

SUN PROTECTION

Subtopic: Healthy Sun Habits: Protection **Age Group:** 8-10 **Time:** 45 min

OBJECTIVE: SWBAT

- Explain at least two ways to protect yourself from the sun
- State that they should put on sunscreen daily in the morning

MATERIALS

- *Sun Crossword Puzzle* (enough for class)
- Pencils

ASSESSMENT

1. At the end of the Introduction to New material, Facilitator will check for questions to assess whether students understand what they learned.
2. During Guided Practice, Facilitator walks around and checks on students' work on crossword puzzle to assess whether they grasped the material.
3. During Closing, Facilitator will go over crossword puzzle and see how students answered.

OPENING

8 min

1. Facilitator asks students if they have ever been told to put on sunscreen by their parents.
 - a. If students are unresponsive, Facilitator can say that his/her mom used to tell him/her to wear sunscreen.
2. Facilitator then asks students why they think parents always tell their kids to wear sunscreen.
 - a. If students are unresponsive, Facilitator can ask students what happens when they sit in the sun for a really long time with no sunscreen. (They get sunburn).
3. Facilitator explains that today they are going to learn healthy sun habits—or the best ways to protect their skin from the damaging sun.

INTRODUCTION TO NEW MATERIAL

15-20 min; Materials: None

1. Facilitator asks students why they go to school.
 - a. Students may say something along the lines of “to learn.”
 - b. If students are unresponsive, Facilitator can ask students why school is important.
2. Facilitator then explains that they are right; school is for learning so they can grow up and be successful and get jobs. They learn now so they become smarter today but also so they can be doctors or teachers or firefighters when they grow up.
3. Facilitator explains that this is what we call, “doing something for the long run.” We do something now to help or affect us in the future.
4. Facilitator explains it's the same thing with sun protection. We put on sunscreen and have healthy sun habits to protect our skin from the sun and prevent sunburns. We also use sunscreen and have healthy sun habits so that we don't get skin cancer, or melanoma, later in life.
5. Facilitator says there are six important ways to protect yourself from the sun and asks if they can they guess any of them. Facilitator can provide hints. Some helpful hints are written below under the answers.

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- a. **Sunscreen:** Sunscreen comes in different SPFs, which stands for Sun Protection Factor. SPF 15 is the lowest you can have to help prevent skin cancer, but it is recommended to go with SPF 30 or higher. Your parents can help you pick one out. You should wear sunscreen every day! You can put it on after you brush your teeth or after you shower. It doesn't matter if it's sunny or cloudy—the sun's rays are strong and can get through those clouds! Don't forget to put sunscreen on your face too!
 - i. Hint: this is something we just talked about. We put it all over our bodies.
 - b. **Cover up:** Sunglasses and hats are fun to wear but also help protect your eyes and face from the sun. Long-sleeved shirts and pants are good too for protecting you from the sun. You can wear light shirts or pants in the summer when it's hot!
 - i. Hint: You can use these at baseball games or your parents might use these in the summer when it's sunny out.
 - c. **Seek shade:** The sun is hottest during the day from 10AM to 2PM. Here's a cool trick: if your shadow is shorter than you, then you should hang-out in the shade because the sun is really strong.
 - i. You can sit in this under a tree to get away from the heat.
 - d. **Be careful around water, sand, and snow:** Of course you can't ignore the water and sand when you go to the beach or the snow if you go skiing, but you should make sure to put on extra protection. The sun's rays can reflect off the water, sand, and snow and increase your chance of sunburn. So slather on that sunscreen!
 - i. Hint: When you are at the beach you are around these things.
 - e. **Get Vitamin D from food:** Vitamin D is a vitamin you get from the sun, but you can also get it from healthy food, like fish!
 - i. Hint: These are things you get from eating healthy and nutritious food. Sometimes they come in pill or gummy forms.
 - f. **Stay away from tanning beds:** Hopefully you aren't already using tanning beds. They have the same kind of rays the sun does and can damage your skin, making it look older over time, putting you at a higher risk for skin cancer. It's not worth it!
 - i. These are things people use when they can't go to the beach to get darker skin. There are whole stores for these, but they can be dangerous.
6. Facilitator goes over the six ways to protect yourself from the sun and has the students repeat after him/her:
 - a. Sunscreen
 - b. Cover up
 - c. Seek shade
 - d. Be careful around water, sand, and snow
 - e. Get Vitamin D from food
 - f. Stay away from tanning beds
 7. Facilitator checks for questions.
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GUIDED PRACTICE

None.

INDEPENDENT PRACTICE

10-15 min; Materials: Sun Crossword Puzzle worksheet, pencils

1. Facilitator tells students they are going to do a crossword puzzle in pairs.
2. Facilitator hands out *Sun Crossword Puzzle* worksheet.
3. S/he explains that there are clues below next to a number. The clues are divided into "Across" and "Down." Let's say you read a clue that is under "Across" and has the number 4 on it. You look for number 4 on the crossword, and know that the word is going to be written across. Find the word bank in the box on the bottom. The words are the answers to the clues. You have to choose which one you think is the right one for the clue and fill in the boxes on the crossword.

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4. Facilitator then reads through all the clues to make sure the students understand them. S/he checks for questions.
 5. As students work on crossword puzzle, Facilitator walks around to check on student work or to see if any students need help.
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CLOSING

5-7 min; Materials: None

1. Facilitator goes over answers to crossword puzzle with students by asking for volunteers to read clues and give answers.
2. Before students leave, Facilitator should ask enthusiastically, “Remember! We should wear sunscreen every day! When should we wear sunscreen?”
 - a. Students should respond, “Every day!”