

# Teaching Resource

Fun and enjoyable learning activities for primary schools to help children learn about being safe in the sun.

 **un**  **afe**

## Activity Pack

Inside the first half of the pack you will find useful ideas and content to help you plan lessons about sun safety. In the second half will be all the activities you need to create fun and engaging lessons.

Teach the  
Importance of  
Sun Safety with  
Fun and Engaging  
Activities

Free Printable  
Activity Pages  
for Children

How to Apply  
Sun Screen

Engaging  
Sun Facts

Printable  
Certificate





Staying safe in the sun is an important part of day to day life. Teaching young children how to enjoy being in the sun safely is important as good habits gained at an early age will hopefully stay with them into adulthood.

Inside this pack you will find a range of fun and enjoyable activities suitable for children from pre-school to primary school ages.

The activities will help children to learn the importance of staying safe in the sun including what we can do to keep ourselves protected.

The idea of this pack is to get children engaging and working together as well as alone, while learning the importance of sun protection.

The first half of the pack is a resource pack for you, the teacher. Each page features a subject that relates to sun safety and refers to a page within the second half of the

pack which is an activity pack for your pupils.

Both packs work hand in hand so you can seamlessly create lessons from each section to teach sun safety in a fun and engaging way.

There's even a certificate at the end of the teachers pack so you can print it and award it to pupils once they have successfully completed the pupils activity pack. At the end of the pupil pack, the children will find a sun hero badge to print out and wear upon completion.

We hope you find this pack useful, if you have any feedback please email us at: [ableshademan@ablecanopies.co.uk](mailto:ableshademan@ablecanopies.co.uk)

## Shade Man

Now let me introduce you to 'Shade Man'.

We created the fictional character Shade Man so that your pupils have a hero to look up to and encourage them to follow his values and become more sun safe aware.

## Superhero Bio:

### Full Name:

Able Shade Man

### Superhero Name:

Shade Man

### From:

Planet Noxu

### Age:

807 years

### Height:

5' 9"

### Eye Colour:

Unknown...

### Favourite Drink:

Water

### Best Friend:

Shade Woman

### One Thing He Will Not Leave Home Without:

Sun hat

### Mission:

To teach children how to stay safe in the sun

### Twitter Handle:

@ableshademan

### Email:

[ableshademan@ablecanopies.co.uk](mailto:ableshademan@ablecanopies.co.uk)

*A more detailed bio can be found on page 16.*



Hi teachers, don't forget to **follow me on Twitter** to find out what I get up to, find tips for staying safe in the sun and to get featured on my page.  
[@ableshademan](https://twitter.com/ableshademan)

For more tips, activities and free downloads such as posters, please visit: [www.ablecanopies.co.uk/shademan](http://www.ablecanopies.co.uk/shademan)



# Learning Objectives & Contents

## Learning objectives on completion of the Sun Safe Activity Pack:

- Pupils will gain important knowledge of the harm that the sun can pose to their health, as well as the health benefits of the sun
- Children will know how to look after themselves on hot, sunny days, incorporating sun safety into their everyday lives as a healthy habit and continue it into their adult years
- Children will not be scared off from the sun, they will learn how to play in the sun safely so they can get the best from both worlds
- The risk of heat stroke, sun burn and skin cancer can be reduced if we are more aware of the risks and what we can do to avoid it.

There's a certificate at the end of the pack which can be printed, completed and given to each child on completion of the activities in this pack.



## Pack Contents

<b>Page</b>	<b>Subject</b>	<b>Related Pupil Activity:</b>
Page 4	How can the sun harm us?	Page 17-18
Page 5	Sun screen - What do I need to know?	Page 19
Page 6	What is Vitamin D?	Page 20 & 21-23
Page 7	Sun facts	Page 24
Page 8	How can we look after others in the sun?	Page 25
Page 9	Where can I find shade?	Page 26
Page 10-11	Sun bingo	-
Page 12	What have you learned?	Page 27
Page 13	Certificate	-
Page 15	Pupil activity pack front cover	
Page 16	Introduction to Shade Man	
Page 17-18	Sun safe poem	
Page 19	Spot the difference	
Page 20	Design your own sun hat	
Page 21-23	Design your own cut & glue hat	
Page 24	Word search	
Page 25	How I'm going to look after others in the sun	
Page 26	Shade search	
Page 27	What have you learned?	
Page 28	Sun safe hero badge	



# How Can the Sun Harm Us?

The sun produces something called ultraviolet radiation which is also referred to as UV radiation or UV rays for short. When we spend too much time in the sun, unprotected, we are exposed to too much UV radiation and this is bad for us and can cause sunburn and skin cancer. But there's no need to be afraid, we can prevent this by enjoying the sun safely and this pack will show you how to do just that.

## What is Sunburn?

Sunburn is a sign that your skin has been damaged by too much UV radiation which is a result of not protecting yourself in the sun.

Sunburn is when your skin is sore, peeling, blistering or simply gone slightly pink or red after playing in the sun. For children and adults with darker skin, it may just feel irritated, tender or itchy.

You can't feel UV rays – the heat from the sun comes from infrared rays, which can't burn

you. This is why your skin can still burn on cool days.

## What should I do if I get sunburnt?

Don't worry, getting sunburnt doesn't mean we'll definitely develop skin cancer. But it does mean there's even more reason to protect our skin in future, to ensure we don't add to any existing damage.

If we notice our skin becoming pink or red, we should come out of the sun and cover up to help stop any more damage from happening. Putting on more sunscreen won't help and won't let us safely stay out in the sun for longer. Sunscreen must be applied before we go outside for it to work.

Applying after sun lotion can help sunburnt skin feel better, but it can't repair any damage, so its important we protect ourselves before going outside in the sun to prevent sunburn.

## What should I do to protect myself?

This pack will go through the ways in which you can help prevent yourself and your pupils from getting sunburn and sunstroke such as staying in the shade, wearing the correct clothing, applying sunscreen and keeping hydrated.

