

# Our sun-safe checklist

## Activity Sheet 1



When you go on holiday or on summer day trips with your family, you need to take enough sun-safety items for everybody.

Ask your parents to help you write a list of the sun-protection items you'll need and stick it up somewhere handy so you can all tick each item off the list as you pack them.

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....


### The search for summer!

Use the grid to create your own word search. All the words you hide in the grid should have a link to summer and staying safe in the sun.

When you've finished filling in the grid, give it along with your list of words to a friend and tell them to try and find all the words you've hidden.

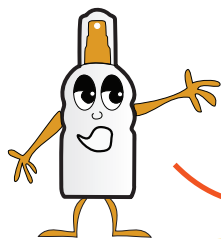


### Write a poem about Wrap! Splat! Hat!

Write a poem about summertime and being sun-aware. No problem, you say? Well, to make it more challenging, let's make it an acrostic poem!

Use the first letters of the words WRAP, SPLAT, HAT to start each line of your poem.

Remember, it doesn't have to rhyme, but if it does, that's impressive!



W .....

R .....

A .....

P .....

S .....

P .....

L .....

A .....

T .....

H .....

A .....

T .....

# Play it safe!

## Activity Sheet 2



Are you the ultimate sun-safety genius? You'll need dice and counters to play the game and find out!

1 <b>START</b> 	2 	3 	4 	5 
6 	7 	8 	9 	10 
11 	12 	13 	14 	15 
16 	17 	18 	19 	20 <b>FINISH</b> 

Can you name 4 sun-protection items?  
Correct – move forward 4 spaces.  
Incorrect - move back 4 spaces.

What happens to the cells under your skin if you go out in the sun unprotected?  
Correct - move forward 3 spaces.  
Incorrect - move back 5 spaces.

Name 4 effects of sun damage.  
Correct - move forward 3 spaces.  
Incorrect - move back 6 spaces.

What are the invisible rays from the sun called that affect the skin?  
Correct - move forward 2 spaces.  
Incorrect - move back 2 spaces.

You have reached your sunshine destination. You are a sun-safety genius! Happy holidays!

## Answers

- (5) Sun protection: sunglasses, hat, water, sun cream, T-shirt
- (11) When the body is exposed to the sun's rays, its skin cells are damaged
- (9) The sun can cause damage to the skin and eyes and could result in sunburn.
- (15) The invisible rays from the sun are called ultraviolet rays