

## **Sun Safety**

**Objective:** Students will learn about UV rays, the effects UV rays have on our bodies and how students can better protect themselves.

### **Docent Lab Guidelines:**

1. Schedule a date and time with your teacher and other docents to have the students come into the lab. Estimated time for this lab is 30-45 min.
2. Input the day and time into the Science Lab Master schedule Calendar. Please make sure you include set up and clean up time to the class time, add your teachers name, and title of the lab "Sun Safety."
3. Arrive and set up tables: Station 1-Coloring worksheets & Sun Protection cut, glue & color Handout. Station 2-Visor making.

### **General Information for Docent:**

The sun sends energy to Earth in a few different ways: visible light that you can see, infrared radiation that you feel as heat, and rays of UV radiation that you can't see or feel. Fortunately, the Earth's atmosphere protects us from most UV radiation. While we need some exposure to sunlight to help our bodies make vitamin D, too much UV is dangerous.

The UV radiation that reaches the Earth's surface is mostly UVA and some UVB. Almost half the daytime total of the more harmful UVB radiation is received between the hours of 10 a.m. and 4 p.m. Even on a cloudy day, you can be sunburned by UVB radiation.

### **What we can do...**

- Limit time in the midday sun. The sun's rays are strongest between 10 a.m. and 4 p.m. Limit exposure to the sun during these hours, even in winter and especially at higher altitudes.
- Do not burn. Sunburns significantly increase the lifetime risk of developing skin cancer, especially for children.
- Seek shade. Shade is a good source of protection. However, keep in mind that trees, umbrellas and canopies do not offer complete sun protection.
- Use extra caution near water, snow and sand. These three materials reflect the damaging rays of the sun, which can increase your chance of sunburn.

- Avoid sun tanning and tanning beds. UV light from tanning beds and the sun can cause skin cancer and wrinkling.
- Wear protective clothing. Wide brimmed hats offer good sun protection for your eyes, ears, face and neck. Sunglasses that provide 99 to 100% UVA and UVB protection will greatly reduce eye damage from sun exposure. Tightly woven, loose fitting clothes will provide additional protection from the sun.
- Always use sunscreen. Apply a broad-spectrum sunscreen with a SPF of 30 or higher on all exposed skin 20 minutes before going outside. Reapply every two hours, or after working, swimming, playing or exercising outdoors.
- Watch the UV Index. The UV Index provides important sun safety information to help people plan outdoor activities.
- Conduct a monthly self-check to look for any skin abnormalities.

**Introduction:**

Begin with a brief review of the sun's UV rays & what it can do to our bodies. You may wish to show one of these videos at the beginning of the lesson.

Why should you wear sunscreen (3:00)

<https://www.youtube.com/watch?v=ZwpbuCJr63E>

Sunscreen Song

<https://www.youtube.com/watch?v=CxN8Yyhau8M>

Sun Protection

[https://www.youtube.com/watch?v=CijOPVB\\_2mM](https://www.youtube.com/watch?v=CijOPVB_2mM)

Break class into two groups. Half the class is to go to Station 1 and the other half to Station 2. After 10-15 min, have students switch stations.

**Station 1: Cut, Glue & Color**

Students are completing the Handout. \*For this age group, it may be helpful to pre-cut the pieces for them as they are new to using scissors.

**Materials:**

- Sun Protection Handout (1 per student)
- Coloring pages (there are 3 different pages. Print at least 1 page in total per student)
- Word Search & Maze Activity pages
- Crayons
- Glue sticks
- Scissors

**Directions:**

- As a group, complete the handout titled, "Sun Protection" using scissors and glue. Discuss how each item may or may not be helpful in protecting their bodies from the sun. They can color this handout as well.
- When done, can color Giraffe page(s), word search or maze page(s). Docents can do the handout as a whole group activity.

**Station 2: Sun Protection Visor**

Students are making a sun visor to demonstrate a way of protecting their face from the sun's UV rays.

**Materials:**

- Paper plates cut in half (1 half piece per student)
- String/yarn
- Hole punch
- Colored Pencils

**Directions:**

- Prep by pre-making the visors (paper plates cut in half, holes punched on sides, a piece of string/yarn knotted on each end)
- Docent discuss what the students will be making and how it is beneficial against the UV rays from the sun
- Students will decorate their visor
- Docents will tie their visors on their heads, not too tight, using the two strings previously knotted.
- Can demonstrate how the visor is protecting them from the lights inside the room.

**Closing:**

Bring students back together to discuss what they learned. Docents can reiterate or have students shout out the many ways they can protect themselves from the sun's harmful UV rays (Use the laminated cards & magnet rings to display on white board).