



SUN SAFETY FOR ALL

PROTECT YOUR SKIN FROM THE SUN ALL YEAR

DEAR EDUCATORS AND SCHOOL NURSES,

No matter the weather, the season, or your skin tone, it's always important to be sun safe! Help your students soak up sun protection knowledge with this free educational program from Neutrogena® SkinU and the curriculum specialists at Young Minds Inspired. The activities support health, STEM, and ELA lessons.

We hope that you will use the program and **share** it with other teachers. And please **tell us what you think** of the materials at [ymiclassroom.com/feedback-suncare](https://www.ymiclassroom.com/feedback-suncare). We look forward to hearing from you.

Sincerely,

Dominic Kinsley, PhD
Editor in Chief
Young Minds Inspired

ABOUT THE PROGRAM

TARGET AUDIENCE

Grades 3-5

PROGRAM COMPONENTS

Available at [ymiclassroom.com/suncare](https://www.ymiclassroom.com/suncare):

- This teaching guide
- Four reproducible student activity sheets
- A classroom poster
- Activities for Grades 6-8
- A reproducible family take-home letter (English and Spanish)
- A standards chart
- An online feedback form

CONCEPTS AND SKILLS

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| <ul style="list-style-type: none"> • Sun health and safety • Energy • Weather • Cause/effect | <ul style="list-style-type: none"> • Reading informational text • Critical thinking • Interpreting and analyzing real world data • Making healthy choices |
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HOW TO USE THIS PROGRAM

1. Photocopy the activity sheets for students and display the poster in your classroom.
2. Download the Bonus Guide for supplemental activities to extend the learning.
3. Download and send home copies of the family letter.
4. Review the EPA's UV Index website ([enviro.epa.gov/envirofacts/uv/search](https://www.enviro.epa.gov/envirofacts/uv/search)) prior to introducing it to students for Activity 1.
5. Know your school's policy on students having their own sunscreen in school.

WHY TEACH SUN SAFETY

Skin cancer is the most common cancer in the U.S., but it is largely preventable. Skin cancer is caused by UV light, which damages our DNA when it hits our skin. When the damage becomes too great, changes (mutations) develop in our skin cells which can develop into skin cancer. In fact, **just one blistering sunburn at a young age can double the chance of developing melanoma — the deadliest form of skin cancer — later in life.** That's why it is important to educate students about sun safety and help protect them from harmful UV rays.

GETTING STARTED

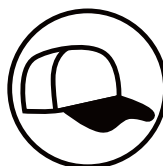
Set the stage for the activities by asking students the following:

- *What are some things we do to protect ourselves?* (Wear helmets, seat belts, life jackets, etc.)
- *Why should we all follow these practices?* (We all have to protect our bodies so that they can work properly; to prevent sickness)
- *What are some things we can do to protect our skin?* (Wear sunscreen, take care of cuts and scratches)
- *Why should we all protect our skin?* (Explain that skin is the body's largest organ. It protects our bodies, so we all need to take care of our skin so it can do its job.)

Ask students to share what they know about the sun. Next, explain that the sun emits energy including infrared radiation (heat), visible light, and ultraviolet light. All these kinds of energy travel in waves as parts of the electromagnetic spectrum. Electromagnetic waves are invisible except for the small portion of the spectrum we call visible light. But even the invisible parts of sunlight are powerful, and one part, ultraviolet (UV) light, can be very harmful. UV light rays can pass through Earth's protective atmosphere and damage our skin and eyes.



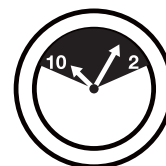
Protect eyes



Protect face



Wear sunscreen



Avoid intense sun



Cover skin



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



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ACTIVITY 1: SUN SAVVY

Part 1: Pass out the activity sheet and go over the instructions. Discuss the answers as a class. **Answers: Helpful:** makes plants grow, captured as solar energy to power homes, provides light. **Harmful:** can damage skin and eyes

Part 2: Demonstrate how to find the EPA's UV Index for your school's zip code at enviro.epa.gov/envirofacts/uv/search. Explain that the numbers 1 to 11+ provide information about how strong the sun's harmful UV radiation will be on that day. For each number, there's a recommended sun protection message to help keep us safe. Have students use this information to complete Part 2. Then have students keep a daily record of the UV Index over the course of one week. Help them make connections between the weather and the UV Index ratings. Point out that even when it is not sunny, the Index shows that UV rays are still present.

