
Staying Safe
in the Sun
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LO: to know how to stay safe in the sun

- Outcome - I can explain how to stay safe in the sun.

Success Criteria

- I can tell you why it is important to stay safe in the sun.
- I can tell you three different ways to stay safe in the sun.
- I can tell you why it is not ever safe to look directly at the sun.

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Questions to think about

- Do we have the same amount of sunshine in the year?
- When is the temperature hotter?
- Where are the sunny places in the world?

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Check the weather station

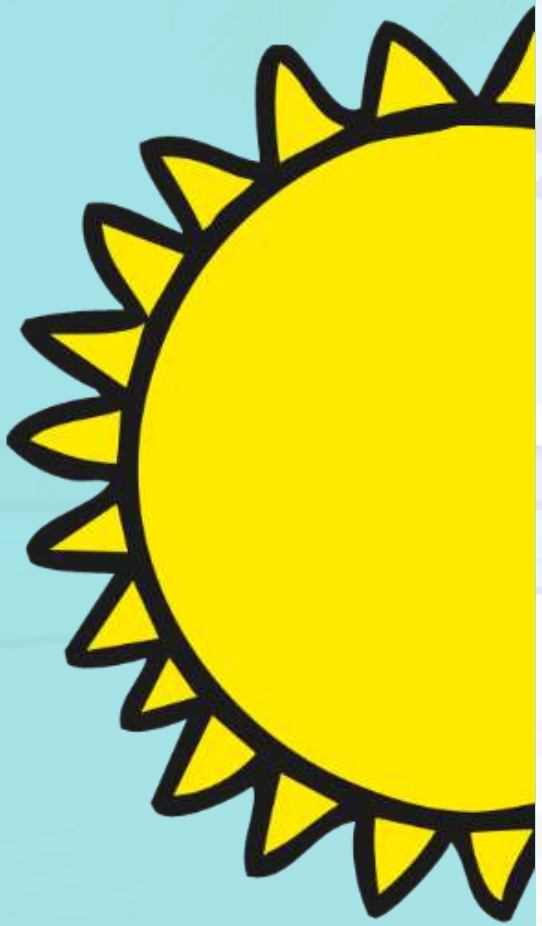
- How much rain has fallen over the week?
- Which direction is the wind going?
- Is there lots of wind or a light breeze?

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Sun throughout the year (UK)

Talk to a partner when do we get the most sun?
Does the length of time change throughout the year?
When do we get more day light?

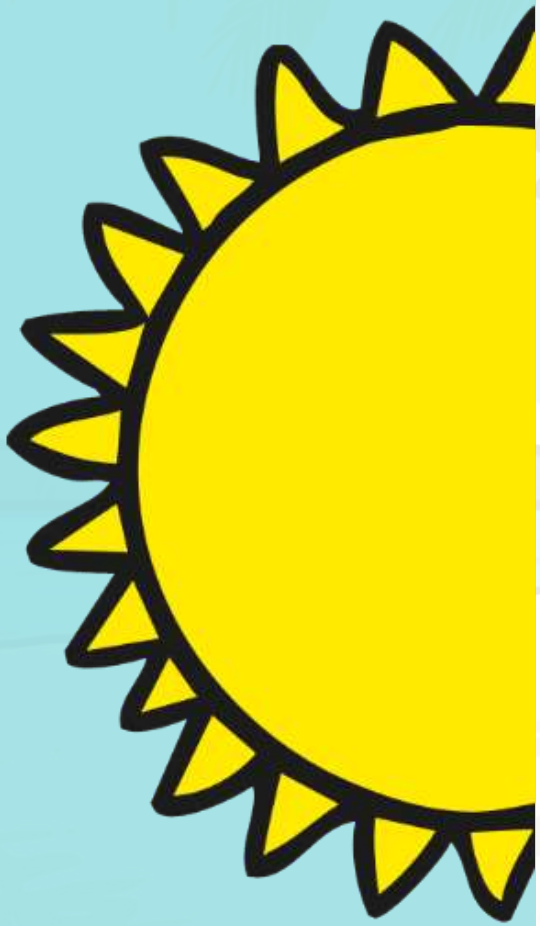
Using the worksheet look at which months get the most daylight (sun).



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Sun throughout the year (UK)

Looking at your results –
When are we more likely to need to be safe in the sun?



