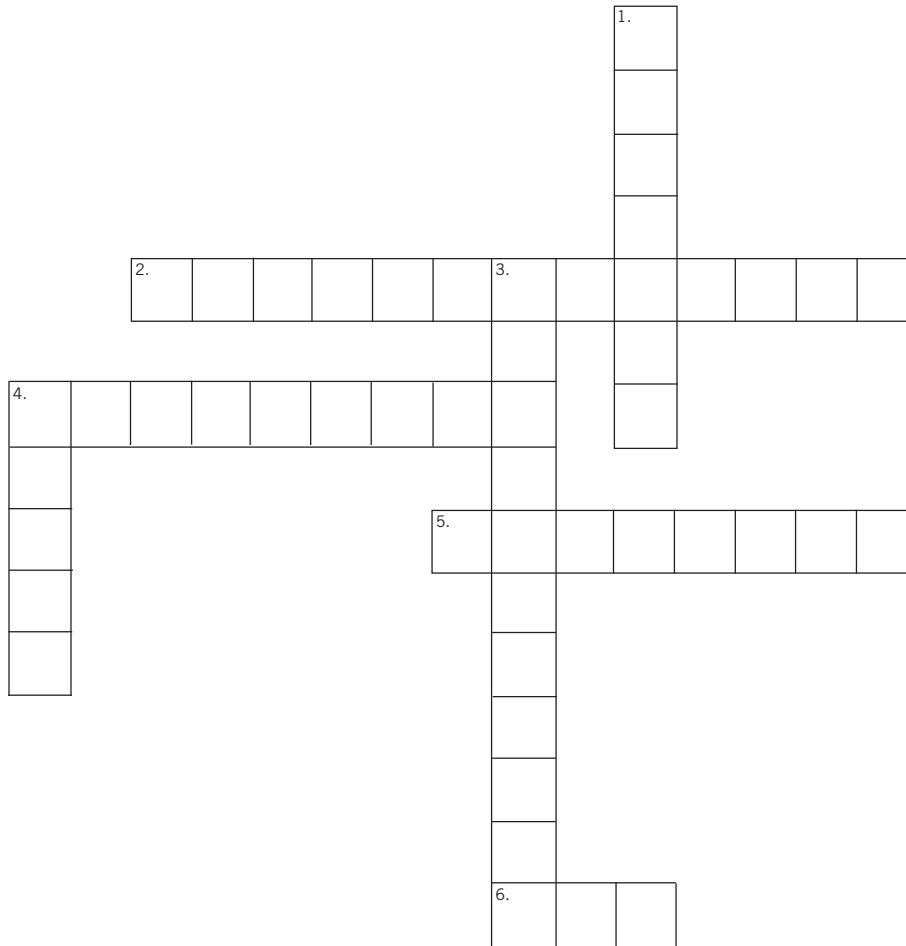


SUN PROTECTION CROSSWORD

Healthy Sun Habits; Protection Handout, ages 8-10



ACROSS

2. Be careful around these three things because the sun's rays can reflect off them and increase our chance of sunburn!
4. We should wear this type of lotion to help protect us from the sun's harmful rays.
5. You can get this from the sun or from healthy food like fish.
6. These three letters tell us how strong our sun protection is in our sunscreen.

DOWN

1. We do this by wearing sunglasses, hats, and clothes to protect us.
3. Stay away from these! They are a way to get tan without using the sun but can damage your skin.
4. If your shadow is shorter than you, you should seek this because the sun is really strong.

WORD BANK

COVER UP

SPF

VITAMIN D

SUNSCREEN

SAND WATER SNOW

SHADE

TANNING BEDS