

SUN SAVVY



SUN SAFETY
FOR ALL

The sun, which is a star, produces energy that brings heat and light necessary to life on Earth. But the sun can also be harmful. What does this picture tell you about the sun’s helpful and harmful energy?

OUR SUN PRODUCES ENERGY THAT:



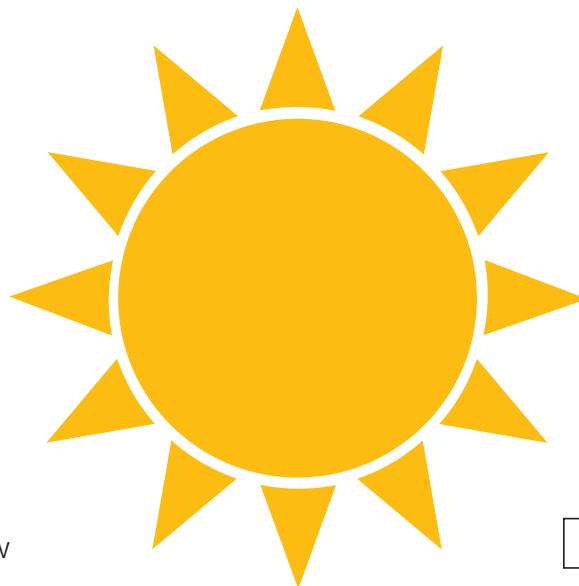
powers homes



provides light



makes plants grow



can damage skin and eyes

PART 1 Look at the phrases and images above. Put a checkmark (✓) next to items that show how the sun’s energy is helpful. Put an X next to items that show the potential harmful effects of the sun’s energy.

PART 2 Some of the sun’s energy enters Earth’s atmosphere as harmful, invisible ultraviolet (UV) rays. UV rays can cause sunburn and harm our eyes. The UV Index is a system that tracks UV rays. It uses a scale of 1 to 11+ to predict how strong the UV rays will be each day and how we can help protect ourselves from them. It is a great tool to help us practice sun safety. Follow your teacher’s directions to learn more about the UV Index.

Today’s UV Index for our area:

What this means (the sun protection message): _____

DID YOU KNOW?

The sun’s UV rays are strongest in the spring and summer, but they are present all year in all weather, even when it’s cloudy. UV rays also bounce off reflective surfaces like sand, water, snow, and pavement. This is why we need sun safety all year!