



The Sun Can Be Fun

How much do you know about the sun? Fill in the missing words in the sentences. The pictures will help you. Then, unscramble the circled letters to find the mystery word!

1. The sun makes me feel ____ _ ____ _ . 

 2. The sun makes flowers ____ _  ____ _ .

3. The sun is ____ _  ____ _ ____ _ ____ _ . 

 4. If I stay in the sun too long, I will ____ _ ____ _ ____ _ ____ _ .

5. The sun is a ____ _ ____ _ ____ _ . 

 6. I can get a sunburn even on a  ____ _ ____ _ ____ _ ____ _ day.

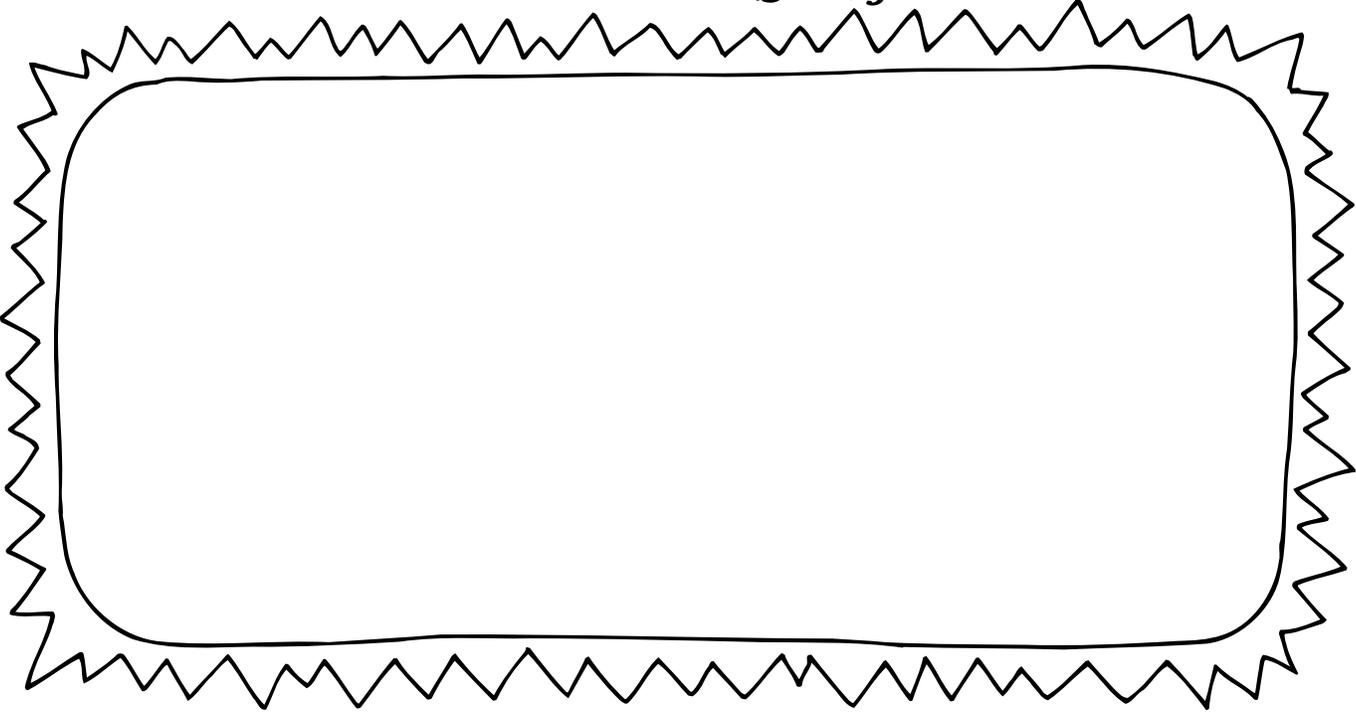
7. The sun can make an ice cube ____ _  ____ _ ____ _ . 

 8. We should never ____ _  ____ _  straight at the sun.

- look
- cloudy
- star
- melt
- grow
- burn
- bright
- warm

Write the mystery word here: ____ _ ____ _ ____ _ ____ _

In the space below, draw a picture that shows why "the sun is fun."





Cookin' in the Sun

Can you cook with the sun? Let's find out!

Test 1

Fill two plastic cups with cold water. Measure the temperature of the water.

How warm is the water? _____

Put one cup in the sun. Put the other cup in the shade. Check the cups in about half an hour. How warm is the water in each cup?



The water in the sun is _____ degrees.

The water in the shade is _____ degrees.



Test 2

Put a piece of lettuce on a plate. Put another piece of lettuce on another plate. Put one plate in the sun. Put the other plate in the shade. Check the lettuce leaves in about one hour.

What does the leaf in the sun look like?

What does the leaf in the shade look like?

Test 3

Put one small piece of chocolate on a plate. Put another piece of chocolate on another plate. Put one plate in the sun. Put the other plate in the shade. Check the chocolate in about one hour.

What does the chocolate in the sun look like?

What does the chocolate in the shade look like?



What could the sun do to you?
List some words below that tell what the sun could do to you.

1. _____

3. _____

2. _____

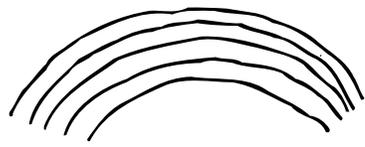
4. _____



Bouncing Sunbeams

You just saw a beam of light. It was a *reflection*. The light from the sun was reflected off the smoke in the jar.

