

# Whole School Activities

- Children personalize their hats by painting designs and using stickers or decorations to make each hat attractive to the wearer.

## School Assembly ideas

- Share plays, posters, songs, or poems about skin and skin protection with other students and parents.
- Invite people who are often in the sun to speak to the students about the sun protection measures they use. For example lifeguards, sportspersons, outdoor workers, and gardeners could be invited.
- Organize a day on which students participate in activities promoting skin protection such as face-painting with zinc, collage making from advertisements for sunscreens, poster competitions, story or poem writing, song writing and performing.
- Publish students' work and distribute in the form of illustrated charts, graphs, mobiles and posters displayed around the school and community areas. You could also let the students write one edition of your school newsletter devoted to sun protection.
- Design worksheets, puzzles and games about skin protection for the use of other students in the school.
- Set up a competition in the school to encourage the wearing of hats by teachers and students when outside and display scores and results. Prizes could be SunSafe tattoos (see Resource List).



# Sharing the Sunshine

## Great Ideas from other Facilities

From Various Sites:



Several day cares and preschools mentioned buying inexpensive T-shirts and decorating them with fabric paint. This fun idea can be extended to white painter's caps as well.

Another popular idea was having an off-season "beach party day" when children brought in bathing suits, towels, sunscreen, hats, sunglasses, and beach toys. This is a good way to remind children about sun protection before real beach season arrives.

From Little Bear Day Care, Franklin, NH

"War Paint" Party: Let children use colored sunscreen (usually zinc oxide) to "paint" themselves. Don't be alarmed if skin retains some color after sunscreen is washed off; it will fade in a day or so.



From Growing to Be Me Kindergarten, Franklin, NH

Finger Paint a big sun and talk to children about "What is Sun?" and make a list of what they like to do on sunny days. Ask about how they can protect themselves while they do those activities.



continued



## More from Growing To Be Me Kindergarten

**Silly Questions Book:** Use the Silly Questions activity (Support Activity #2) to make a book. Have children draw on paper “Silly” and “Right” answers to two or three questions (i.e. What do I wear on my head?). Write down each question and select a few silly and one right answer picture to each. Stack the papers so that they will read question, silly answers, then right answer. Staple the “book” together, using 2 pieces of construction paper for the cover.

Trace a child (preferably one who’s name begins with “S”) on large paper. Let children color on a T-shirt, hat, etc. and put on “sunscreen” (Use something different such as white paint or glittery paint). Hang up your SunSafe Sue or SunSafe Stephen as a reminder for the children.

Thank you to all of you for sharing your experiences and ideas with us!

# Simon Says: Sunscreen!

## Goal:

To make a fun game out of reminding the children to cover every exposed body part with sunscreen.

## Materials:

Sunscreen SPF 15 or higher, enough for each child.



## Procedure:

Do this game before going outside to play. Start with all of the children on one side of the room. Each should have either a bottle of sunscreen or a dollop in one hand that they can dip into for spreading.

Play the traditional game of Simon Says, but instead of having Simon tell the children to pat their heads, rub their tummies, etc., **Simon tells them to put sunscreen on a body part.** As always, each instruction must have “Simon says....” in front of it for the children to do it.

## Examples:

“Simon says, put sunscreen on your ears!” Children put sunscreen on their ears.

“Simon says, put sunscreen on your....nose!” Children put sunscreen on their noses.

continued

“Put sunscreen on your cheeks!”  
Children should pause. Children who  
put sunscreen on their cheeks would  
normally be “out”.\*

“Simon says, put sunscreen on your  
cheeks!” Children put sunscreen on  
their cheeks.



\*Instead of having the children sit down when they are “out”,  
have them go to the other side of the room and continue play-  
ing (So everybody gets covered with sunscreen!)

Continue until every exposed part is covered with sunscreen,  
then have Simon say to put on Hats and go out for some play  
time!

You can either have the winner play Simon the next day or have  
the children take turns playing Simon until all have had a  
chance (a great way to help all of them remember to cover  
every part). You can help make sure “Simon” doesn’t miss any  
parts!