### Pupil Activity

Refer pupils to [pages 17-18](#) which includes the below poem and sets an activity to write their own poem.

*When it's hot outside and you can see the sun,  
All you want to do is have some fun.*

*But we have to remember to keep ourselves protected,  
Because the sun can harm us even when we least expect it.*

*It can make us feel poorly and harm our skin,  
So we should listen to our teacher and take it all in.*

*But don't feel scared though, the sun is still our friend,  
As long as we keep ourselves covered, the friendship will never end.*

### Just remember this saying and sing along:

*"Sun cream, hats and canopies will keep us cool all day long,  
If we play under the shade, we really can't go wrong.*

*Trees, sunglasses and cool clothes will also do the job,  
Remember to keep covered and play won't have to stop."*

This information was taken from the Cancer Research UK website, for more information please visit: <http://www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer/how-the-sun-and-uv-cause-cancer>



# Sunscreen - What do I Need to Know?



Sunscreen can be called a number of different names including sunscreen, sun cream and sun lotion.

Sunscreens will not protect us completely from sun damage on their own. However, it is important that we use them to protect the parts of skin we can't shade or cover and for added protection. This is why it is recommended that you use sunscreens together with shade or clothing to avoid getting too much UV exposure.

The Cancer Research UK website recommends using sunscreens that have a:

- Sun Protection Factor (SPF) of at least 15
- High star rating with at least 4 stars

You should never use sunscreen in order to spend longer in the sun. No matter how high the factor of your sunscreen, it will never provide 100% protection. You must use sunscreen alongside another form of protection such as shade and clothing.

## Tips for using sunscreen properly:

No sunscreen will give the protection it claims unless you apply it properly.

Make sure you put enough sunscreen on – people often apply much less than they need to. When your risk of

burning is high, ensure that all exposed skin is thoroughly covered in sunscreen. Reapply sunscreen regularly even when using 'once a day' and 'water resistant' sunscreens.

Some products are designed to stay on better than others, but beware of sunscreen rubbing, sweating or washing off. It's especially important to reapply after towelling dry. And reapplying helps avoid missing areas of skin.

Use sunscreen together with shade and clothing to avoid getting caught out by sunburn.

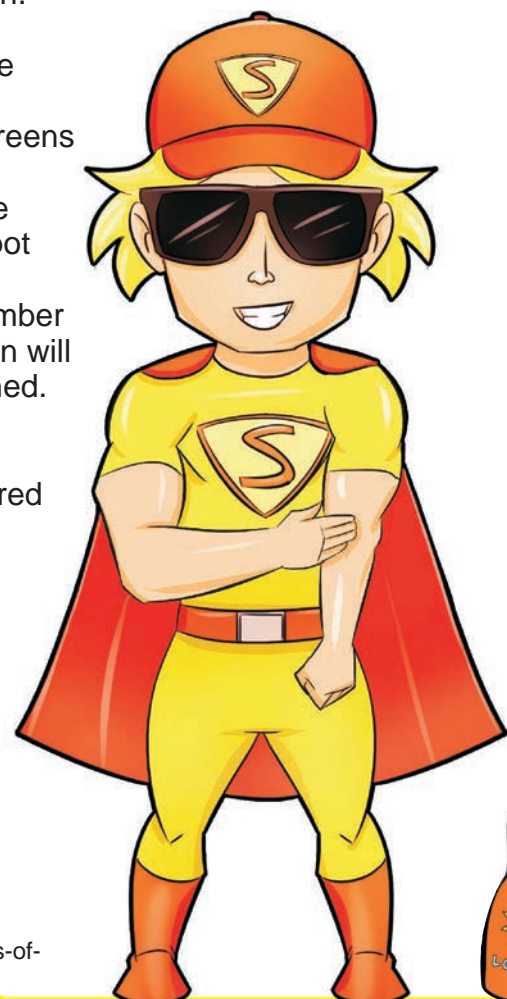
Don't be tempted to spend longer in the sun than you would without sunscreen.

Don't forget to check the expiry date on your sunscreen. Most sunscreens have a shelf life of 2-3 years, shown on the label by a symbol of a pot with the letter M and a number – this is the number of months the sunscreen will last once it's been opened.

Check your bottle of sunscreen has not expired before you use it.

## Pupil Activity

Refer pupils to [page 19](#) where they can play a game of spot the difference to find 5 differences between the two photographs.



This information was taken from the Cancer Research UK website, for more information please visit: <http://www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer/ways-to-enjoy-the-sun-safely>



# What is Vitamin D?

Vitamin D is a nutrient that is produced by our bodies when our skin is exposed to the Sun.

We all need Vitamin D, it's important for us to keep healthy, so it's therefore important to remember that although we need to keep protected from the sun as it can harm us, it can also offer us some benefits too so there's no need to be afraid of it.

Our bodies produce vitamin D when our skin is exposed to UV rays from the sun. This is the main source of this vitamin.

We all need it to help build and maintain strong bones. If you are severely lacking in vitamin D this may lead to rickets at a young age.

In the summer, most people in the UK only need to spend a short amount of time in the sun unprotected to make enough vitamin D. This is typically less than the time taken to lead to sunburn. It should be possible for most people to find a balance between enjoying the beneficial effects of the sun while not increasing the risk of skin cancer.

Vitamin D synthesis is much lower in winter months in countries at higher latitudes like the UK because the UV levels are not as strong. In the summer, some vitamin D may be stored to help maintain levels across the year.

We also get some vitamin D from a small number of foods, including oily fish such as salmon, mackerel, herring and sardines, as well as red meat and eggs.



This information was taken from the Cancer Research UK website, for more information please visit: <http://www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer/sun-facts-and-evidence>

## Pupil Activity

Refer pupils to [page 20](#) where they can design and colour in a picture of a sun hat.

You can also refer them to [pages 21-23](#) where they can design their own sun hut to cut out and stick together with glue or sticky tape.



We'd love it if you could send us pictures of the completed hats via email or Twitter so Shade Man can share them on Twitter. He may even have a few giveaways for his favourite hats.



