

Name: \_\_\_\_\_

Date: \_\_\_\_\_

We need to protect  
our skin from the sun.

I wear a hat.

I wear a shirt.

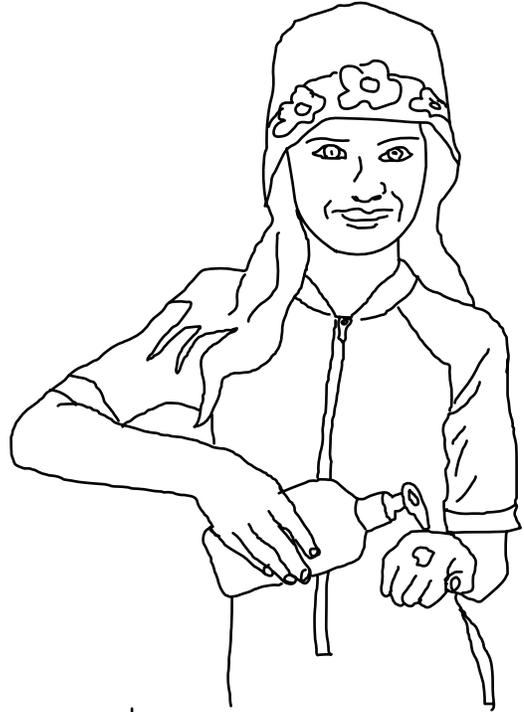
I wear sunglasses.

I wear sunscreen.

I am in the shade.

I am wearing sunscreen, sunglasses,  
a shirt and a hat in the shade.

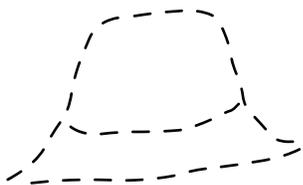
# Sun Safety



1

2

3



4

5

Draw and label  
5 things you  
should do to stay  
safe in the sun.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Why is it important to wear a hat when you are outside in the sun?

---

---

Why should you wear sunglasses?

---

---

How does sunscreen help you?

---

---

Where are the shady places in your school ?

---

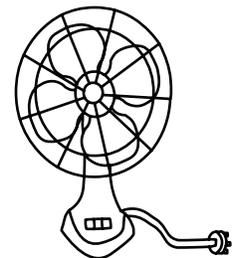
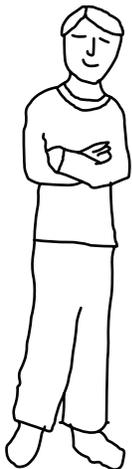
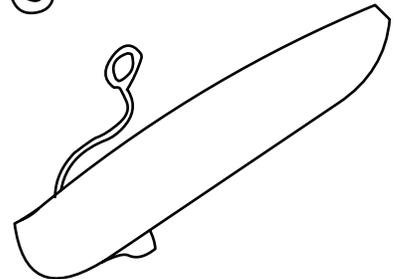
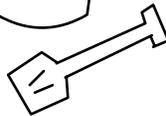
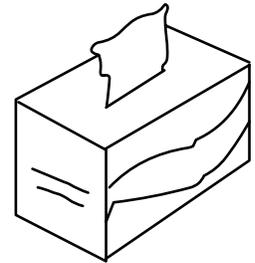
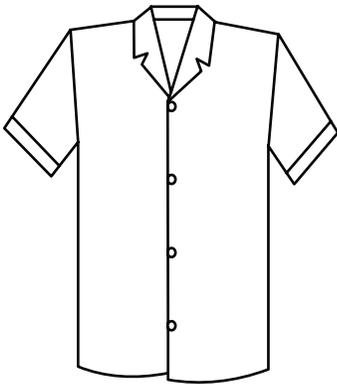
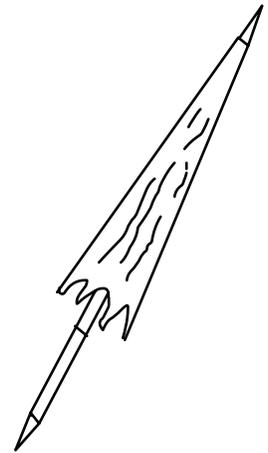
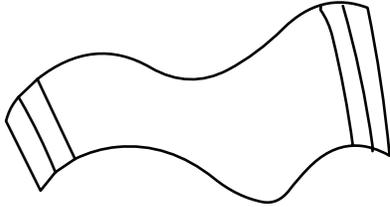
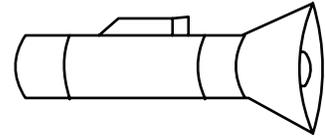
---

Draw a picture of yourself and your friends playing safely outside.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

- Colour the pictures of things you will take to the beach.
- Write the names of the item in the thought cloud.
- Circle the items that keep you sun safe.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Write the correct words on the lines.



1) Always wear a \_\_\_\_\_ when you are in the sun.

2) \_\_\_\_\_ will help to protect your eyes

from harmful rays of the sun.

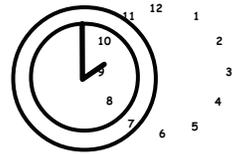


3) Apply plenty of \_\_\_\_\_ to protect



your skin from harmful rays.

4) After a few \_\_\_\_\_ you need to reapply.



5) Cover your skin with a \_\_\_\_\_ if



you can.



6) Play in the \_\_\_\_\_ for even better protection from the sun.