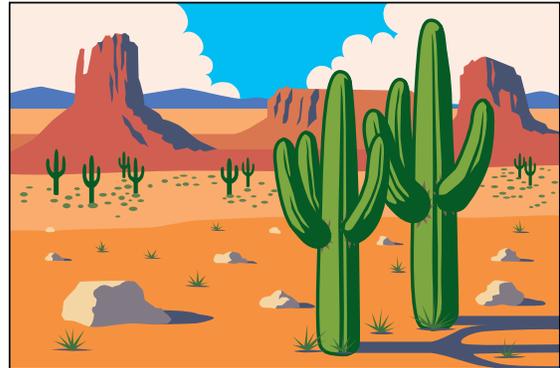


# Sunny South of the Border

Goal:

To use a Mexican theme to show how SunSafety is part of everyday life in sunny climates.

These activities can be integrated into your regular daily schedule.



Materials:

## **Mexican Hat Dance**

- Inexpensive straw sombrero (can be borrowed or purchased at party stores for about three dollars).
- Craft materials on hand (felt, sequins, glue, etc.)
- Mexican props or decorations (Optional)- Cacti, Guitars, Ponchos, and Colorful Blankets and Weavings.
- Tape with Mexican Hat Dance - Try to borrow a tape with the traditional Mexican hat dance music (also called “La Tapatia”) from the library. If you can’t find it, use some music with a Latin American sound.
- Maracas

## **Smilin’ Sun Quesadillas**

- Grated Cheese
- Flour Tortillas (tor-TEE-ahs)  
(2 per child, taco size tortillas work well)
- Iron Skillet or Non-Stick Fry Pan
- Tomato Wedges or Red Pepper Slices
- Small Can of Sliced Olives
- Childsafe Scissors

continued

Procedure:



- (1) If you'd like, wear the sombrero to greet the children! Talk with the children about how such wide hats help people in Mexico to protect their faces from the scorching sun.

You may want to have the children help you decorate your sombrero with craft materials that you have on hand. Place Mexican props or decorations around the room.

- (2) Do a "Mexican Hat Dance".

Mexican Hat Dance:

Traditionally done as one pair of people at a time, but can also be done with a whole group.

Face one another with the hat in the middle. Cross arms across your own body.

Alternate kicking feet forward to the "dada dada dada"

When the music speeds up, grab hands and circle around the hat. When it changes, circle the other way.



Repeat.

Children can also take turns shaking maracas.

- (3) Make Smilin' Sun Quesadillas  
(pronounced kay-sa-DEE-ahs).



Have the children make their tortillas into sun shapes by cutting out triangles along the edge using child-safe scissors.

If your children can manage it, they may want to put two tortillas together and cut them together so they match. Note: If they do make a matched pair, make sure to clip one point so the pair can be matched up easily.

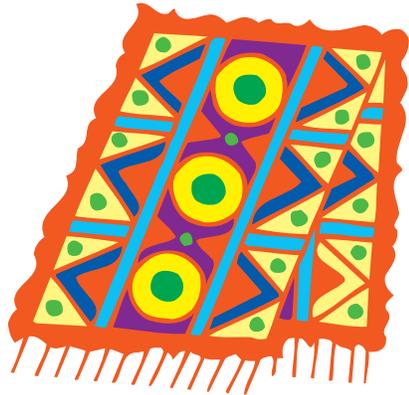
Making a quesadilla is rather like making a grilled cheese sandwich. Take the ungreased pan, heat it over low heat, and warm up one or more tortillas for a few seconds, just until a little soft. Put a dollop of grated cheese in the middle. Once the cheese has melted a little, put another tortilla on top and flip both tortillas (now a quesadilla) together to get even heating on both sides.

The children can make smiley faces on their quesadillas with strips of red pepper or tomato wedges for mouths, and sliced black olives for eyes. The suns look festive when served on colorful paper plates.

*Note: Leftover scraps can be saved to serve warm topped with hamburger, salsa, and cheese, or they can be discarded.*

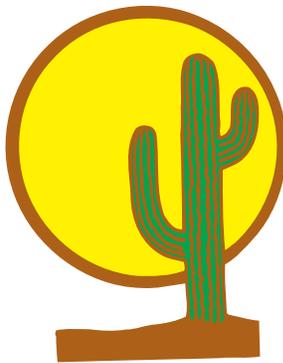
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- (4) Instead of nap time, have “Siesta Time”. Talk about how in Mexico, people often work outside in open fields where they are exposed to the hot sun. They need to take a break during the hottest part of the day so they don’t get sick from too much sun (Teacher’s note: Heat stroke is a major risk in addition to the skin cancer risk).

