Activity Package

This package is a compilation of fun activities developed by recognized leaders in sun safety and skin cancer prevention.

They are intended to be used with program participants to enhance understanding of the importance of sun safe practices and encourage compliance with sun safety policy.

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SunSmart Hat Parade

Invite children to bring their own ‘SunSmart’ hats from home. Alternatively, you could purchase (very cheaply) hats of all shapes and sizes from a local opportunity shop

Set up some tables with art materials – glue, streamers, fabric cut-offs, coloured cardboard etc

Invite children to attend the hat-making workshop. At this stage, the supervisor could discuss what SunSmart means and what a SunSmart hat looks like

Invite children to enter their hats in the SunSmart hat parade. You could award prizes for different categories such as ‘the most SunSmart hat,’ ‘the craziest hat’ and ‘the most colourful hat.’

Umbrella Decoration

The children will have fun designing and decorating their own umbrellas. You could hold this activity in conjunction with the SunSmart hat parade.

Invite children and adults to bring old umbrellas from home or purchase some from opportunity shops

Set up some tables with art materials – paints, paint brushes, glitter, streamers, fabric cut-offs

Invite children to attend the art workshop and work individually or together to decorate an umbrella

Encourage children to use their umbrellas throughout the day to be SunSmart

Perhaps offer spot prizes for those children using their umbrellas throughout the day

Use the umbrellas in a game of musical chairs, using umbrellas in place of chairs

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SunSmart Punch Lines

Share the following jokes around sun issues with the children. See if they can guess the punch lines!

You could also:

- Write the jokes and punch lines on separate pieces of paper
- Put all the pieces of paper in a hat
- Ask the children to draw a piece of paper from the hat
- The aim of the game is to find the child with the other half of the joke.

Or
You could invite the children to make up their own SunSmart joke!

SunSmart jokes

Q: Why do bananas wear suntan lotion?
A: Because they peel

Q: What did the pig say when he went out in the sun?

A: ‘I’m bakin’ (bacon)

Q: What do you call a spaceship that lands on the sun?

A: An unidentified frying object

Q: What happened when the potato stayed in the sun for too long?

A: It started peeling

Q: How did the mother banana spoil the baby banana?

A: She left him in the sun for too long

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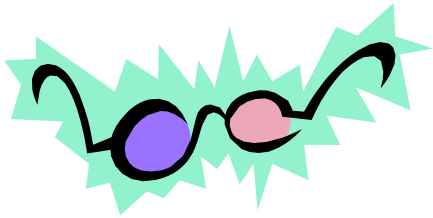

SunSmart Slogans and Posters

These look wonderful on large banners.

Have the children design and make eye-catching displays. A collage approach can be used to create a banner. When finished, the banner can be displayed around the building.

SunSmart Relay

Organize a dress-up relay using a long-sleeved shirt, hat, sunglasses and zinc. Find a shady spot outside for this activity!

Create Some Drama

SunSmart songs, raps, skits, poems and plays can be fun. Allow the children to write and perform items based on the SunSmart theme.

e.g. “There was a young girl from our town
Who lay in the sun to get brown,
With no shirt, cream or hat,
Can you believe that?
Now she’s so red she cannot lie down.”

Hattslotto

Give all children wearing SunSmart hats a raffle ticket. You could have small prize draws throughout the day or a larger one later in the day. Don’t let anyone collect prizes unless they are wearing a hat!

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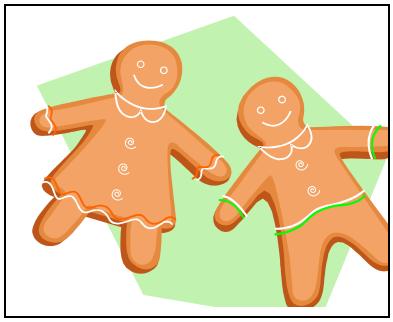

Smart Cookies Don't Burn – a cooking activity!

