

Sun Awareness

Be Sun Safe!



The Seasons

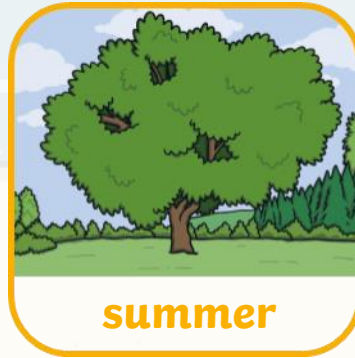


Do It!

Do you know the names of the seasons?



spring



summer



autumn



winter

Click on the pictures to reveal the answers.

What Is Good about the Sun?

The sun gives us vitamins.

It is healthy for our body and minds to play and learn outside.

It keeps us warm.

It helps plants grow.



Why Should We Be Careful in the Sun?

The sun can hurt your skin by burning it.



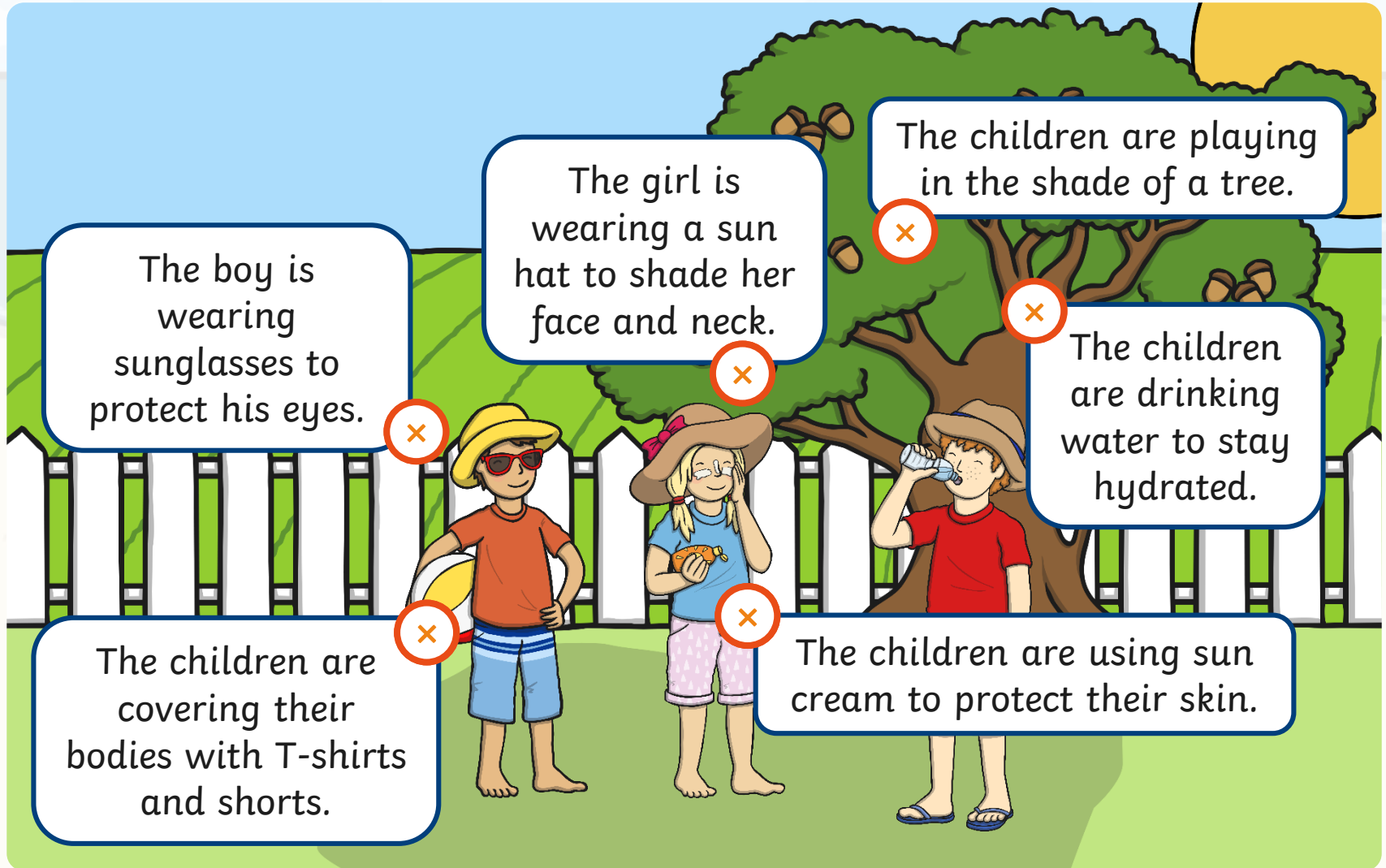
Discuss It!

Have you ever been sunburnt?

What happened?

What did it feel like?

How Are These Children Staying Safe in the Sun?



The boy is wearing sunglasses to protect his eyes.

The girl is wearing a sun hat to shade her face and neck.

The children are playing in the shade of a tree.

The children are drinking water to stay hydrated.

The children are covering their bodies with T-shirts and shorts.

The children are using sun cream to protect their skin.

How Can We Be Safe in the Sun?

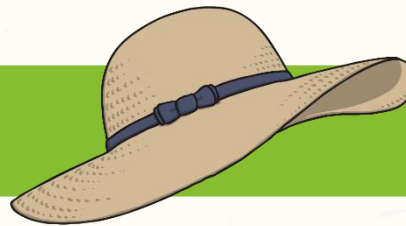
Wrap!



