

Health

2.PCH.2.2

Explain the dangers associated with excessive sun exposure (e.g. sun burn, damage to eyes, skin cancer) and methods for protecting oneself from these dangers.

Materials:

- Construction paper
- Bottle cap
- Area in the classroom with access to sunlight
- Appendix A: Staying Sun Safe!
- Appendix B: Keep Sydney and Skye Sun Safe
- Crayons

Resource: <https://www.aad.org/public/parents-kids/healthy-habits/parents/kids/sun-protection-kids>

Focus Step:

Tell students that as a class they will participate in an experiment using the sun. The teacher will prepare two sheets of colored construction paper (blue, purple or red may work best) with a small object (bottle cap) taped to the sheet. Place one of the sheets in direct sunlight, place the other sheet in a cabinet with no sunlight. Ask students to write a prediction of what they think will happen to each sheet. Over the next 3-5 days, ask students to continue to make predictions about what they think is happening or any observations they notice.

Discuss with students the role of the sun and what the sun does for the planet that is helpful for humans. (e.g. warmth, supports life for plants and animals, humans get Vitamin D from sunlight.) What does the sun do that is harmful for humans? (e.g. sunburn, causes skin cancer, damage our eyes).

Teacher Input:

Go to the link from the American Academy of Dermatology Association link called How Animals Protect Their Skin <https://www.aad.org/public/parents-kids/healthy-habits/parents/kids/animal-skin> and show the animals and read the text below. Ask students to recall what several of the animals did to stay sun safe.

Now have students brainstorm suggestions for how humans can protect themselves from damaging sun exposure at different times of the day. (hats, long sleeves, sunscreen, pants, sunglasses, shaded areas etc.)

Make sure students include:

1. Wear sunscreen with SPF (Sun Protective Factor) 15 or higher.
2. Reapply sunscreen after swimming, towel drying or excessive sweating
3. Apply sunscreen at least 30 minutes before going into the sun.
4. Even when in the shade you should wear sunscreen, this includes being under an umbrella at the pool or the beach.
5. Try to stay out of the sun between 10 a.m. and 4 p.m.
6. Protect your eyes with sunglasses.
7. Skin cancer as an adult often is linked to sun exposure as a child.

Assessment:

Distribute Appendix A, Staying Sun Safe, to the students. Allow students to work in pairs to discuss the answers and each should write their response on their paper. Read aloud the five statements and ask for a volunteer to read her/his response.

Next Distribute Appendix B, Keep Sydney and Skye Sun Safe, and crayons to all students and ask them to make Sydney and Skye safe from the sun. They need to include five things for sun safety.

Possible items would be long sleeves, shelter, sunglasses, sunscreen, shade, hats, etc. Allow students to share with their partner.

Closure:

Revisit the experiment from the Focus Step. As a class notice any changes. Explain that the sun's power cannot be seen, but the changes it causes can. Knowing this we can protect ourselves from the damage of the sun by remembering: Slip, Slap, Slop – Slip on a shirt, Slap on a hat, Slop on the sunscreen.

Staying Sun Safe!

Name: _____

Date: _____

1. It is two o'clock in the afternoon on a sunny day. What should you wear to protect yourself from the sun while playing at the park?

.....
.....

2. It is eight o'clock in the evening, and the sun is setting, what should you do to protect yourself from the sun while sitting outside with your family by the campfire?

.....
.....

3. It is twelve o'clock in the afternoon at the beach, and the sun is high in the sky, what should you do to protect yourself from the sun?

.....
.....

4. It is seven o'clock in the morning, and raining, what should you do to protect yourself from the sun while waiting for the bus?

.....
.....

5. It is one o'clock in the afternoon on a cloudy day. What should you do to protect yourself from the sun while playing on the playground?

.....
.....

Appendix B:

Keep Sydney and Skye Sun Safe

They need at least five things for sun safety. Color, draw, and write how you will keep them safe.