# How Can We Look After Others in the Sun?



We've talked about how important it is to keep ourselves safe in the sun but we have to remember to look after others too.

This is because, if we are feeling thirsty, we can simply ask our parents or teacher for a drink however, the wildlife in our gardens and playgrounds are not able to do this. Wildlife such as birds, bees, hedgehogs and foxes have to search for their water and this

is hard to come by in the dry summer months.

That's why its important that we also think of others and leave water out for the wildlife such as bird baths for birds to drink from and bowls on the floor for cats, hedgehogs and foxes.

If you are growing plants or vegetables at home or at school then you will also need to water them more

regularly than usual on hot, sunny days.

## Pupil Activity

Ask your pupils what they think they could do to help the wildlife where they live to keep hydrated?

Refer them to [page 25](#) where they can list their ideas for looking after others in the sun and make a plan to put them into action.







# Where Can I Find Shade?

Even if we wear sunscreen, clothes to cover our skin, sunglasses and hats, we should still play in the shade as it not only protects us further but it also keeps us much cooler.

So where can you find shade? Lots of things create shade in your playground and garden such as:

**Buildings | Trees | Bushes**  
**| Umbrellas & Parasols |**  
**Canopies & Awnings**  
**| Tents**

Trees and bushes are a natural way of gaining shade, however if you do not have many trees then you may need to consider having a canopy or awning installed.

You will notice that when you stand in the sun, and then move into the shade, the temperature feels much cooler, but the temperature is actually the exact same as the temperature in full sunlight.

Shade only feels cooler because you are avoiding solar radiation. When in the shade, your skin is not being “heated” by the sun’s rays, so your skin and your body feel a more comfortable temperature.

Shade does not provide full protection from UV rays, however, some canopies awnings offer a high protection factor against these harmful rays such as Able Canopies’

Coniston canopy which offers in excess of 98.9% protection.

This aids to your level of protection and the more protection you can get, the better.

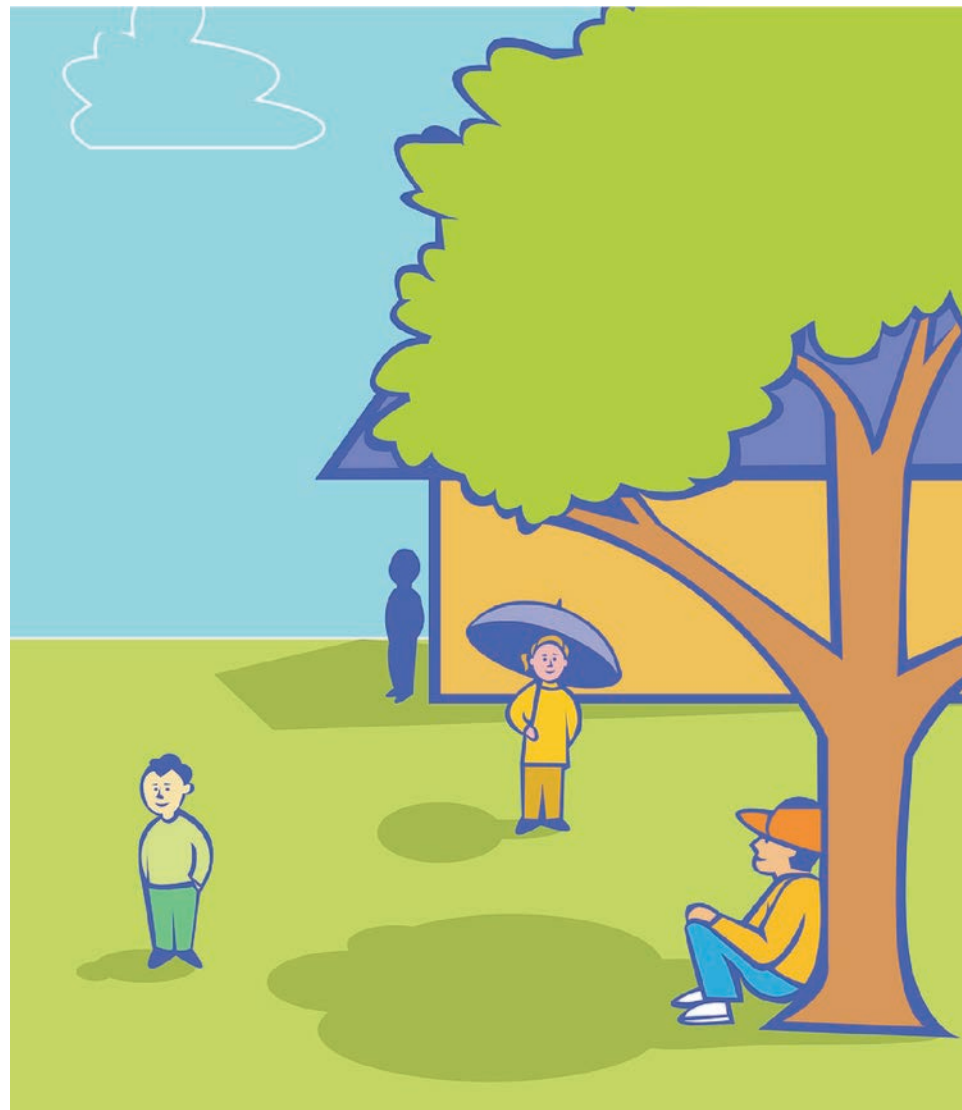
## Did you know...?

You will notice that shadows from the above objects move throughout the day. This is because the Earth rotates around the sun and the light source from the sun therefore changes position, resulting in the shadows moving throughout the day.

A sun dial is a great way to keep track of this and view at different times throughout the day.

## Pupil Activity

Refer pupils to [page 26](#) and take them outside to search for shade in the school playground. They can then note down the areas they found shade or draw picture of the shade they find.



# Sun Bingo






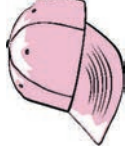








It's time for a fun game of sun bingo. You will find four different sun bingo cards overleaf so you can split your class up into four groups so there is one card to each group.



