

Too Much Sun

Name: _____

Unscramble the words below to see what too much sun exposure can cause.

ksni ncrace skin cancer

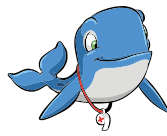
rsuubnn sunburn

lkiwrsen wrinkles

rakd sotps dark spots

atactrac cataracts

yee mgaaed eye damage



Shadow Alert

Name: _____

Look at the two shadows below and write about whether it is a good time to be outdoors and why or why not.

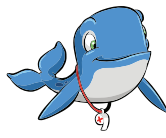


If your shadow is taller than you are (in the early morning and late afternoon), your UV exposure is likely to be lower.



If your shadow is shorter than you are (around midday), you are being exposed to higher levels of UV radiation. Seek shade and protect your skin and eyes. It is not a good time to be outside.





Hide from the Sun

Name: _____

There are safety items hidden in the picture that you may need on a sunny day. Color in the ones you can find and list them below the picture.



1. *sunscreen* _____
2. *water* _____
3. *baseball cap* _____
4. *wide-brimmed hat* _____
5. *tree* _____
6. *gazebo* _____
7. *sunglasses* _____
8. *long-sleeve shirt* _____
9. *long pants* _____