



Sun Safety Instruction for Grades K-2

Skin cancer is the most prevalent cancer in America. Skin cancer affects people of all ages and ethnicities, yet it is highly preventable if individuals follow sun safe practices. According to the American Academy of Dermatology (AAD), children who get sunburns at an early age have an increased risk for developing skin cancer and melanoma later in life. Approximately 40-60% of sun exposure occurs before the age of 20. A person's risk for melanoma can double if they have had more than five sunburns.

Outrun the Sun, Indiana's only nonprofit organization supporting skin cancer education and melanoma research, has created sun safety educational units for the Indiana Department of Education. This information helps students learn how to protect themselves from skin cancer. These educational units also help fulfill many of the requirements set forth in the Indiana Department of Education Health and Wellness Standards. These units for grades K through 2 address the following Department of Education standards:

- 2.1.1 Identify that healthy behaviors affect personal health.
- 2.1.4 List ways to prevent common childhood injuries.
- 2.5.1 Identify personal health decisions.
- 2.6.2 Identify a personal health goal and make a plan to achieve it.
- 2.6.4 Show how to achieve the personal health goal.
- 2.6.5 Explain the impact of personal choices on the personal health goal.
- 2.7.1 Identify character traits and behaviors of a healthy and safe person.
- 2.7.2 List a variety of behaviors to avoid or reduce health and safety risks.

***The following five sun-safety lessons may be taught individually or as a unit of study.**

Lesson One:

Materials:

1. Pencils
2. Crayons
3. Copies of the sun safety songs
4. Blank paper
5. Copies of the coloring page #1

Lesson Opening:

1. Raise your hand if you have ever had a sunburn.
2. How did that sunburn make you feel?
3. What can you do to prevent sunburns?

Introduction to New Material:

1. Talk about the FIVE sun safe practices using your fingers as a visual. Have the students mimic your action. Say this is the ***HIGH FIVE OF SUN SAFETY***
 - One: always wear sunscreen with an SPF of 30 or higher
 - Two: wear a hat with a brim to protect your face, ears, and neck.
 - Three: wear a shirt with sleeves.
 - Four: wear sunglasses to protect your eyes.
 - Five: seek shade during the hours of 10am to 2pm.
2. Ask students how each sun-safe practice helps prevent sunburns.
 - Review the ***HIGH FIVE OF SUN SAFETY***
 - One: sunscreen
 - Two: hat
 - Three: shirt
 - Four: sunglasses
 - Five: shade

Practice:

1. Sing today's song- #1.
2. Trace hands on paper and write sun-safe practice tip on each finger.
 - One: sunscreen
 - Two: hat
 - Three: shirt
 - Four: sunglasses
 - Five: shade
3. Color coloring page #1.

Reinforce:

1. Have students review the five sun-safe practices- **HIGH FIVE OF SUN SAFETY**.
2. Introduce the pledge:

<p>Sun Safety Pledge</p> <p>I pledge to be sun safe by doing these five things:</p> <ul style="list-style-type: none">• One: wearing sunscreen• Two: a hat• Three: a shirt with sleeves• Four: sunglasses• Five: and staying in the shade <p>I will high five my friends as a reminder to be sun safe.</p>
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3. Have students repeat pledge.
4. Have students **HIGH FIVE** each other.
5. Wrap up by asking the students who they are going to share the **HIGH FIVE OF SUN SAFETY** with when they get home.

Lesson Two:

Materials:

1. Pencils
2. Crayons
3. Copies of the sun safety songs
4. Sets of number cards
5. One-ounce cup
6. Copies of the coloring page #2

Introduction to New Material:

1. Have cards with different numbers and have students sort them low to high.
2. Explain what SPF means- Sun Protection Factor
 - Sun screen with an SPF of 30 or higher allows you to be outside 30X longer without getting a sun burn than without sunscreen. Stress that all types and colors of skin can burn from sun exposure.
 - You need to apply sunscreen 20 minutes before going outside, so it can sink into your skin.
 - Ask for help putting sunscreen on your back and other places you cannot reach.
 - You need to reapply sun screen every two hours- or after getting out of the pool or sweating.
 - You need to apply one ounce every time you put on sunscreen.
3. Show how much an ounce is.
4. Talk about when, how, where to apply and reapply. Have them mimic the motions.
 - Apply sunscreen 20 minutes before going out. (While you are saying this, look at your arm/watch and tap it.
 - Use a sun screen with 30 SPF or higher because all colors of skin burn. (rub your arms and neck.)
 - Cover your head. (act like you are putting a hat on your head.)
 - Cover your eyes. (act like you are putting on sunglasses.)
 - Cover your skin. (grab your shirt.)
5. **HIGH FIVE** your neighbor telling him/her **I HAVE YOUR BACK**.
6. Then mimic putting sunscreen on their backs w/o touching them 😊

Practice:

1. Sing today's song.
2. Color coloring page #2.

Reinforce:

1. Have students review the five sun-safe practices.
2. Have students repeat pledge.

Sun Safety Pledge

I pledge to be sun safe by doing these five things:

- **One: wearing sunscreen**
- **Two: a hat**
- **Three: a shirt with sleeves**
- **Four: sunglasses**
- **Five: and staying in the shade**

I will high five my friends as a reminder to be sun safe.

3. Have students **HIGH FIVE** your neighbor telling him/her **I HAVE YOUR BACK**.

Lesson Three:

Materials:

1. Pencils
2. Crayons
3. Copies of the sun safety songs
4. Paper plates

Introduction to New Material:

1. What does it mean to be in the shade?
2. Look around and find examples of shade right here.
3. Talk about sun's rays being the strongest from 10-2.
 - The sun's rays can pass through sheer or thin clothing as well as through light colors; because of this, we need to take cover and seek shade.
 - You can also get a sunburn on a cloudy day.
 - It's true the sun's rays are reflected off sand, water, and snow increasing your chances of getting a sunburn.
 - Even though we practice the **HIGH FIVE OF SUN SAFETY**, staying in the shade is important.