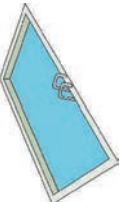









Then, cut out the cards below and randomly select a card at a time and call out the picture you see. Just like regular bingo, when each group notices that they have the image you called out, they need to mark it off and call 'BINGO' when they have a full house (all images on their card).













You can choose small prizes for the winners or simply play just for fun!













 SUN	 GLASSES	 PINK HAT	 SUN LOTION
 WATER BOTTLE	 PLANT	 BUTTERFLY	 BEE
 CAT	 FOX	 CLOUDS	 TREE
 CANOPY	 SWIMMING POOL	 SHADE MAN	 BUCKET AND SPADE
 BALL	 SANDALS	 BEACH	 BOAT

Cut out the bingo cards below to use in the bingo game on the opposite page.

	FOX		CLOUDS		TREE
	PINK HAT		BUTTERFLY		CAT
	SANDALS		PLANT		BEE
	SUN		BOAT		SUN LOTION

	CAT		CLOUDS		SWIMMING POOL
	BEACH		SUN		FOX
	BUTTERFLY		PLANT		BEE
	GLASSES		WATER BOTTLE		SUN LOTION

	FOX		PINK HAT		WATER BOTTLE
	BEE		BUTTERFLY		CAT
	GLASSES		PLANT		CANOPY
	BALL		CLOUDS		SUN LOTION

	FOX		PINK HAT		TREE
	BEE		BUCKET AND SPADE		CAT
	GLASSES		WATER BOTTLE		CLOUDS
	SUN		SHADE MAN		BUTTERFLY



# What Have We Learned?

To assess learning and to gauge understanding of the sun safe message there are some key topics and learning outcomes which can be used as part of any formative assessment (should that be required). The topics to monitor include:

**1.** Sunburn is a sign that your skin has been damaged by too much UV radiation which is a result of not protecting yourself in the sun.

**2.** You can't feel UV rays – the heat from the sun comes from infrared rays, which can't burn you. This is why your skin can still burn on cool days.

**3.** Sunscreens will not protect us completely from sun damage on their own. However, it is important that we use them to protect the parts of skin we can't shade or cover and for added protection.

**4.** Reapply sunscreen regularly even when using 'once a day' and 'water resistant' sunscreens.

**5.** The sun is not all bad - Vitamin D is a nutrient that is produced by our bodies when our skin is exposed to the sun.

**6.** The sun is the main our main source of vitamin D and we need it to help build and maintain strong bones.

**7.** The Sun is strongest between 11am and 3pm and you should therefore spend more time in the shade between these times.

**8.** All living things on Earth including humans, are dependent on the sun to stay alive.

**9.** The sun gives life to Earth from all the energy.

**10.** On hot sunny days, you should drink more water to keep yourself hydrated.

**11.** Even if we wear sunscreen, clothes to cover our skin, sunglasses and hats, we should still play in the shade as it not only protects us further but it also keeps us much cooler.

**12.** Lots of things create shade in your playground and garden such as: Buildings, trees, bushes, umbrellas & parasols, canopies, awnings and tents.

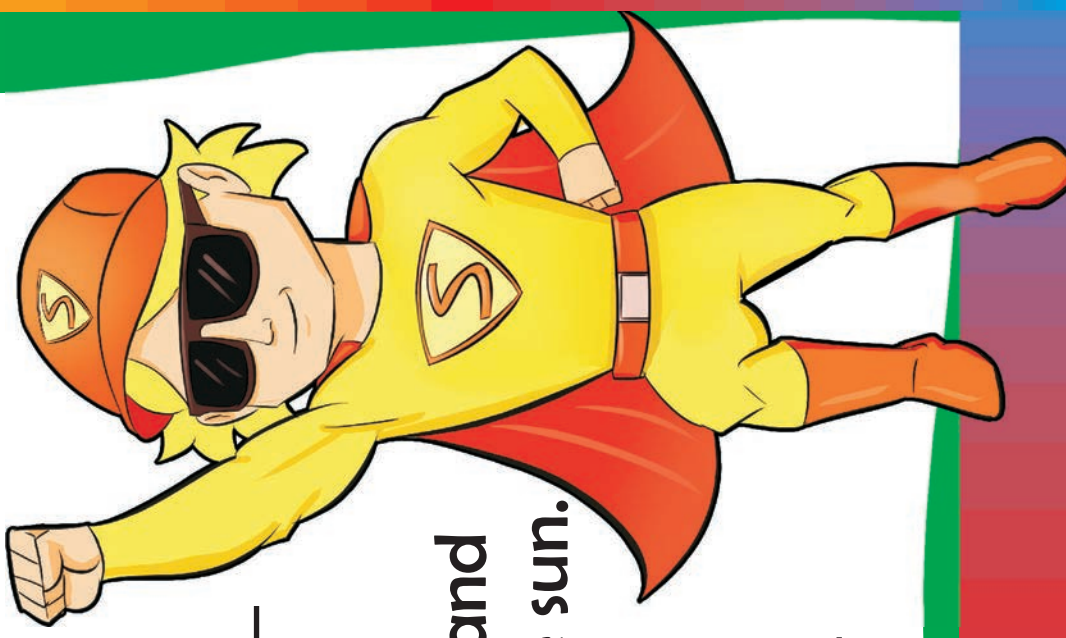
## Pupil Activity

We have included these important facts on [page 27](#) so you pupils can keep and remember them.





# Certificate of Achievement



Awarded to:

\_\_\_\_\_

For excellent sun safety work and  
learning how to stay safe in the sun.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_



Canopies & Covered Walkways

Awnings & Playground Accessories

Cycle & Waiting Shelters

Shade Sails & Tensile Structures

# *The Canopy Experts*



Able Canopies are the canopy experts. We provide safe and stylish weather protection that transforms outside spaces.

