

September Theme

Sun Safety



Blackberry's Sunbathing Day provides a good opportunity to help children to understand the positive and negative sides of our sun. In the story, Blackberry wants to be grown up and black, and needs to get as much sun as possible to ripen. Children can learn that some plants from hot countries need lots of sunshine, but the rays of our sun can damage people's skin and dehydrate their bodies.

Try the activities below or some of your own, and check out the web links too.

Activity One: Sun Loving or Sun Sensitive?

Children have to work out which scenarios benefit from a hot sunny day, and which ones would be damaging.

Use the tables provided on this document (or print the scenarios out larger and allow children to move them about into two piles on the floor or table).

Activity Two – Dress up and be safe!

Children have to make wise choices about which items will protect them from the sun, and which are just for fun. Active game for small groups at a time.

Collect some items which are used on warm days. Some should be items we use to protect us from the sun, others should be items we have just for fun. Examples would be:

- sunglasses
- flippers
- sunhat
- Frisbee
- long sleeved top
- bucket/spade
- bottle of water
- sun cream
- beach umbrella
- water pistols

Children have to run to the pile of items and pick out an item which is a sun safety item, run back to the group and tell you why it helps you be safe in the sun. Younger children may need some help. To add a bit of fun, set up a tent or den using a sheet outside for the rest of the group to wait under and have the children run backwards and forwards from the shady den.

Activity Three – Drinking in the Sun

Children learn why it is important to drink lots of water on a hot day.

Dip some sponges in water until they are soaked, place them on a non metallic tray and put them in a sunny place. At the end of the day, get children to see how much water has evaporated from the sponge because of the sun's heat.

Activity Four – Sun Damage Demo

Children can see what the sun can do if we don't protect ourselves, even though we can't see it happening. For a very sunny day.

On a non-metallic tray, cut some squares of sugar paper in bright or deep colours. On each piece of paper place a small item, which the children can help to choose. Avoid metal or anything else which will get very hot, and items which might melt!

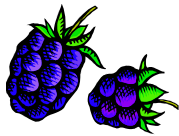
Try to pick items which have a recognisable shape, such as wooden construction shapes, string looped into interesting shapes, alphabet cut-outs. Place outside in the sun or on a sunny window ledge.

After some time in the sun the children will be able to see how the sun has faded the colour in the paper and how the paper underneath the shade of the object remains protected. In a mild English summer, this might take several days on a window ledge.

Activity One – Sun Loving or Sun Sensitive?

Sun Loving	Sun Sensitive

Blackberry



Human skin



Pets in Cars



Cactus



Chillies



Ice



Useful Web Links

Herefordshire Healthy Schools

Have some useful links for sun safety on their website:

www.herefordshirehealthyschools.org.uk/resources/pshe_general.html

Welltown

This site has a game where children get to dress a child to be safe in the sun, fun and accessible for little ones.

www.welltown.gov.uk/park/sunsafety.htm

Injury Prevention site

This has a basic list of rules for children and a little quiz for older ones, or with help from an adult

www.chp.edu/besafe/kids/01sun.php

Sun Guardman

This site has some games on a theme of avoiding UV rays, which are good for mouse control practice while reinforcing the idea of protection in the sun.

www.sunguardman.org/games.html