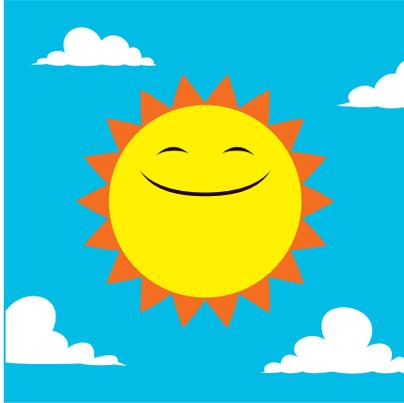


You may want to have the children imagine that they have been working in the hot fields and role play about how they would feel and what they might do (get a drink, wipe their forehead, sit in the shade, etc.). Point out to the children that after this midday break, the people begin working again.

- (5) If you are feeling ambitious and feel that your children are old enough, make a Sun Pinata from our directions.



# Sun Pinata



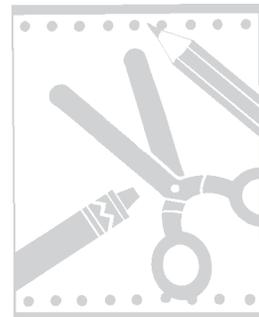
## Goal:

To involve children in a hands-on project of making a decorative sun that can be used for SunDays or a South of the Border day.

This activity requires some attention so you may want to save it for a day when you can have a parent volunteer to help out. The project is done in several stages. You can even make SunSafe Sam!

## Materials:

- Old Dish Tub or other broad plastic container
- A couple of newspapers - torn into strips about an inch wide (For better final form, tear strips in half as well.)
- Elmer's Glue - Large School Size plus some extra.
- Balloon
- String
- Dowel 2 inches long (half a pencil will do)
- Yellow Poster Paint
- Glitter (optional)
- Yellow or Orange Construction Paper



continued

## Procedure:

### Making the sun:

Put the glue in the tub and mix in warm water until it reaches the consistency of pancake batter. Dip the some of the strips and allow to soak a little so they become saturated. Meanwhile, inflate the balloon (you want as round of a balloon as possible).

Layer the strips round and round on the balloon, trying to keep the layers as even as you can. There should be at least 6 layers when you are done. Be sure to cover the knot area as well.

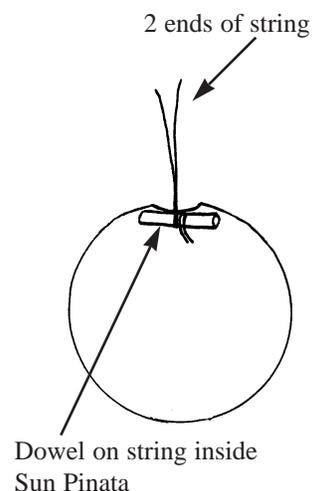
Allow to dry overnight.

Stick a needle through the layers and pop the balloon.

Paint the sun with poster paint. Allow to dry.

### To hang the pinata:

Tie the middle of the dowel in middle of a long piece of string. After this step, you will get an upside-down "T" when you hold the two ends of the string with the dowel suspended below. When the paint is dry, use scissors to poke a hole in the bump where the knot was; make sure that the hole is big enough to stick the dowel through. Put the dowel, with the string attached, through the hole, leaving the ends of the string hanging out. The dowel should hold the piñata stable when it is hung by the string.

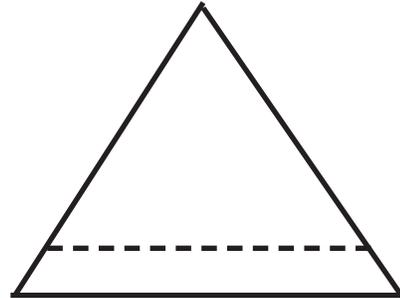


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### Adding the rays:

Cut triangles out of the construction paper and fold the bottom edge up.

Apply glue to the folded edges of the triangles and stick them on to be the rays of the sun. Apply glitter also if desired. Allow to dry. Now your piñata is ready to use!



sample SunSafe Pinata sun ray

### Filling the pinata:

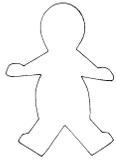
You may want to save the piñata for a decoration, but if you can also fill it with surprises and have the children take turns trying to break it while blindfolded. If you decide to fill it, cut a small triangle out of the upper half on the back side (save this triangular piece).

Allow the children to peek inside. Put treats, balloons, or whatever you decide to use in through the hole. Do not put in too much weight or the top may not hold. Plug the hole with the triangular piece.

For safety reasons, it is best to use a whiffle bat. Also, always mark out a circle on the floor with masking tape and tell the children who are waiting for their turn that they must stand outside of the circle.