- We have completed '000s of successful school installations across the UK
- Working with schools directly and with contractors & architects
- To ensure consistent high quality, we control the design, manufacture & installation process
- We have many customers who come back to us time after time including nurseries, pre-schools, primary schools and secondary schools

“*Having our awning in place has made a huge difference to our pre-school. The children love it and we have been able to build it into a learning opportunity for them as they recognise the importance of keeping safe in the sun.*”

Freethorpe Pre-School  
Norwich, Norfolk

If you would like a canopy, shade sail or awning quotation, contact us today:

Call: **0800 389 9072** | Email: **sales@ablecanopies.co.uk**

Visit: **www.ablecanopies.co.uk**

 **un**  **afe**



# Activity Pack



Lets go on a  
Shade Search

How to Look  
After Others  
in the Sun

Eyes Down for  
Sun Bingo

Find Out How to  
**Stay Safe**  
in the Sun

Design Your Own  
**Sun Hat**

**Spot the  
Difference**

# Shade Man



Hi there, my name is Shade Man.

I'm a superhero who comes from planet Noxu which you probably haven't heard of (it's where all the best superheroes come from).

I've created this pack to help you learn how to stay safe in the sun which is really important.

I'll hang around to help you out with tips for some activities so keep an eye out for me. But for now here's a little bit about me.

## **Superhero Bio:**

**Full Name:** Able Shade Man

**Superhero Name:** Shade Man

**From:** Planet Noxu

**Age:** 807 years

**Height:** 5' 9"

**Eye Colour:** Unknown...

**Favourite Drink:** Water

**Favourite Food:** Oranges

**Best Friend:** Shade Woman

**One Thing He Will Not Leave Home Without:** Sun hat

**Superhero Power:** Building canopies to make shade in school playgrounds

**Mission:** To teach children how to stay safe in the sun

**Afraid of:** Playgrounds without shade

**Twitter Handle:** @ableshademan

**Email:** ableshademan@ablecanopies.co.uk



Don't forget to ask your teachers and parents to **follow me on Twitter** to find out what I get up to, discover tips for staying safe in the sun and to get featured on my page.  
@ableshademan



# Sun Safety Poem



When it's hot outside and you can see the sun,  
All you want to do is have some fun.

But we have to remember to keep ourselves protected,  
Because the sun can harm us even when we least expect it.

It can make us feel poorly and harm our skin,  
So we should listen to our teacher and take it all in.

But don't feel scared though, the sun is still our friend,  
As long as we keep ourselves covered, the friendship will never end.

**Just remember this saying and sing along:**

“Sun cream, hats and canopies will keep us cool all day long,  
If we play under the shade, we really can't go wrong.

Trees, sunglasses and cool clothes will also do the job,  
Remember to keep covered and play won't have to stop.”

## Write Your Own Poem:

Hi I'm Shade Man, did you enjoy that poem? Now it's your turn to write a poem of your own about playing in the sun and keeping safe.

Work as a team with your friends, your poem can be as long or short as you wish. Use the next page to write it down.



Title: \_\_\_\_\_



Handwriting practice lines consisting of 20 horizontal lines.

# Spot the Difference



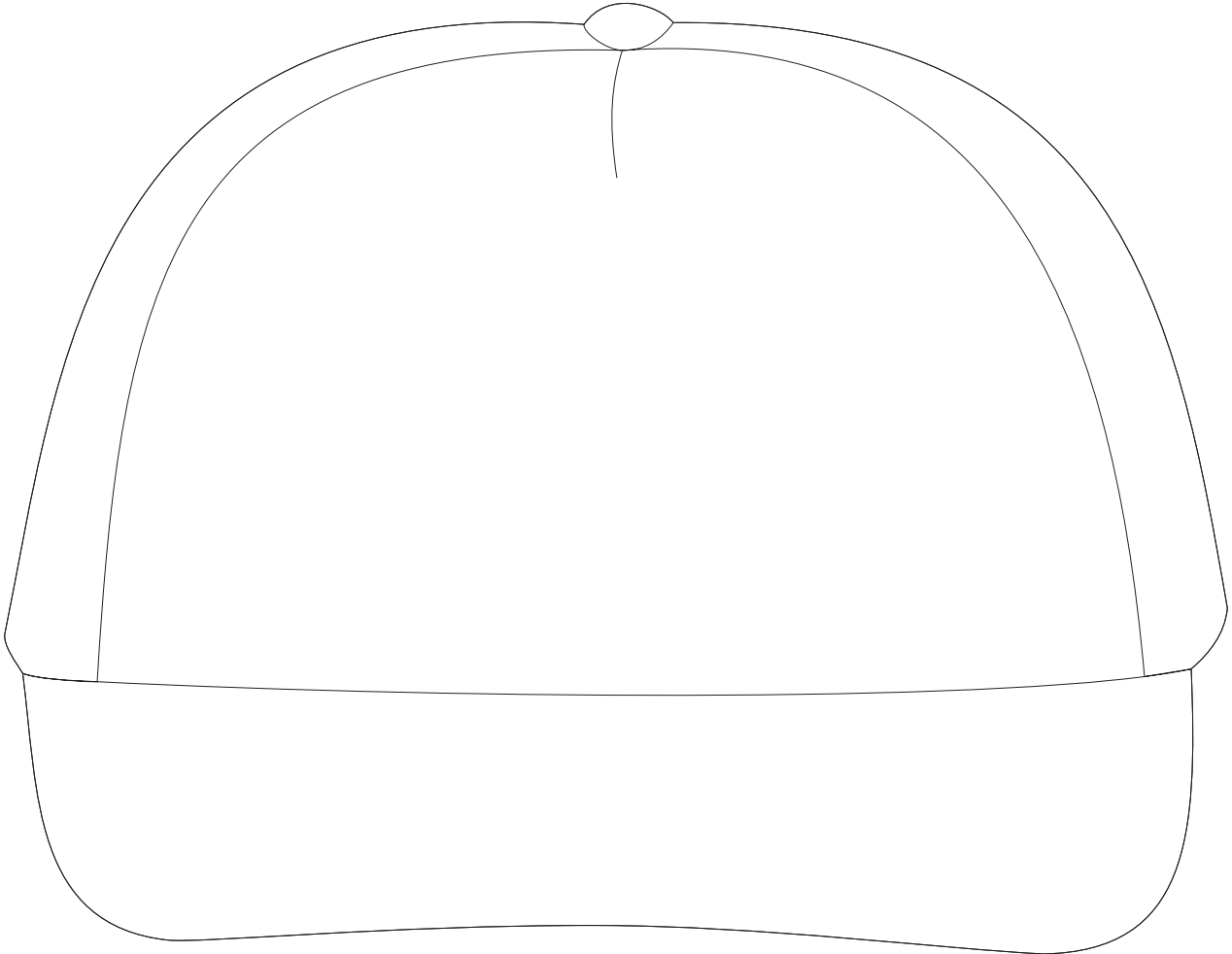
Can you spot the 5 differences between the pictures below? Use a pencil to circle the differences as you find them.