ACTIVITY 2: SUN SAFETY SMARTS

Introduce the poster and ask students to identify sun safe practices in the illustrations that can help protect our skin and eyes from UV rays. Emphasize that "all year," means we need to protect ourselves from the sun's rays every day.

Part 1: Distribute the activity sheet and review the sidebar and directions for the logic puzzle with students. **Answers:** Leo = walking to get ice cream; Kai = building a snowman; Aria = hiking and picnicking; Layla = reading a book outdoors

Part 2: Have students underline actions the children took to help protect themselves from the sun's harmful UV rays, using the Sun Safety Tips to help them.

Poster Activity: To reinforce the safety messages, revisit the poster and have students look for the sun safe practices listed on the sheet in the poster scenes.

BONUS ACTIVITY 1: SUN SAFETY AT PLAY!

Set the stage for this activity 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.

Next, 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.

BONUS ACTIVITY 2: 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

- Have students create their own mini posters that illustrate steps they can take to protect themselves from the sun during outdoor activities they especially enjoy. Display the students' work in the classroom or school hallways.
- 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



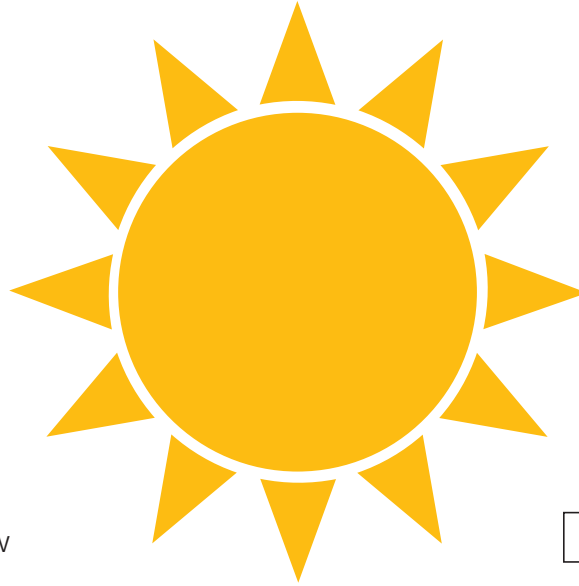
SUN SAVVY



**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:



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!

SUN SAFETY SMARTS



SUN SAFETY FOR ALL

To protect ourselves from the sun, it's important to wear broad spectrum sunscreen of at least SPF 30. What does that mean?

- *Broad spectrum* sunscreen protects us from ultraviolet A (UVA) rays, which age the skin, and ultraviolet B (UVB) rays, which burn the skin. Both are harmful to our skin and eyes.
- SPF stands for Sun Protection Factor, which measures how well the sunscreen can protect us from sunburn.
- The SPF *number* tells how much UVB light the sunscreen can block from our skin. It is based on how much longer it takes skin to start to burn with sunscreen compared to without sunscreen. It is **not** related to how much time you can spend in the sun. The SPF number should be 30 or higher.

Sunscreen can't protect us 100% from the sun's UV rays. That's why we all need to know about some other ways to help protect our skin.

PART 1

Read the information on the chart and the clues below.

Match each kid to their activity. When you make a match, put a checkmark (✓) in the box where the child's name and activity meet. Then put an X in the other boxes in the row and column since each child is doing a different activity.

All the kids are wearing broad spectrum sunscreen of at least SPF 30. As you read the clues, pay attention to what else they do to help protect themselves from the sun's harmful UV rays.

Name/Activity	Leo	Kai	Aria	Layla
Building a snowman				
Reading a book outdoors				
Walking to get ice cream				
Hiking and picnicking				

Clues

- Layla has on sunscreen and a hat. It is a hot sunny day. She is looking for a big shady tree to sit under and dive into her latest library find.
- Kai is wearing sunscreen, ski goggles, and gloves to protect his skin and eyes. He and his sister love the cold and are geared up for their outdoor activity.
- Aria puts on sunglasses to protect her eyes. Sunscreen, sweatshirt, boots, lunch — check! She is ready for a fun, fall adventure.
- Leo changes into a long sleeve t-shirt and a baseball hat and puts sunscreen on his exposed skin. It's 3:30 and time for the family excursion and treat he has been waiting for all afternoon.