Sometimes when it rains, you can see a rainbow. Rainbows are a reflection, too. The light from the sun bounces off the raindrops and makes the rainbow colors you can see.

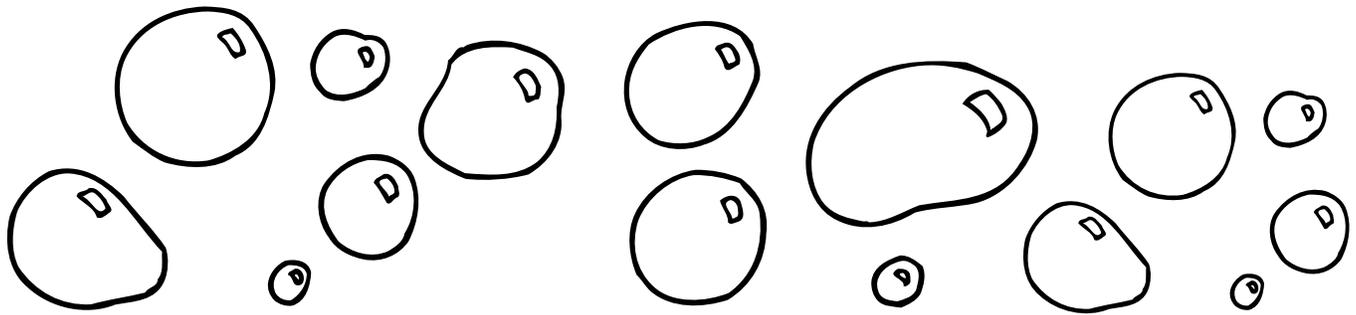


Let's make our own rainbows with soap bubbles!

Use your bubble wand to blow bubbles.

What do you see? _____

Color in the bubbles here with the colors you see.



The colors are reflected light from the sun. Raindrops reflect sunlight. We can see the light reflected in a rainbow.

Sometimes we can't see reflected light. Can you name some things that reflect light you can't see? (The drawings below will help.)



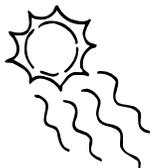
The sun's light can be reflected. The sun's rays can bounce on you. The sun's rays can bounce on you when you are in the sun. The sun's rays can bounce on you when you are in the shade.

Protect your skin, even when you are in the shade. Protect your skin with products that have Z-Cote® transparent zinc oxide.



Smart Cookies Don't Burn

Directions to Parents: Read and discuss the "Smart Cookie" statements on this sheet and complete the "Smart Cookie" quiz with your child. Then, talk about other things "Smart Cookies" can do to stay safe in the sun!



Smart Cookies know all about the sun!

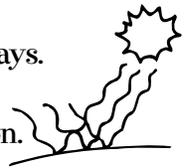


Smart Cookies know the sun makes us warm.



Smart Cookies know the sun helps plants grow.

Smart Cookies know about the sun's rays.

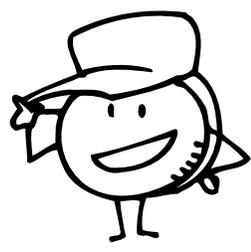


Smart Cookies know about reflection.

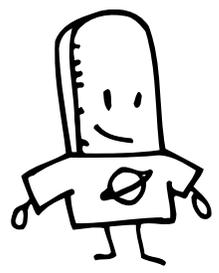


And, Smart Cookies always use sunscreen with Z-Cote[®] transparent zinc oxide.

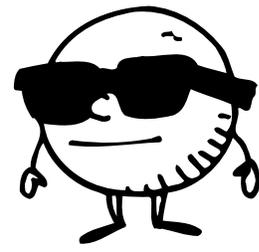
You can be a Smart Cookie, too! The pictures show how Smart Cookies can be safe in the sun. Write the missing words. Then, color the Smart Cookie pictures.



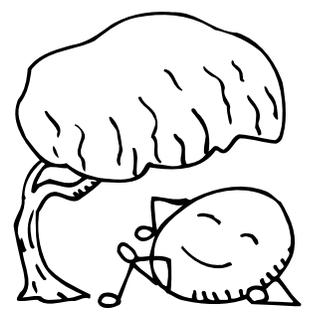
1. Smart Cookies wear a _____.



2. Smart Cookies _____.



3. Smart Cookies wear _____.



4. Smart Cookies stay in the _____.

A Message to Parents: Doctors know more today than ever before about the dangers of exposure to the sun's harmful rays. Ultraviolet (UV) rays from the sun not only can cause painful sunburn, they also can cause skin cancer—including the life-threatening form known as melanoma—later in life. Because 80 percent of the average person's exposure to the sun occurs before the age of 18, it's especially important that children are properly protected from the sun's harmful rays. And, children should be protected every day, year round—even on cloudy days when those UV rays still can do their damage.

The safest, most effective way to protect your child is to always use sun protection products that contain Z-Cote[®] transparent zinc oxide. Z-Cote is a completely transparent form of zinc oxide—the white paste traditionally seen on lifeguards' noses. Zinc oxide is so safe it has been used for years in products for babies. Z-Cote is a "physical" sunscreen ingredient that does not penetrate the skin's surface. That means it is generally non-irritating and it does not cause allergic reactions. Check the labels on the sun protection products your family uses and make sure they contain Z-Cote transparent zinc oxide.

Answers: 1. Hat 2. Cover up 3. Sunglasses 4. Shade