Note: It is also possible to use wallpaper paste for this project. A piñata made with glue is not as strong, but it dries much faster and is not as heavy.

Thank you to Joette Hayashigawa for guidance!



# SunSafe Cookies

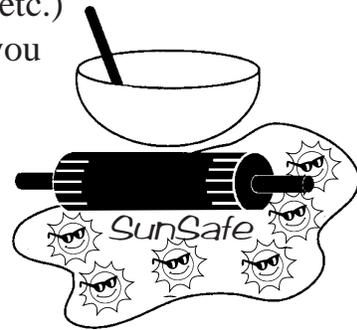


## Goal:

To encourage children to use their knowledge about SunSafety, as well as their creativity, in decorating edible figures. (These are also really cute!)

## Materials:

- Pre-made Sugar Cookie Dough; Store-bought or your favorite recipe
- Tube(s) of Regular Frosting
- Screw-on Tops for Frosting (found with frosting in baking aisle, one dollar for a set of four)
- Gel Frosting Tubes
- Fruit Leather (i.e. Fruit by the Foot, etc.)
- Childsafe Scissors and Scissors for you
- Butter knives (plastic ones are okay)
- Spatula
- Cookie Trays
- Cooling Rack
- Paper Towels
- Cookie Cutter\*



- \* There are several alternatives for cookie cutters. You can use either a gingerbread man or a teddy bear cookie cutter. (Larger forms are easier for younger children; you may want to see if you can borrow a large one if you don't have one.) Alternatively, you can cut out the gingerbread man on our master and trace around it on cardboard. Cut this shape out and let children trace around it with a butter knife.

continued

Procedure:



Roll out the dough and allow children to cut out either teddy bear or gingerbread man cookies. Use a spatula to transfer them to the cookie tray. Bake the cookies and allow to cool on rack.

*Note: Depending on the age of the children, you may want to bake the cookies ahead of time.*

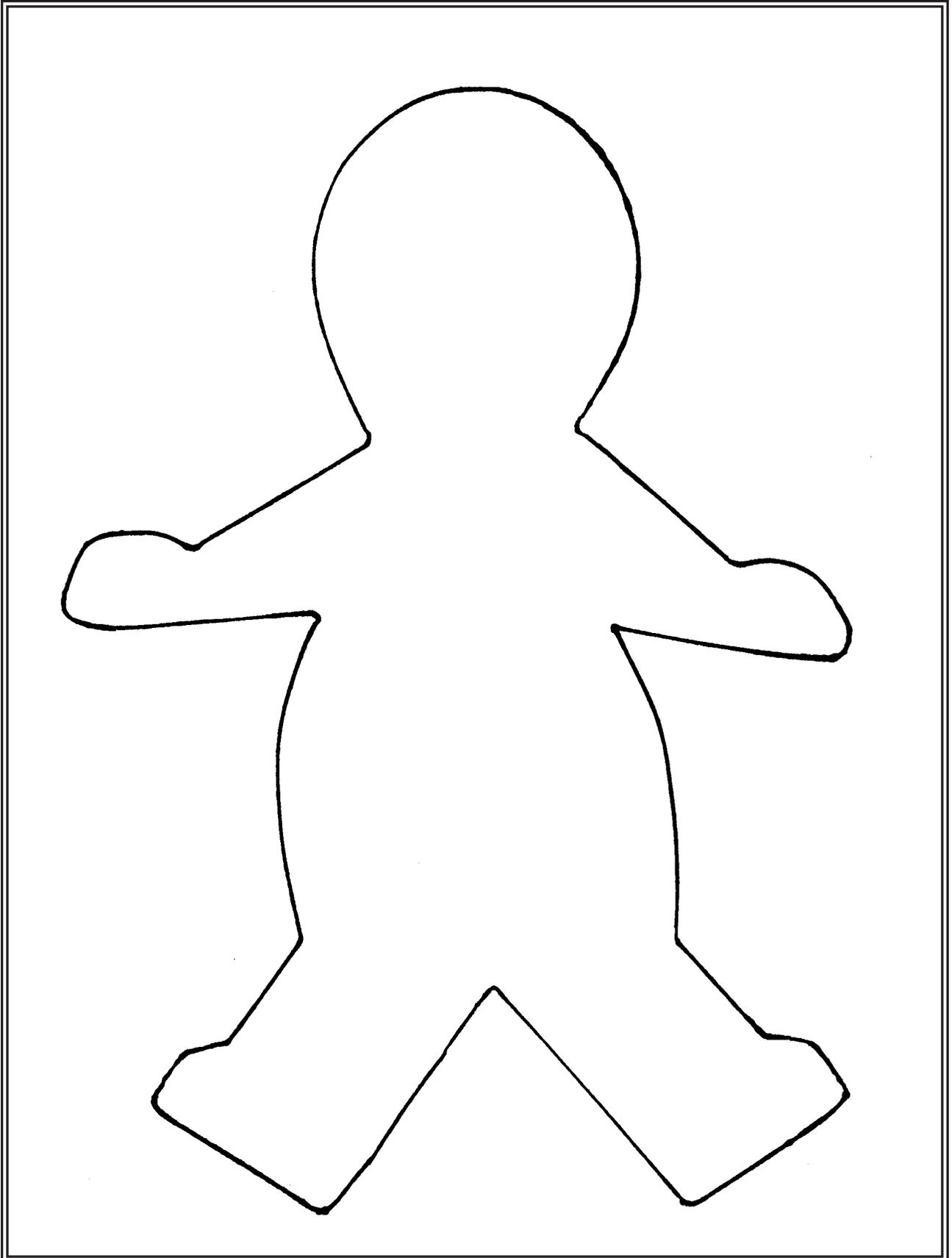
While the cookies are baking or cooling, explain to the children that you are going to make the cookies SunSafe. Ask the children for suggestions about what the cookies need to be “dressed” in to be SunSafe (hat, T-shirt, pants, etc.).