Practice:

1. Sing today's song.
2. Create a sun safety reminder clock on the paper plate.
3. Play **SUN, SUN, SHADE** (in the fashion of *Duck, Duck, Goose.*)

Reinforce:

1. Have students review the FIVE sun-safe practices using your fingers as a visual. Have the students join mimic your action. Say remember this is the **HIGH FIVE OF SUN SAFETY**.
 - One: always wear sun screen with an SPF of 30 or higher
 - Two: wear a hat with a brim to protect your face, ears, and neck.
 - Three: wear a shirt with sleeves.
 - Four: wear sunglasses to protect your eyes.
 - Five: seek shade in during the hours of 10am to 2pm.
2. Have students repeat pledge.

The High Five of Sun Safety Pledge

I pledge to be sun safe by doing these five things:

- **One:** wearing sunscreen
- **Two:** a hat
- **Three:** a shirt with sleeves
- **Four:** sunglasses
- **Five:** and staying in the shade

I will high five my friends as a reminder to be sun safe.

3. **HIGH FIVE** your neighbor telling him/her **WE HAVE IT MADE IN THE SHADE.**

Lesson Four:

Materials:

1. Pencils
2. Crayons
3. Copies of the sun safety songs
4. Giant sun glasses
5. **THREE SHIRT** coloring page

Introduction to New Material:

1. Why do we wear sunglasses?
2. Our eyes can be damaged by the sun. (There is a type of cancer that affects the eyes call ocular melanoma. Wearing sunglasses can help prevent this disease especially if you begin wearing sunglasses now.)
3. Why should you wear shirts with sleeves? (The more skin we cover with fabric the less skin is exposed to get a sunburn.)

Practice:

1. Sing today's song.
2. Look at three pieces of fabric. Which provides the best sun protection?
3. Color each shirt on the **THREE SHIRT** coloring page –use any colors- light to dark.
4. Circle the shirts that provide the best sun protection. (the darkest)

Reinforce:

1. Have students review the FIVE sun-safe practices using your fingers as a visual. Have the students join mimic your action. Say remember this is the **HIGH FIVE OF SUN SAFETY**.
 - One: always wear sunscreen with an SPF of 30 or higher because all colors of skin burn.
 - Two: wear a hat with a brim to protect your face, ears, and neck.
 - Three: wear a shirt with sleeves.
 - Four: wear sunglasses to protect your eyes.
 - Five: seek shade in during the hours of 10am to 2pm.
2. Have students repeat pledge.

<p style="text-align: center;">The High Five of Sun Safety Pledge</p> <p>I pledge to be sun safe by doing these five things:</p> <ul style="list-style-type: none">• One: wearing sunscreen• Two: a hat• Three: a shirt with sleeves• Four: sunglasses• Five: and staying in the shade• <p>I will high five my friends as a reminder to be sun safe.</p>

3. Have students **HIGH 5** and say **WE WILL WEAR OUR SLEEVES AND SHADES**.

Lesson Five: This lesson is a review of lessons one-four for those choosing to implement the entire unit.

Materials:

1. Pencils
2. Crayons
3. Copies of the sun safety songs

Lesson Opening:

Practice:

1. Sing any song(s).

Reinforce: Wrap up

1. Have students review the FIVE sun-safe practices using your fingers as a visual. Have the students join mimic your action. Say remember this is the **HIGH FIVE OF SUN SAFETY**.
 - One: always wear sunscreen with an SPF of 30 or higher because all skin types and colors burn.
 - Two: wear a hat with a brim to protect your face, ears, and neck.
 - Three: wear a shirt with sleeves.
 - Four: wear sunglasses to protect your eyes.
 - Five: seek shade in during the hours of 10am to 2pm.
2. Have students repeat pledge.

The High Five of Sun Safety Pledge

I pledge to be sun safe by doing these five things:

- **One: wearing sunscreen**
- **Two: a hat**
- **Three: a shirt with sleeves**
- **Four: sunglasses**
- **Five: and staying in the shade**

I will high five my friends as a reminder to be sun safe.

3. Have students **HIGH FIVE** and say **WE ARE SUN SAFE!**
4. Sign certificate and hand out while kids are coloring.

Enrichment/Alternative Activities:

- Puzzle Races:
 - Cut leftover coloring pages into equal number of pieces (six to eight pieces).
 - Place students into groups of two and have students put the papers back together.
 - The first partner group to finish wins.

- Don't Get Burned Dice Game:
 - Put students into groups of 4.
 - Give each group a die, scoresheet, and a pencil.
 - The first person in the group to reach a score of 25 wins.
 - A roll of 1- subtract one point from your score.
 - A roll of 2 -add two points to your score.
 - A roll of 3- add three points to EVERYONE's score.
 - A roll of 4- add four points to your score.
 - A roll of 5- add five points to your score.
 - A roll of 6- EVERYONE's score goes to ZERO; you just got burned.

- Design a Sun Safety T-shirt: Give students a copy of the blackline T-shirt paper and allow to design.

- Memory Matching:
 - Give students 10 index cards or paper squares.
 - Students will draw each item on a different card- bottle of sunscreen, hat, shirt, shade(umbrella), and sunglasses.
 - Repeat previous task.
 - Mix and place cards face down.
 - Play game; winner will collect the most matches.