Summer Sun

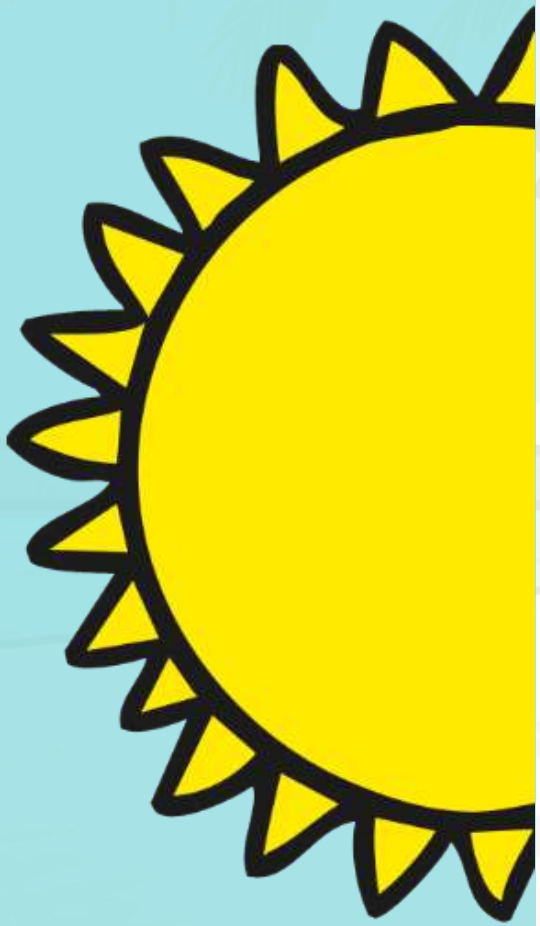
Talk to a partner about playing outside in the summer. Use these questions to help you:

What do you do outside in the summer?

What do you wear outside in the summer?

Do you do anything before you go to play outside?

What should you do if you get too hot outside?



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Staying Safe in the Sun

Whole Class

Sunshine is great because warmer weather means we can enjoy doing lots of different things outside in the summer!

The sun gives out rays of light and warmth. Some rays we can see but some rays are invisible. These invisible rays can cause sunburn and damage humans' skin and eyes, so it's really important to make sure we protect ourselves.

What do you think we could do that would help keep us safe in the sun?



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Be Prepared!



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Be Prepared!
Clothes

Wear clothes which will protect large areas of your body.





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Be Prepared!
Sun Cream

Put sun cream on exposed skin before going outside to protect against sunburn. Remember to reapply it when needed.





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Be Prepared!
Sun Hat

Wear a sun hat with a wide brim to protect your face and neck.





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Be Prepared!
Sunglasses

Wear sunglasses to protect your eyes from the strong and invisible rays the sun gives out.