Make two large gingerbread people

Put them in the oven at 180 C

Remove one after 10-15 minutes when it is golden brown

Deliberately overcook the other

Discuss what has happened to the two gingerbread people

Lead to a discussion comparing the oven with the sun and identifying that people can be burnt when they spend too long in the sun

Ask the children if they have been burnt and what it felt like

Ask how we can stop ourselves being burnt in the sun

Cook the rest of the mixture and enjoy!!

You can ask the children to cut out some tinfoil clothes for one of the gingerbread men and compare the difference!

Recipe for Gingerbread People

Cream together:	125g butter
	125 g brown sugar
Sift in:	300g flour
	1 tsp baking soda
	3 tsp ginger
Add:	4 Tbsp warmed golden syrup

Mix, knead, roll out and cut out.

Use currants for eyes and buttons.

Bake at 180 C for 10-15 minutes.

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Fun Sun Experiments

Demonstrate the energy in sunlight by engaging program participants in one or more of these easy science experiments:

Warm a container of water placed in direct sunlight and compare it to one placed in the shade.

Shine a flashlight through your hand at different distances in a darkened room. The light from the flashlight has a greater effect (light intensity and heat) when it is closer to your hand, as does the sun when it is closer to the earth.

Ask half the children to shut their eyes and have partners guide them into the shade, then into the sun. Ask them about the difference in warmth and light perception.

Have the children pair up and go outside in the morning. Each child marks their partner's shadow with chalk. Repeat at noon and in the afternoon. Explain that when your shadow is shorter, the sun is stronger, by teaching them this poem:

When your shadow is short
Stay out of the sun
When your shadow is tall
Go out and have fun!

Have the children put one newspaper in a sunny place and one in a dark cupboard. Let the children predict what will happen. After a few days, have them compare the difference in colour and encourage them to explain why this difference occurred.

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The Hands on the Clock

Give program participants the “clock” activity sheet included with this package. Have them indicate when they would need the most skin protection (11:00 a.m. – 4:00 p.m.). Ask them to colour the clocks red that show the times sunburn risk is greatest, and green when risk is lower. Older students can draw the clock hands to show the times. You will need to do this for younger children.

A Little Poetry Never Hurt Anyone

Have program participants write their own poems about skin or write about experiences they have ad where their skin has been damaged. Alternatively teach the children the “Skin” poem” included with this package.

Sun Safety - Finding the Right Words

Make copies of the Sun Smart work search included with this package and circulate to program participants for them to do. This kind of independent activity would be terrific for first thing in the morning as program participants are arriving but before the days activities actually start…or at the end of the day when things are winding down.

Changing with the Times

As the seasons change we change. We change our clothes to accommodate the weather and temperature around us. Make copies of the colouring sheet that depicts the four seasons and distribute these to program participants. Have them draw self-portraits complete with sun protection for each of the seasons. The colouring sheet is included with this package.

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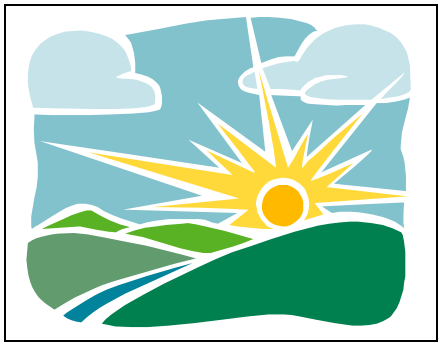

Sunny McShade

Copy and circulate the Sunny McShade colouring sheet included with this package. It's great for use with younger children as a quiet activity that helps them to understand the importance of the "Slip", "Slap", "Slop", "Seek" message. Slip on a shirt, Slap on a hat, Slop on some sunscreen and Seek Shade. Everything they need to know about sun safety in a colouring sheet.

