Unscramble these words to find five things that protect you from the sun.

HRIST  MRLUBEAL
SRCSENENU  THA
GASUSNSLSE

Search for the words listed below.

Shade  Melanoma  Sunburn  UV index  SPF  Prevention  Awning  Skin Cancer  Sun Safety

Circle the items you would use to help protect you from the sun.

Help Gigi through the maze to get to her sunglasses.
Use the clues below to fill in the puzzle.

Across
1. What can happen to your skin within 15 minutes of being in the sun? __________
3. What should you always put on before you go out into the sun? __________
7. What is the most common form of cancer for young adults? __________
9. How do you measure the intensity of the sun’s rays? __________
10. Frequent sunburns can lead to __________ __________.

Down
2. Check your __________ suit on your birthday for anything unusual.
4. Seek __________ when outdoors.
5. Parents and teachers should act as __________ __________ to encourage sun safety.
6. Avoid __________ beds!
8. You should __________ the hot midday hours from 10 a.m. - 2 p.m.