

Sun Safety Activity Pages for Children Grades K-2



www.sunsafetyalliance.org



Sun Safety Activity Pages -- Grades K-2

Fresh air, sunshine, and exercise are essential to the healthy development of young children. Children who regularly spend time running, jumping, and playing outdoors are generally more fit and have a lower risk of being overweight. Adults should encourage children to be outside, active, and safe - including sun-safe.

The main message for young children is "Your skin protects you. You should protect your skin." For children in grades K-2, these activities focus on actions and decisions that children can make themselves - such as seeking shade.

These activity pages are based on the following sun-safe actions:

- Avoid peak hours when UV rays are most harmful (10 AM to 4 PM)
- Stay in the shade
- Wear cover-up clothing
- Wear a hat
- Wear UV protective sunglasses
- Apply sunscreen
- Avoid tanning beds and sunlamps
- Check UV, heat, and air quality indexes
- Drink plenty of water
- Practice sun safety every day, all year long



For additional information, please visit www.sunsafetyalliance.org

Sunshine!

Finish drawing the Sun



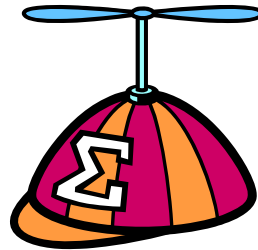
It is fun to play outside.
But don't get sunburned.

Play in the shade.



HATS

Circle the hat that gives the most sun protection.

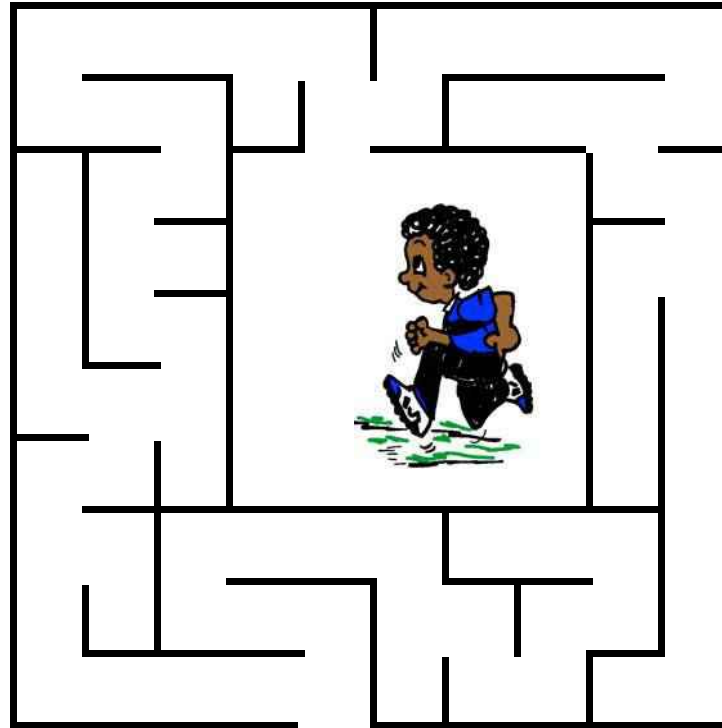


Hats are wearable shade. They protect your head, neck, face, eyes, and ears.



Shade

Help Kyle join
his friend in
the shade



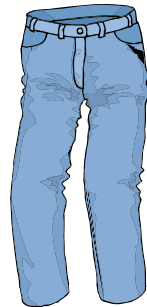
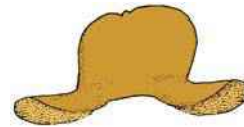
Look for the shade
when you go out
to play.

Think about places
you can find
shade.



Cover Up

Kevin does not want a sunburn.
Circle the clothes he could
wear to be most sun-safe.



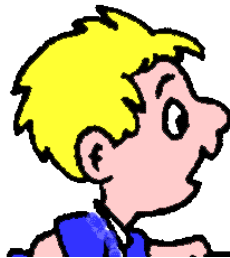
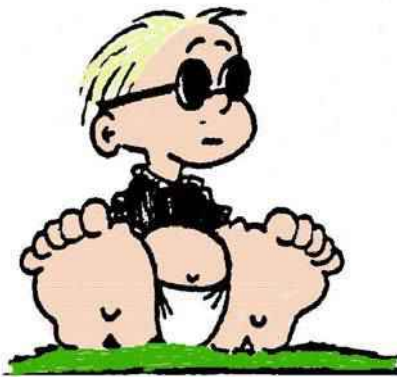
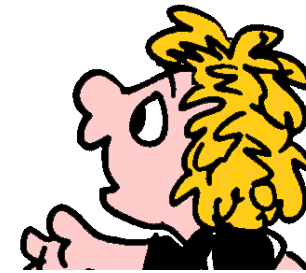
Clothes and hats cover
your skin. They
protect you from
sunburn.



Sunglasses



The sun is shining.
Draw a circle around each
child who should wear
sunglasses.



Play in the Shade

Finish drawing the tree so
Cille can play in the shade.