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The Skin poem, Clock activity sheet, Word Search and Seasons coloring sheet all used with permission: Canadian Cancer Society – Nova Scotia Division

SKIN

Everyone
everywhere's covered with skin,
The stuff that keeps the rest of you in!
Skin can be white, or olive, or black,
Skin can be spotty, or freckled or slack.
Skin can be hairy or bald as a bean,
When it gets dirty it's easy to clean.

When you're a baby, it's just the right size,
Yet when you're grown-up, the same thing applies!
Isn't it lucky we're covered with skin,
The stuff that keeps the rest of us in?

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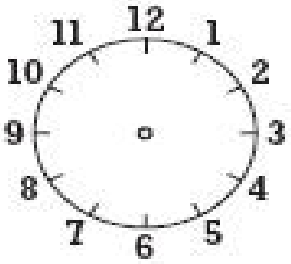

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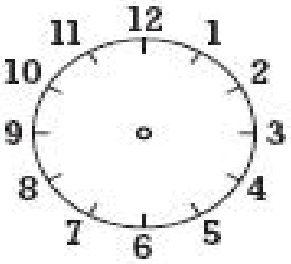

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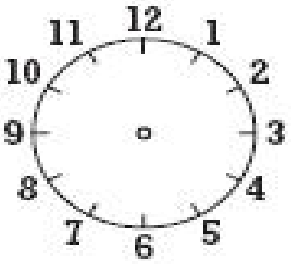

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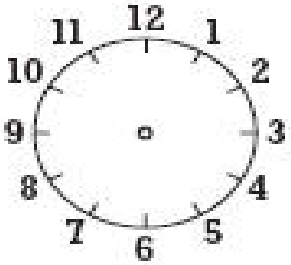

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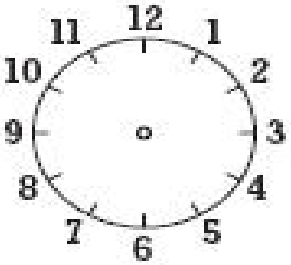

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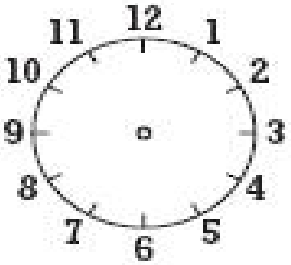

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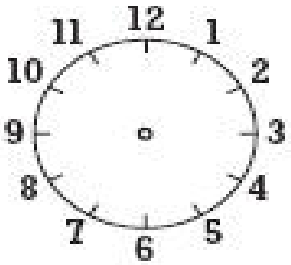

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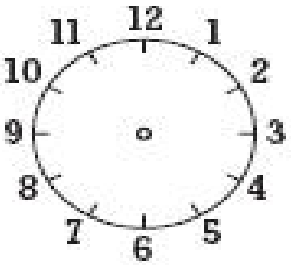

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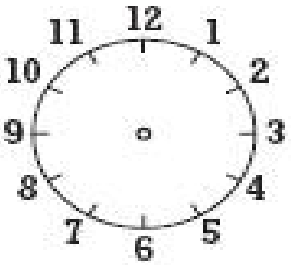

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Word Search

S	U	N	F	T	S	A	D
L	N	R	U	B	L	A	E
I	X	P	N	O	O	N	R
P	E	E	L	R	P	I	C
Q	H	F	A	C	E	N	A
T	A	N	H	D	R	Y	R
S	V	O	O	N	O	S	E
U	S	H	I	R	T	M	B
S	K	I	N	C	A	R	V
Z	S	L	A	P	H	O	T

Can you find these words?