When cookies are cool, children can begin decorating them. They can use the frosting to “dress” the cookies in T-shirts, shorts, etc. Gel frosting works well for making sunglasses. Don’t be surprised if some children wish to slather their cookies in frosting “sunscreen” !!

If the children are old enough, they can make outlines for the clothing instead of “painting” it on. They can also decorate the cookies’ T-shirts with designs.

Children can cut hat shapes out of the fruit leather and stick these on the cookies’ heads with a dab of gel frosting.

*Note: Although all the supplies are only 1-2 dollars, this project can add up by the time you buy everything. You may wish to ask parents to bring in their extra decorating supplies from home or to contribute a dollar per child to the project.*



# Summertime Settings



## Goal:

To make a placemat that shows summertime activities enjoyed in a SunSafe manner. (Settings refers to both the many settings where these activities occur, and to the place settings the children can put on their placemats.)



This could be a good “**end of summer session**” gift for **parents** to show them that their children had summer fun in a safe manner; a parent receives a photo of their child together with his/her original artwork **and** a SunSafe message.

## Part I: Taking Photos of SunSafe Children

### Materials:

- Camera with Film



### Procedure:

As you enjoy your summer outdoor activities with the children in your care, be sure to **take some photos** of them being SunSafe (playing or eating lunch in the shade, putting on sunscreen, wearing their hats, etc.). Try to get **at least one good picture of every child**.

continued

## Part II: Making Summertime Placemats

There are two ways to do this project. Select whichever you prefer.

### Construction Paper Option

Picture of Each Child  
Poster Board cut to 11" x 17"  
(Scraps can be saved to use in this project)  
Childdsafe Scissors  
Construction Paper  
Glue  
Blank Address Labels or Name Tags  
(about 2" x 4", optional item)  
Clear Contact Paper cut to 12" x 18"

### Drawing Option

Picture of Each Child  
White Poster Board cut to 11" x 17"  
Magic Markers  
Blank Address Labels or Name Tags  
(about 2" x 4",  
optional item)  
Clear Contact Paper  
cut to 12" x 18"



Select a photo of each child to use. Show each child this photo and ask them to illustrate the “setting” to go around it - i.e. the beach, the park, the play area. For the Construction Paper Option, the children can **cut shapes** (pool of water, beach umbrella, etc.) **out of the construction paper** to glue on the poster board. For the Drawing Option, they can **draw directly on the poster board**.

**Another good alternative is to make construction paper “confetti”** (pieces around 1 inch square) and have the children glue these on instead (i.e. green pieces where they want grass, blue where they want water, etc.). Feel free to be creative; you can use anything to decorate the placemats as long as it is flat!

**Glue each child’s picture on his or her setting** when it is done. **Write** “Susie is SunSafe”, “Tommy was SunSafe this summer!” or a similar **message on a label** and stick it below the child’s picture (or you can write directly on the poster board). **Laminate the placemat by covering both sides with clear contact paper**. Be sure to press extra firmly at the edges to seal them.