# Design Your Own Sun Hat



Use the template of a sun hat below to colour in and draw your own designs on it to make your very own hat.



Psst. it's Shade Man here, did you know that we should wear hats outside when its sunny as they keep your head cool by creating a layer between our heads and the sun? The peak on the front also creates shade above our face, keeping our face cool.

**I'd love to see your finished hats:**  
Ask your teacher if they can send me pictures of your completed hats and my favourites will be feature on my Twitter feed.



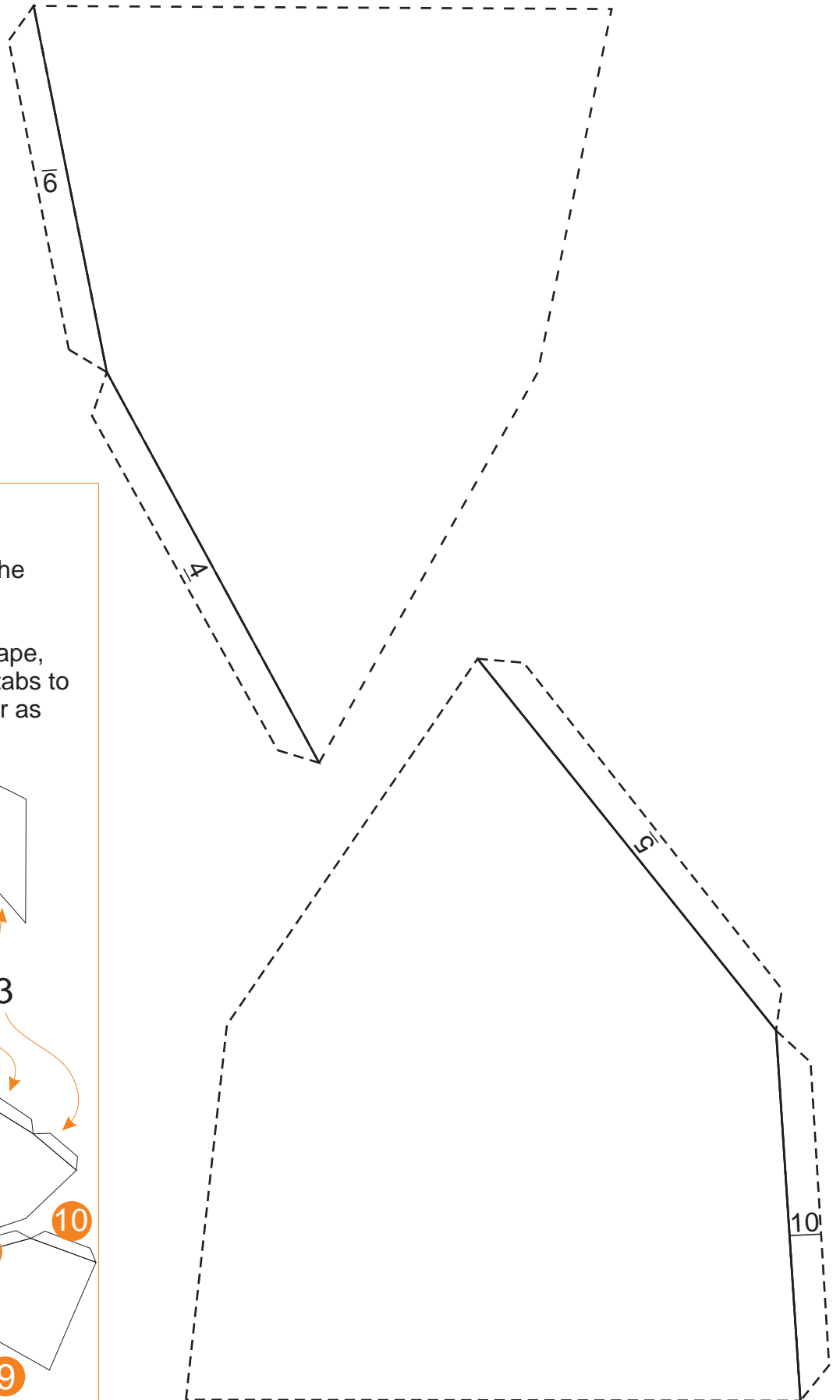
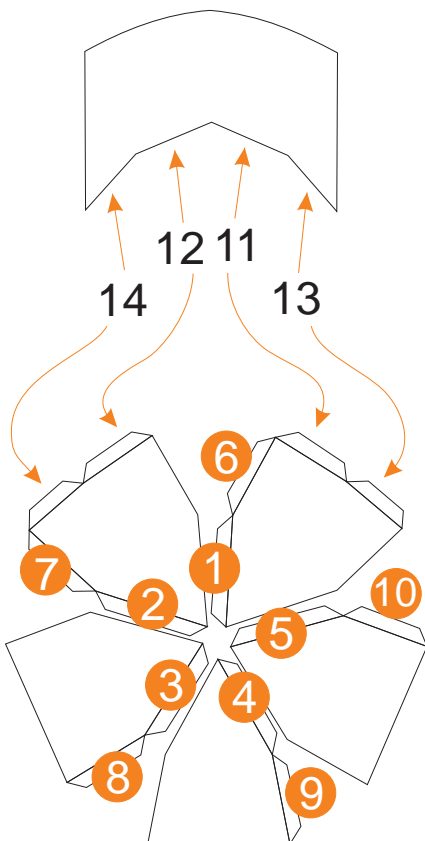