BURN	HOT	RED	SLIP
CARE	NOON	SHIRT	SLOP
DRY	NOSE	SKIN	SUN
FACE	PEEL	SLAP	TAN
HAT			

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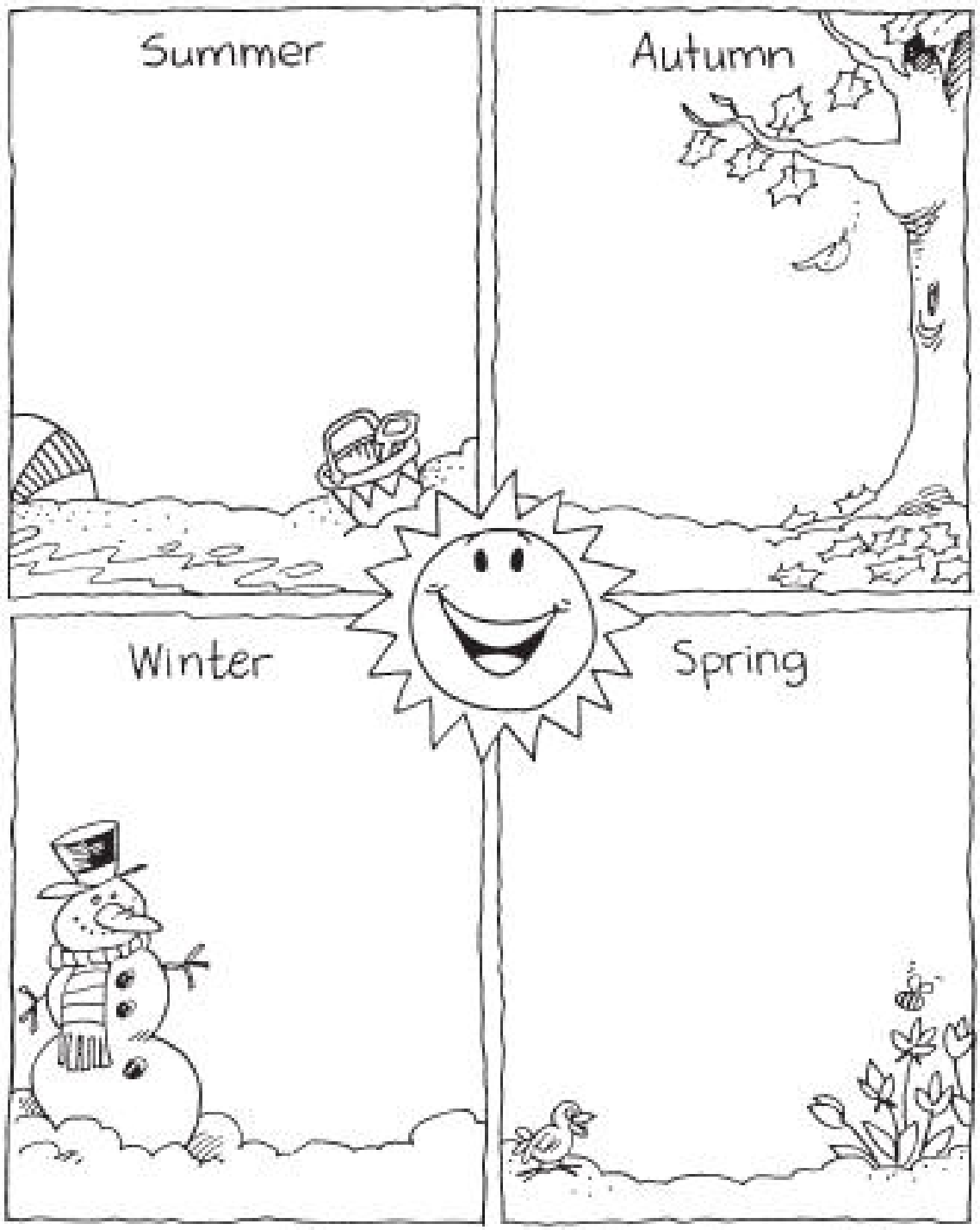

Draw yourself as you would be dressed for different times of the year.

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Sunny MacShade says...

Slip On a shirt

Slap On a hat

Slop On some sun screen of at least SPF #15

Seek Seek shade

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