SUN SAFETY FOR ALL

PROTECT YOUR SKIN FROM THE SUN ALL YEAR

DEAR EDUCATORS AND SCHOOL NURSES,

This free supplement to the *Sun Safety for All* poster guide teaching kit, from Neutrogena® SkinU and the curriculum specialists at Young Minds Inspired, features additional health, STEM, and ELA activities that reinforce the program's core message: No matter the weather, the season, or your skin tone, it's always important to be sun safe!

We hope that you will use the program and share it with other teachers at your school. Please tell us what you think of the materials at **ymiclassroom.com/feedback-suncare**. We look forward to hearing from you.

Sincerely,

Dominic Kinsley, PhD
Editor in Chief
Young Minds Inspired

TARGET AUDIENCE

Grades 3-5 and 6-8

COMPONENTS

Available at **ymiclassroom.com/suncare**:

- The original teaching kit with activities and a poster
- A reproducible family letter (English and Spanish)
- A standards chart
- An online feedback form

Questions? Contact YMI toll-free at 1-800-859-8005 or by email at feedback@ymiclassroom.com.

CONCEPTS AND SKILLS

• Sun health and safety • Weather • Making healthy choices	• Critical thinking • Interpreting and analyzing real world data • Persuasive writing

HOW TO USE THIS BONUS GUIDE

Use these activities as a supplement to the original *Sun Safety for All* teaching kit or on their own. Photocopy the activity sheets for students. Download and send home the family letter or post it on your class website.

GETTING STARTED

Set the stage for the activities with a "password" style sun safety game. Group students in two or more teams. Give one member of each team a sun safety-related word. Alternating between teams, these players give their teammates one-word clues until they guess the word. The team that guesses the most words wins. Sample words: sunscreen, hat, sunglasses, long-sleeve shirt, shade, tree, season, year, etc.

GRADES 3-5 ACTIVITY: SUN SAFETY AT PLAY!

Reinforce sun safe habits with this activity. Distribute the activity sheet and review the directions with students. Have students work on their own or in small groups to complete the page. To add an element of fun and movement, have students act out the scenes or mime their recommendations. Answers should reflect the tips featured on the page. Remind students that grown-ups should apply sunscreen to all children in the scenarios and need to wear sunscreen themselves.

GRADES 6-8 ACTIVITY: A MESSAGE ABOUT SUN SAFETY

Explain to students that a public service announcement (PSA) is a message to raise awareness or educate people about an important issue and encourage them to take action. PSAs may be commercials, social media campaigns, radio, billboard, or print ads, or text messages.

Distribute the activity sheet and review the directions with students. Have them work in pairs or small groups to create their sun safety PSAs. Guide students in selecting the medium for their PSAs and through the planning and drafting process.

Review all PSAs for appropriateness and safe, correct messaging. Then assist students in distributing, displaying, or presenting their PSAs in the school or community (class website, gallery walk, school assembly, etc.).

ALL GRADES ACTIVITY: MAP THE UV INDEX

Explore the UV Index in diverse geographic locations to help reinforce the importance of practicing sun safety in all weather and locations — from coast to coast and valley to mountain peak.

Distribute the activity sheet and review the directions with students. Help them collect the UV Index data online and use the safety tips from the previous activities to create a sun safe weather report for each location.

EXTENSION ACTIVITIES

- Work with your school administrators to have students share the UV Index and sun safety tips during the school's morning announcements.
- Have students research historical UV Index data to determine if/how it has changed over time in your state.
  - *UV Index Annual Time Series* graphs yearly data and total days in each exposure category by state: **cpc.ncep.noaa.gov/products/stratosphere/uv_index/uv_annual.shtml**
  - *UV Index Monthly Mean* presents the 2006-2024 averages for the U.S. on a map view: **cpc.ncep.noaa.gov/products/stratosphere/uv_index/uv_meanmax.shtml**

SUN SAFETY AT PLAY!

SUN SAFETY FOR ALL

Use your sun safety smarts to help the people in the scenarios below get ready for their day. They are all wearing SPF 30 or higher broad spectrum sunscreen! What else should they do to help protect themselves from UV rays? Use the tips to help you. Then write your advice on the back of the sheet.

1. It is a chilly, sunny day in November. Henry is going on a hike with his mom. She puts SPF 30 broad spectrum sunscreen on them. *What else should they do to be sun safe?*

2. April showers bring May flowers. The forecast calls for spotty showers mixed with sun. Jade's mom puts sunscreen on them before they head out to plant flowers. *What else should they do to be sun safe?*

3. It is a hot, humid, summer day! Hazel is headed outside with her friends. Her mom applies sunscreen on Hazel. *What else should she do to be sun safe?*

4. Race to the top! Mateo and his dad are hiking to the top of the mountain to go snowboarding. His mom put sunscreen on him before he left for the slopes. *What else should they do to be sun safe?*

5. Adopt a dog day! Zoey and her family are volunteering at a dog adoption event outdoors for the day. Even though it's cloudy, her dad puts sunscreen on everyone. *What else should they do to be sun safe?*

6. Time for some summer fun! Lucas and his family are going to the beach. His dad applies sunscreen on him from head to toe! Lucas can't wait to swim and build sandcastles all day. *What else should they do to be sun safe?*

SUN SAFETY TIPS!

Wear sunscreen. Broad spectrum (UVA + UVB protection) at least SPF 30 or more – even on cloudy days. Reapply sunscreen every two hours, and after swimming or sweating.

Protect eyes. Wear sunglasses.

Protect face. Wear a wide-brimmed hat.

Avoid intense sun. Seek shade between 10:00 a.m. and 2:00 p.m. when the sun's rays are strongest.