# Cut Out and Decorate Hat Template

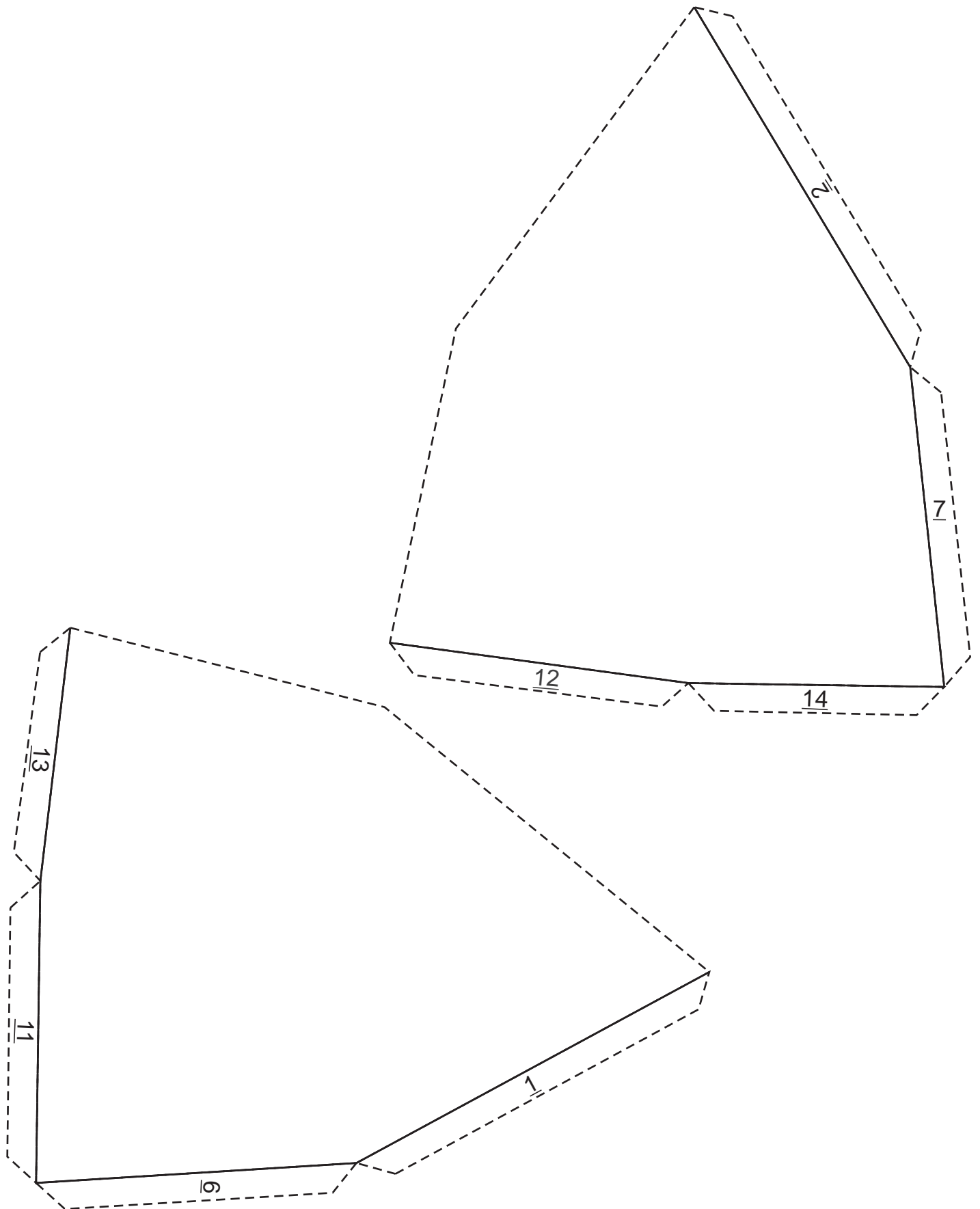
## Instructions:

Cut out each section along the dotted lines.