The children now have a reminder about SunSafety when they sit down for a meal or snack!



# We're Going on a SunSafe Safari

## Goal:

To reinforce SunSafe practices in younger children. To make remembering FUN!

## Summary:

This is a memory game in which children are asked to add to and remember (in order) a growing list of sun protection items (modeled loosely after the game "We're going on a Bear Hunt").

## Activity:

1. Ask children to sit in a circle.
2. Tell them that you are about to take them on a pretend SunSafe Safari! Explain that when you go on Safari, you will be in Africa, quite close to the Equator where the sun is very, very strong. And while you are out looking for animals in the blazing hot sun, you might get sunburned. So...
3. Have children think quietly to themselves of an item they might need to take along for the trip to keep them SunSafe. Explain that it will take everybody thinking *hard* to make a list of what each child will need to be SunSafe, and that they each must remember what everybody around the circle suggests!

continued

4. Begin with yourself, or assign a fairly confident child to be the first participant.

- Teacher or first child says: *“I’m going on a SunSafe Safari and I am going to take a... HAT!”*
- Next child: *“I’m going on a SunSafe Safari and I am going to take a hat and some... SUNSCREEN!”*
- Next child: *“I’m going on a SunSafe Safari and I am going to take a hat, some sunscreen, and... SUNGLASSES!”*

... and so on until you have gone all the way around the circle, and have created a list with as many SunSafe items as there are people sitting around the circle.

It may not be easy for the children to come up with enough things so that each child has a new SunSafe item. You can help them by prompting them to embellish on the basics so that there are enough items to go around (such as “a *blue* long-sleeved shirt” and “a *yellow polka-dotted* long-sleeved shirt” and “a *purple floppy-brimmed* hat” and a “*green and white striped* umbrella”). Also, staying cool and hydrated are important things to remember, so including things that might help prevent heat stroke are fine. On the next page is a list of ideas. Feel free to add any!



continued

Possible List of SunSafe Safari Equipment!:

Sunscreen (SPF 15 or Higher!)	Long-Sleeved Shirt	
Broad-brimmed Hat	Zinc Oxide (for the Nose)	
Sneakers	Umbrella	Socks
Sunglasses	Lipbalm	Water Bottle
Straw Hat	Long Shorts	Long Pants

Tent (for Resting In the Shade)  
Tarp (to make a Shady Spot for watching animals)  
A Watch (to Remind You When to Avoid Peak Hours)



5. After you have gone around the room once, ask the children to talk about how they can practice SunSafety in their own back yards.

Teachers Note:

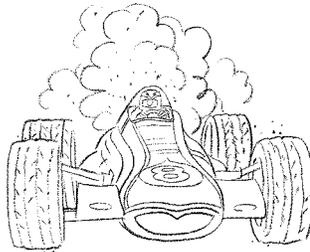
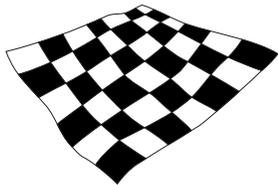
This game is apt to get a little noisy and silly as the children (and the teacher!) struggle to keep track of what is on the “List”. You can explain that while it’s hard to remember in the right order everything you are taking on your SunSafe Safari, in real life it is much easier to remember the “Slip Slop Slap” message of how to be SunSafe! (But for this exercise, having fun is definitely the right idea!)

# Get Ready, Get Set, GO!

Taking care of our bodies is important. Before we go out into the world — to play, or go to school, or to the store — we need to remember a few things to help keep ourselves well and safe.

Can you match the items you need with the part of the body it helps protect? (Choose only one item for each body part.)

- |                       |                |
|-----------------------|----------------|
| 1. Helmet             | Hands          |
| 2. Toothbrush         | Head           |
| 3. Shirt with Sleeves | Feet           |
| 4. Sunglasses         | Arms           |
| 5. Socks & Sneakers   | Skin All Over! |
| 6. Sun Block SPF 15   | Teeth          |
| 7. Hat with a Brim    | Legs           |
| 8. Mittens            | Eyes           |
| 9. Long Pants         | Face           |
| 10. Seat Belt         | Whole Body!    |



# SunSafe Sam Activity



1. Name all of the SunSafe items in the picture.
2. Ask the children to name the clothing items that they have at home that could be used for protection when they are out in the sun.
3. Name other items for sun protection.