day.

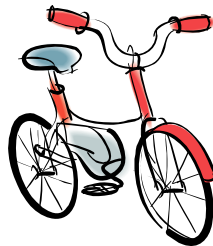
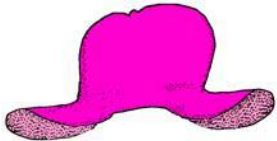
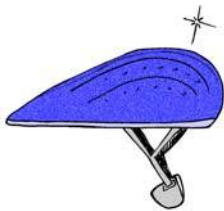
You need to drink extra water when you play outside in the sun or warm weather.

Jimmy is thirsty. Help his dad take a glass of water to him.



Be outside, active, and safe!

Draw a line to connect each hat with the correct activity.



Hats provide shade to protect your head, neck, face, ears, and eyes.

Helmets help protect your head and face from injury. Name some activities and the required safety gear.

Football - helmet



Match Them Up

Draw a line between the objects that go together

Unscramble these words:

lsgaenssus

tsha

pli mabl

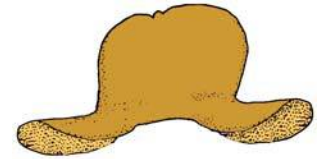
runnsesec

rnunbsu

eesy

plis

ceaf



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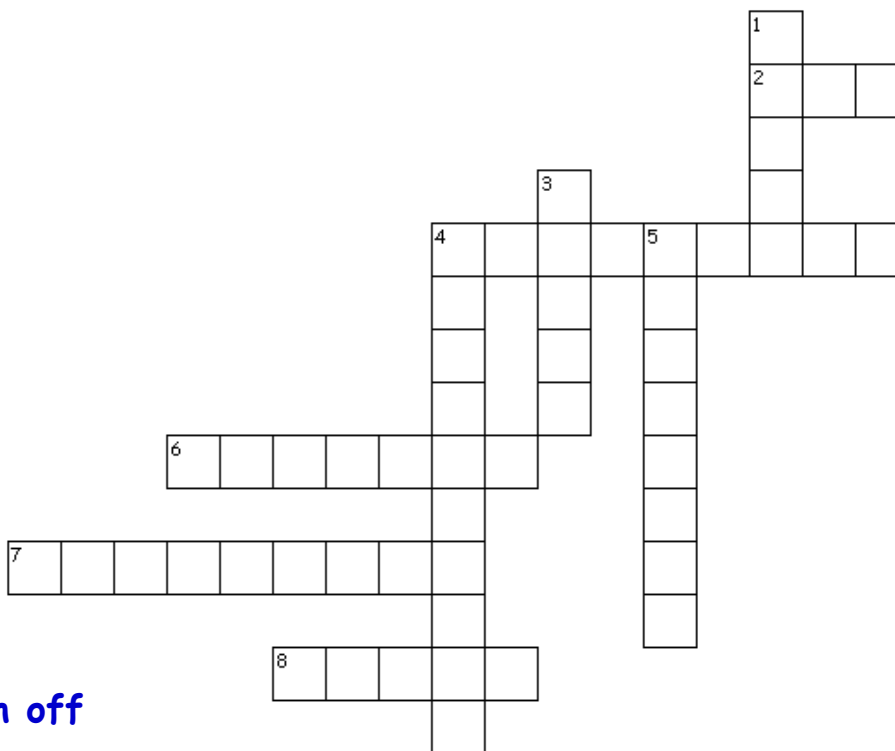
Be sun safe -- every day

Across

- 2. Portable wearable shade
- 4. Use SPF 30
- 6. Protect your lips
- 7. Avoid 10:00-4:00
- 8. Stay hydrated

Down

- 1. Trees provide this
- 3. Know the UV and Heat _____
- 4. Eyes need 100% UV protection
- 5. Skin protection that won't wash off



Sun safety is important every day. The sun's damaging UV rays can cause sunburn or skin damage even on cloudy days. Sun safety is also important in winter.



Hot Stuff!

Don't get burned on the slide!

Place words from the playground in
alphabetic order on the lines to the right.

Burn