Cover skin. Wear clothing that covers your legs and arms.

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SKINU by Neutrogena

A MESSAGE ABOUT SUN SAFETY

SUN SAFETY FOR ALL

Share what you've learned about sun safety with others by creating a public service announcement (PSA) to raise awareness about sun safety for all — all skin tones, all weather, all year. Use the prompts below to organize your thinking. Keep your message short and to the point and select content that will resonate with your intended audience.

1. **Choose your target audience** (circle one):
   Younger students, peers, family members, or community members
2. **Determine your call-to-action.** Form your central idea and then condense it into a clear, simple call-to-action (what you want people to do).

   PSA idea: _____

   Call-to-action: _____
3. **Research and identify supporting facts.**

   Sources: _____

   Facts: _____

   _____
4. **Think about your target audience.** What do they need to know? What matters to them?

   _____

   _____
5. **Choose a presentation format** (circle one):
   Poster, comic strip, video, audio recording, or another medium
6. **Consider visual elements/sound effects.** What images or sound effects will add impact to your message and capture the attention of your audience? Describe your approach.

   _____

   _____
7. **Prepare your draft.** Create a brief script that communicates your call-to-action. Make it memorable and check your facts. Then...
   - For print: Write and illustrate your final draft.
   - For audio and video: Film/record and edit your PSA (aim for a 30-second clip).
8. **Share your final PSA.** Work with your teacher to share your PSA with your class and to determine the best way to share it with your target audience.

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MAP THE UV INDEX

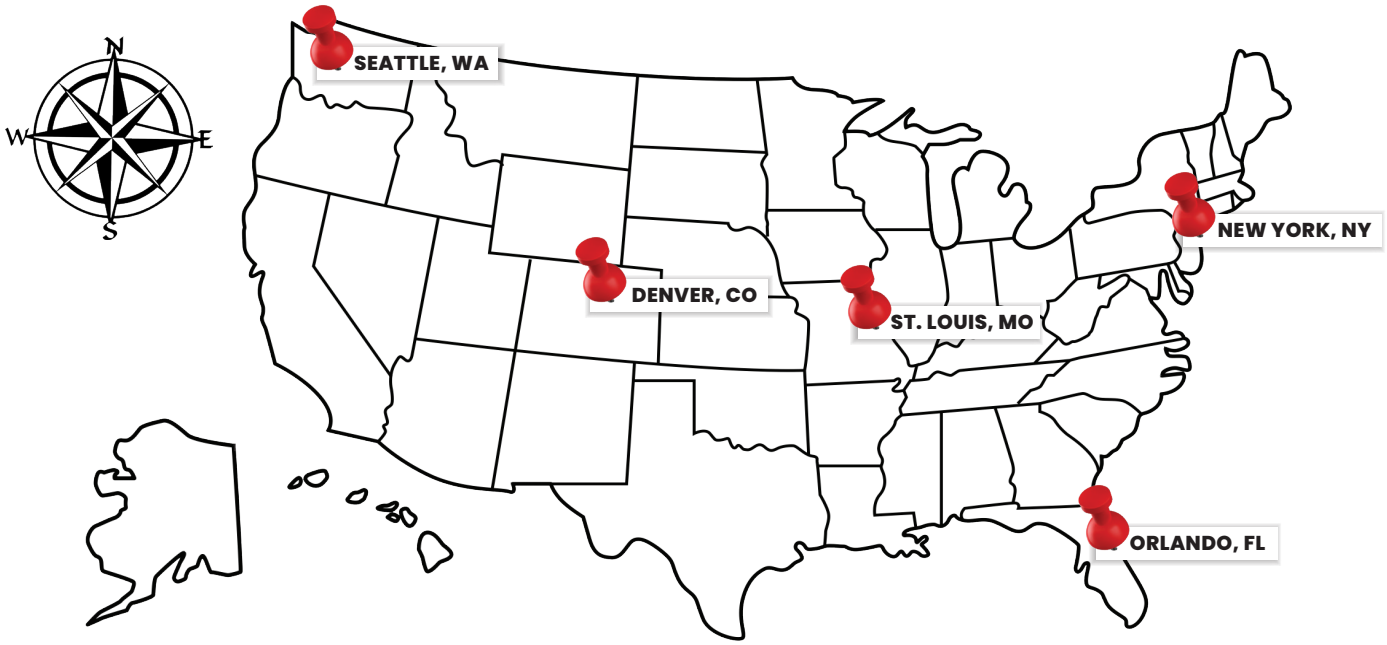
SUN SAFETY FOR ALL

You've learned that invisible ultraviolet (UV) rays can cause sunburn and harm our eyes. The UV Index is a measure of the level of UV radiation and potential danger of sun exposure. It uses a scale of 1 to 11+ to predict how strong the UV rays will be each day. This helps us better prepare to protect ourselves, since a higher UV Index means a greater potential for damage to the skin and eyes, and less time needed for harm to occur.

PART 1 Look at the map below. Using what you know about geography and the UV Index, do you predict that the UV Index will be similar or different in these locations? Why?

_____

_____



PART 2 With your teacher or a grown-up, go to **https://enviro.epa.gov/envirofacts/uv/search**. Enter each location listed below in the box under "City & State" and click "Search." Record the UV Index number and Exposure Category in the space under the location. Add your town to the chart.

Location	Denver, CO	New York, NY	Orlando, FL	Seattle, WA	St. Louis, MO	Your Town
Date						
UV Index Number						
Exposure Category						

PART 3 Imagine that you are in charge of creating a weather forecast for each location. What sun safety tips would you provide residents to help protect them from UV rays? Write the name of each location and your tips on the back of this sheet.