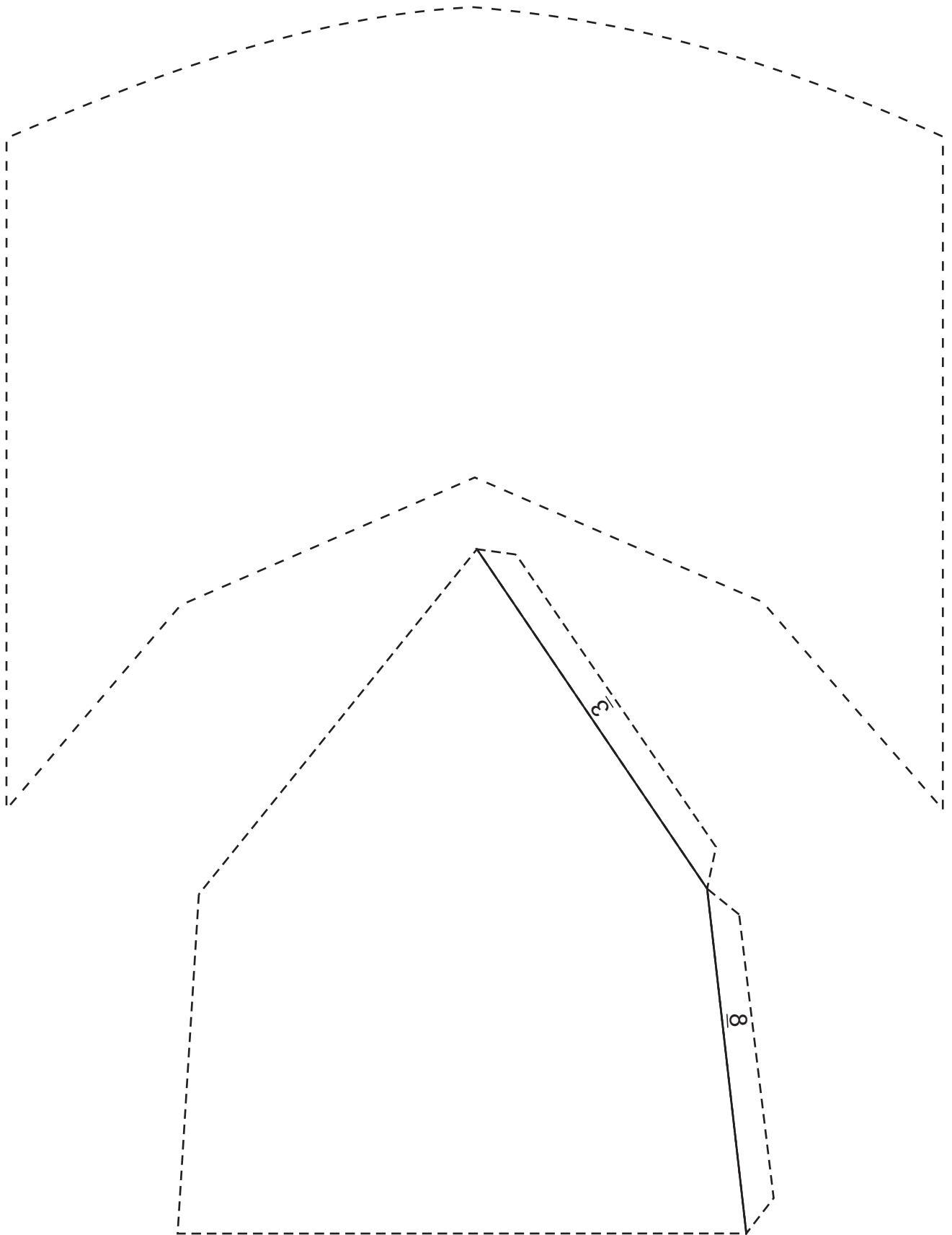
Using a glue stick or sticky tape, stick each of the numbered tabs to the correct numbers together as shown below.



# Cut Out and Decorate Hat Template



# Cut Out and Decorate Hat Template



# Sun Word Search



Search the words below in the word search and see how many you can find, cross them off as you go along.

R C E C C S Q P B U R N S F H  
H S A F U O H U Z J Q F W O P  
H U W N K H P E S Z S O E D T  
H N C I O Q O H L H B J A G F  
A S Z R Q P T T G T N W T F O  
T T S T Q J Y K D W E R C R B  
F R W O G L A S S E S R O V D  
I O Z A L O E N W A Q E O F T  
P K V F T A M S Y Z H A L X Y  
C E Q X N E R I Y E J L H L T  
D U D D V T R W E R H A B L J  
J V R Y S U N C R E A M Q G B  
R H O E Q M S U N S H I N E X  
N K I T R E E S V L B I Q N I  
R T S W A G L L D S H A D E P

1. Shade
2. Burn
3. Suncream
4. Glasses
5. Sunshine
6. Trees
7. Sunstroke
8. Sweat
9. Cool
10. Hat
11. Water
12. Canopy
13. Hot
14. Shelter
15. Sun



## What do the above words mean?

- Shade** - We should play under shade to keep cool
- Burn** - Our skin can burn if we stay in the sun unprotected
- Suncream** - We should apply this whenever playing outside
- Glasses** - Sunglasses protect our eyes on sunny days
- Sunshine** - It is nice and warm but we need protection from it
- Trees** - Trees can provide shade for us to play and sit under
- Sunstroke** - This can happen if we don't keep hydrated and cool
- Sweat** - We can sweat if we get hot
- Cool** - We should try to stay cool on hot, sunny days
- Hat** - Hats keep us cool on hot days
- Water** - We should drink plenty of water especially when its hot
- Canopy** - Canopies create shade and shelter and keep us cool
- Hot** - We can get very hot if we don't try to keep ourselves cool
- Shelter** - We should gain shelter whenever we can on sunny days
- Sun** - The sun is what produces the heat and light outside





# Shade Search



Look around outside and either write or draw the things you see that create shade in your playground.



Top Tip:  
Look around for  
trees, tall buildings,  
canopies, play  
equipment and tall  
plants.



## What Have You Learned?

Here's a recap of some of the most important facts that you have discovered today.

**1.** Sunburn is a sign that your skin has been damaged by too much UV radiation which is a result of not protecting yourself in the sun.

**2.** You can't feel UV rays – the heat from the sun comes from infrared rays, which can't burn you. This is why your skin can still burn on cool days.

**3.** Sunscreens will not protect us completely from sun damage on their own. However, it is important that we use them to protect the parts of skin we can't shade or cover and for added protection.

**4.** Reapply sunscreen regularly even when using 'once a day' and 'water resistant' sunscreens.

**5.** The sun is not all bad - Vitamin D is a nutrient that is produced by our bodies when our skin is exposed to the sun.

**6.** The sun is the main our main source of vitamin D and we need it to help build and maintain strong bones.

**7.** The Sun is strongest between 11am and 3pm and you should therefore spend more time in the shade between these times.

**8.** All living things on Earth including humans, are dependent on the sun to stay alive.

**9.** The sun gives life to Earth from all the energy.

**10.** On hot sunny days, you should **drink more water** to keep yourself hydrated.

**11.** Even if we wear sunscreen, clothes to cover our skin, sunglasses and hats, we should still play in the shade as it not only protects us further but it also keeps us much cooler.

**12.** Lots of things create shade in your playground and garden such as: Buildings, trees, bushes, umbrellas & parasols, canopies, awnings and tents.



# Sun Safe Hero Badge



Well done for completing this pack, you're now officially a sun safe hero and can proudly wear the Shade Man badge.

Cut along the dotted lines and stick to your top with help from an adult.

