

# Every Day is a Good Day for Sun Safety!

Playing outside in the sun feels good! The sun is bright, big, and it warms us up.

We need the sun to:



Grow food, fruits, and vegetables to eat.



Bring heat, light, and energy to our homes.



Build strong bones in our bodies.

These are all big jobs the sun does for us. We have big things to do before we have fun in the sun too.

## Sun Safety Matching Game

When we do the 5 S's of Sun Safety, we can be safe and enjoy the sun at the same time!

Draw a line to join each action word to the matching picture from the 5 S's of Sun Safety.



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• Seek shade.



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• Slide on sunglasses.



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• Slop on your sunscreen.



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• Slip on some clothing.



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• Slap on a hat.

# Are You Ready for the Sun? The 5 S's of Sun Safety

In this picture, some kids need your help with doing the 5 S's the right way!

1

Circle the kids who are ready to be safe in the sun.

2

Can you help the other kids be safe? Draw some things that will protect the kids from the sun.



3

Write down what you added to the picture. Why did you pick these things?

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