Splat!



Hat!



Wrap!

Wrap up in a...



T-shirt,



shorts and



sunglasses.



Splat!

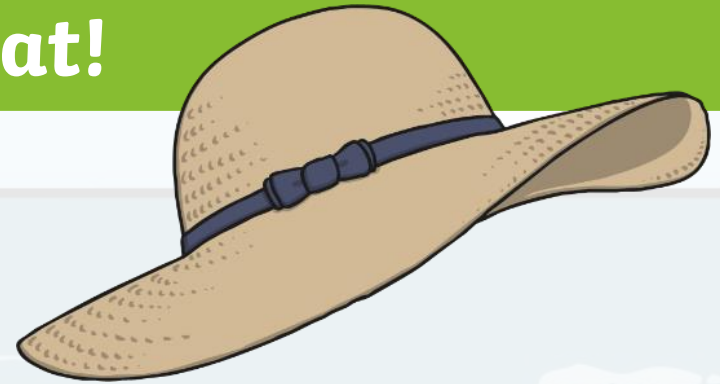
Splat on some sun cream!

Wear suncream on any bits of skin that are not covered, including your face, nose, ears, neck, arms and legs.

Ask a grown-up to help you.

Hat!

Wear a wide-brimmed hat to keep your face and neck shaded!



Do It!

Spot the odd one out. Which of these hats would not protect your head in the sun?



Be Sun Safe

Who should take care of your skin in the sun?

You! Your grown-ups should help you too.

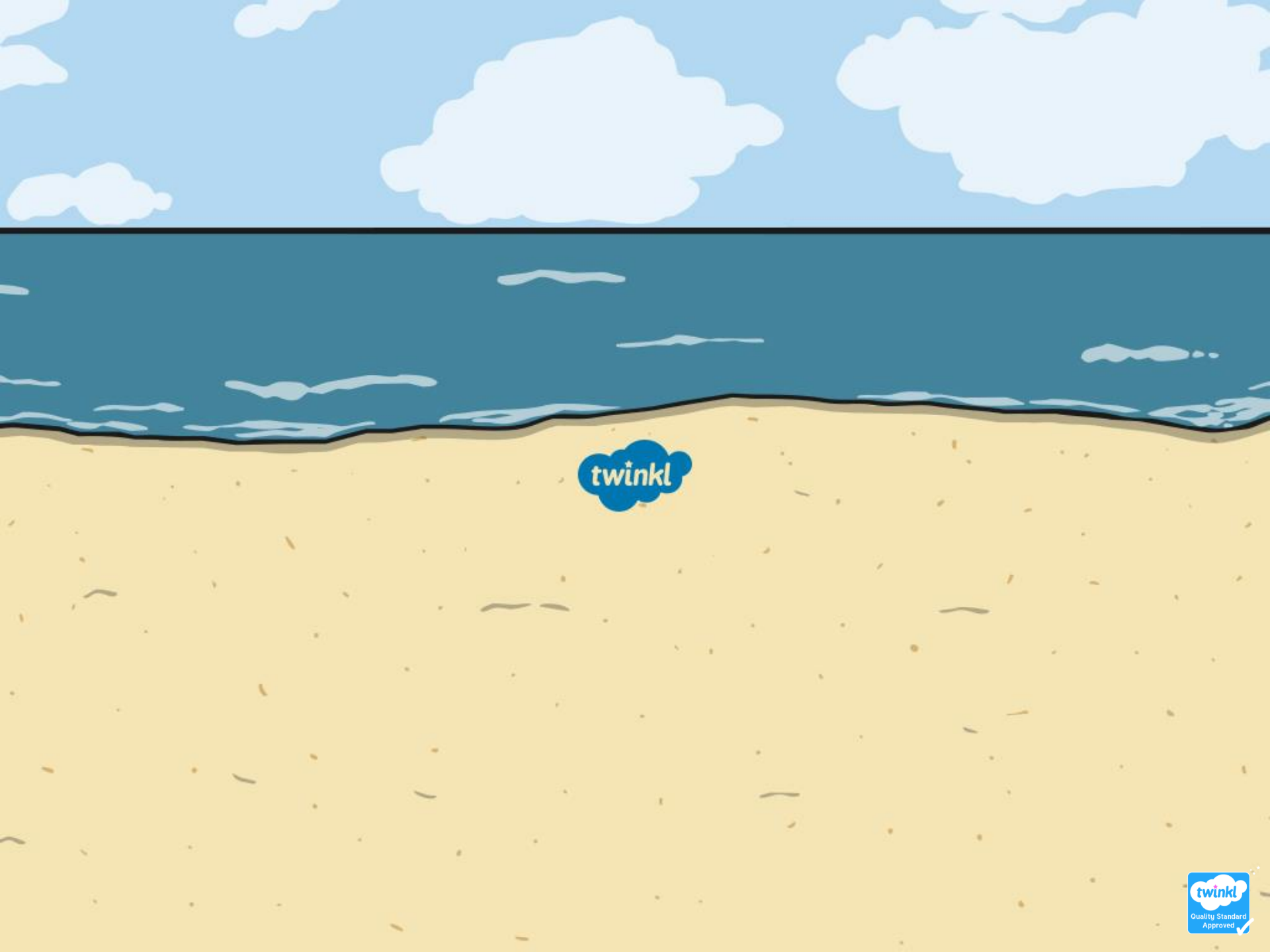


Discuss It!

Who can help you to stay safe in the sun at **home**?

Who can help you to stay safe in the sun at **school**?





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