



**Title: SUPER FUN SUN SAFETY!**

**Grade: 1**

**Subject: Health**

**Objective:** To teach children the importance of preventive practices that will keep their bodies healthy.

**Content Standards:**

**1.2P** Identify the importance of sun safety

**8.1P** Educate family and peers to protect against skin damage from the sun

**Materials:**

A large bag containing sun-safety items such as hats, sunglasses, sunscreen, towels, umbrellas, long-sleeve shirts

**Procedures:**

1. Discuss the sun with the students. Explain that the sun is our friend but its rays can be harmful to our skin. There are ways to protect our skin while we are enjoying a sunny day.

2. The children sit in a large circle on the floor or outside. In the middle of the circle are many objects (such as those listed above) that can protect them from the sun. Prompt student discussion and allow students to choose objects from the middle of the circle and demonstrate how they will provide protection.

3. After all the students have shown how they protect themselves, sunscreen can be passed around. Each student can use a dab of sunscreen and apply it to his or her arm. This is followed by a discussion about SPF.

4. The teacher will show students the SPF label on the sunscreen. It would be beneficial to show two different levels of SPF, 8 and 30, and discuss which is more protective. The teacher should explain that SPF means “sun protection factor.” SPF is something in sunscreen that protects our skin from sun damage. The higher the number, the more protection it provides.

#### Plan for independent practice:

1. At home or when the students get back to the classroom, they can draw pictures of themselves in the sun using objects that will protect them.

2. For homework, the children can discuss sun protection with their families and bring an item of sun protection to school with them the following day for show and tell/circle time.

**Connections to other subjects:** Visual & Performing Arts, English/Effective Communication, Health & Sciences