



## **Fun and Sun Glasses** ***Preschool Activity***

- Show children a box of sunglasses and encourage them to look, touch, and talk about them.
- Tell the children that sun glasses can help protect their eyes from the sun and that it is a good idea to wear them when outside.
- Add the sun glasses to the dramatic play area where children can try on the glasses and look in a mirror.

### **Materials:**

Box or other container, a wide array of sun glasses

### **Other Ideas:**

- Encourage children to sort a box of sun glasses according to size, color, shape, and style.
- Purchase or get donations of children's sun glasses so that each child can have a pair of their own. Check labels on sunglasses to be sure they provide 100% UV protection and have safety (polycarbonate) lenses. Encourage children to wear their sunglasses when playing outdoors.
- Provide magazines for children to look through and find pictures of people wearing sun glasses. Invite children to cut or tear pictures out and paste them on a large sheet of paper with other sunglasses pictures found by their classmates.

### **Family Involvement:**

Inform parents and guardians about the importance of sunglasses to protect eyes. Provide information on appropriate types of sunglasses, including 100% UV protection and safety (polycarbonate) lenses. Encourage them to help their children look for people wearing sun glasses when they are outside on a routine task, like going to the grocery store.

### **Additional Information:**

When using sunglasses in the classroom environment, make sure that safety and sanitation measures are followed. All sunglasses should have plastic or unbreakable lenses. If children try on sunglasses, they should be sanitized at the end of the day.