PART 2

What sun safety practices did the kids follow? Underline them in the clues above.

SUN SAFETY TIPS!

Use these tips to help protect your skin and eyes!



- 1.** Wear a sunscreen that is broad spectrum

(UVA + UVB protection) and at least SPF 30 or more — even on cloudy days. Have a parent or caregiver apply sunscreen and reapply it every two hours, and after swimming or sweating.



- 2.** Seek shade between 10:00 a.m. and 2:00 p.m.

when the sun's rays are strongest. Hint: If your shadow is shorter than you are, seek shade.



- 3.** Wear clothing to cover your skin like long sleeves and long pants and accessories like sunglasses and a wide-brimmed hat.



- 4.** Check the UV Index with a grown-up.

- 5.** Follow these tips around sand, snow, and water, too. They reflect the sun's rays.

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.

Wear broad spectrum (UVA + UVB protection) at least SPF 30 or more – even on cloudy days. Have a parent or caregiver apply sunscreen and reapply it 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.

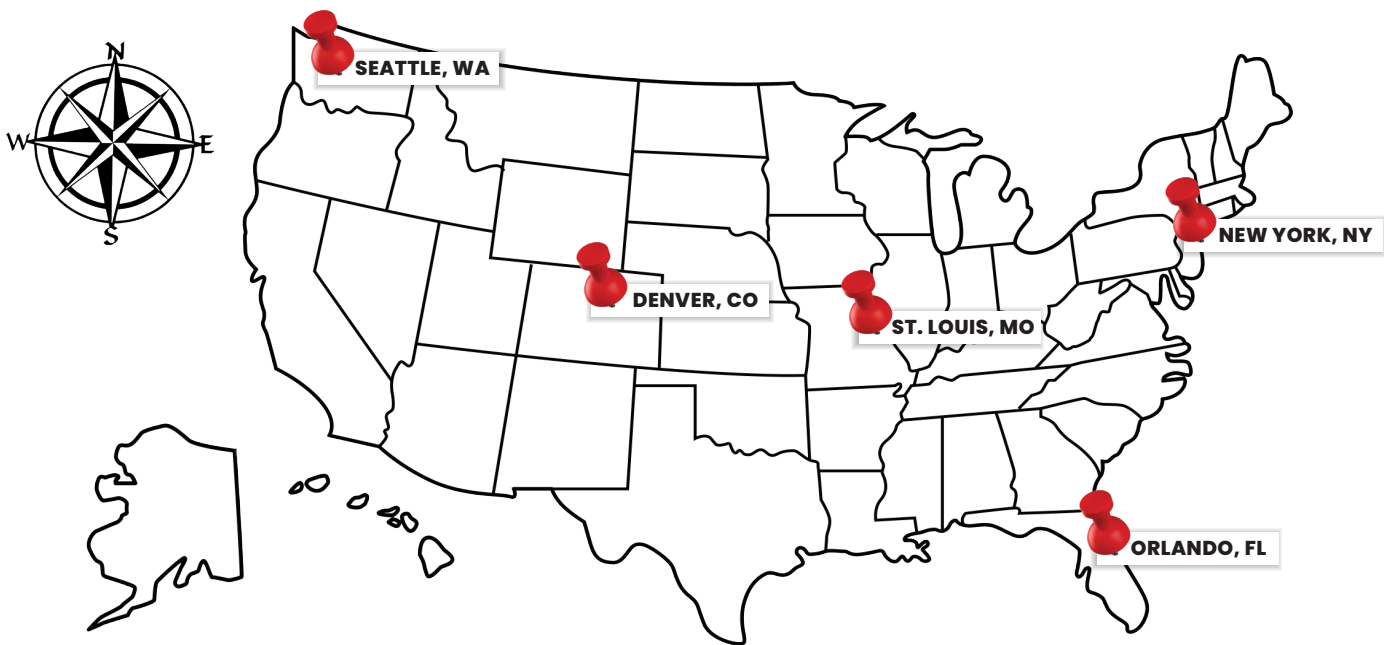


MAP THE UV INDEX



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.