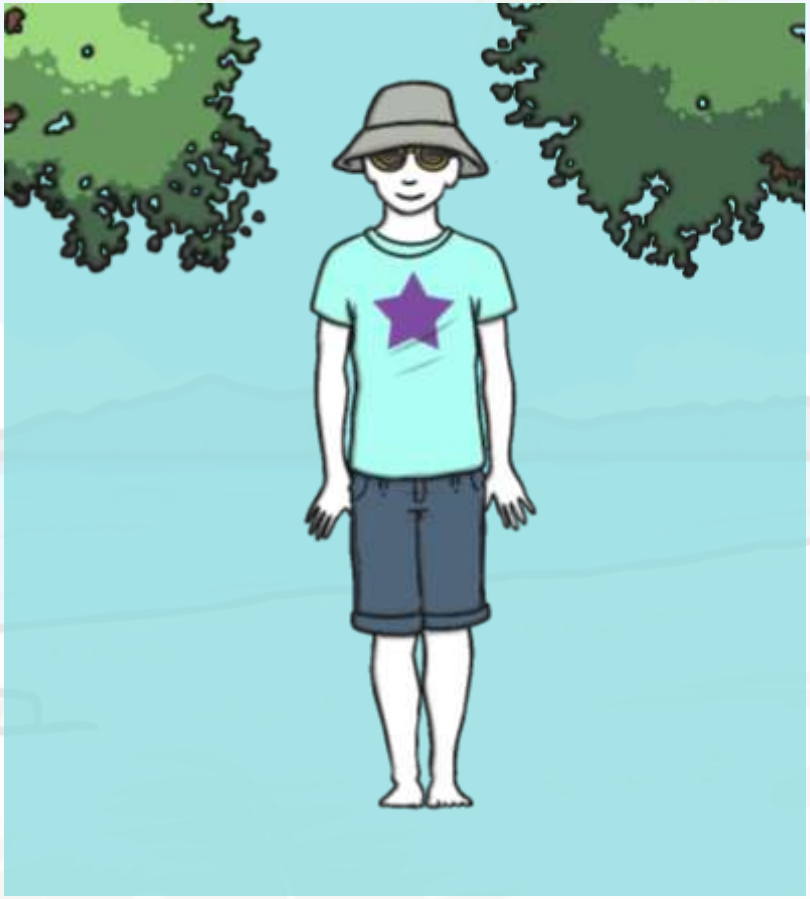


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Be Prepared!
Shade

Play in the shade, especially **between 11 o'clock in the morning and 3 o'clock in the** afternoon, as this is the hottest part of the day.



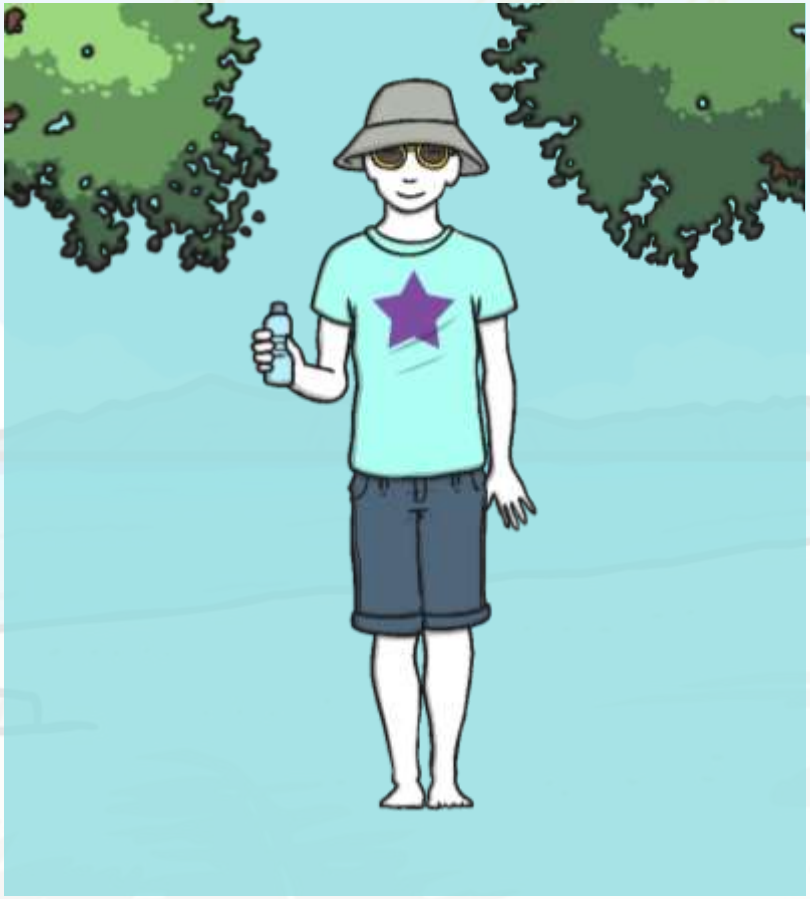


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Be Prepared!
Water

Drink lots of water to keep hydrated and replace all the fluids which your body loses through sweating.





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Safety in the Sun



Your task is to create a poster reminding people about staying safe in the sun.

Remember to include all the things you can do to protect yourself.



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Optional experiment - Which colour clothes are better?

Get two ice cubes – place one on white card another on black card.
Put these in the sun or under a lamp.

Which one will melt faster?

Which colour clothes are better?



The ice cube on the dark card melted faster because light surfaces reflect more sunlight and stay cooler. Dark surfaces absorb/soak up more sunlight and collect heat which meant the dark colours helped the ice cube to melt.

It is a better idea to wear light clothes in the sunlight.

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Staying Safe in the Sun Quiz



1. What does the sun give out?

Click your answer to find out if it's correct.

a) rays of light and snow

b) rays of light and rain

c) rays of light and warmth

d) rays of light and rainbows

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Staying Safe in the Sun Quiz



2. What damage can the sun do to humans?

Click your answer to find out if it's correct.

a) kick us

b) burn us

c) bite us

d) swallow us

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Staying Safe in the Sun Quiz



3. What can we do to protect ourselves from the sun?

Click your answer to find out if it's correct.

a) wear sun cream, a sun hat and sunglasses

b) wear swimming trunks or a swimming costume

c) wear shorts and t-shirt

d) hold a bottle of water

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