



Sun Safe Beach Party

Estimated Time

30 - 45 minutes

Supplies

Frisbee

Foam rubber ball (“Nerf-like”)

Hacky sack

Zinc cream in different colors

Volleyball equipment

Summer food (fruits, chips, water, peanut butter and jelly sandwiches)

Learning Objective

The objective of this activity is to demonstrate and practice sun-safe behaviors.

Directions

Before the students engage in the activity, have a discussion about how this event will be different from a real day at the beach.

Discuss pros and cons. Suggest ways to protect yourself when you are at the beach (e.g., hats, shirts, sunscreen and the importance of reapplication, an umbrella for shade). Assess what students have learned by asking what they would do differently when indoors versus outdoors.

Questions and Answers

1. Dermatologists believe there might be a link between childhood sunburns and malignant melanoma later in life. What can you do differently to prevent this from happening? *Answers will list prevention tactics, such as wearing sunscreen, limiting time in the sun between 10 am and 4 pm, wearing a hat and sunglasses, etc.*
2. What does the sunscreen SPF stand for and how does it affect you and what you do when you are outdoors? *SPF stands for Sun Protection Factor and it helps protect us from the sun's harmful UV rays when we are outside.*
3. What does UV stand for, and how does it affect you? *UV stands for ultraviolet. UV rays can cause skin cancer, premature aging of the skin, cataracts, and immune suppression.*
4. Sunscreen with SPF 15+ helps protect you from the most harmful UV radiation. What does that mean to you? *Answers will vary.*



Sun Safe Beach Party

Directions

Pretend that the class is at the beach and set up the gym the way you would at the beach. Start an indoor volleyball game, throw a Frisbee, play a game with the nerf ball or gather some friends for a game of hackey sack. Set up face painting using zinc cream.

Vocabulary Words

Melanoma – Dark-pigmented malignant moles or tumors.

Malignant – Inclined to cause harm; very dangerous or harmful.

Questions

1. Dermatologists believe there might be a link between childhood sunburns and malignant melanoma later in life. What can you do differently to prevent this from happening?
2. What does SPF stand for and how does it affect you and what you do when you are outdoors?
3. What does UV stand for, and how does it affect you and the Earth?
4. Sunscreen with SPF 15+ helps protect you from most harmful UV radiation. What does that mean to you?