Sun Safety Activity Pages for Children Grades K-2

www.sunsafetyalliance.org
Fresh air, sunshine, and exercise are essential to the healthy development of young children. Children who regularly spend time running, jumping, and playing outdoors are generally more fit and have a lower risk of being overweight. Adults should encourage children to be outside, active, and safe – including sun-safe.

The main message for young children is “Your skin protects you. You should protect your skin.” For children in grades K-2, these activities focus on actions and decisions that children can make themselves – such as seeking shade.

These activity pages are based on the following sun-safe actions:
- Avoid peak hours when UV rays are most harmful (10 AM to 4 PM)
- Stay in the shade
- Wear cover-up clothing
- Wear a hat
- Wear UV protective sunglasses
- Apply sunscreen
- Avoid tanning beds and sunlamps
- Check UV, heat, and air quality indexes
- Drink plenty of water
- Practice sun safety every day, all year long

For additional information, please visit www.sunsafetyalliance.org
Finish drawing the Sun

It is fun to play outside.
But don't get sunburned.

Play in the shade.
HATS

Circle the hat that gives the most sun protection.

Hats are wearable shade. They protect your head, neck, face, eyes, and ears.

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Help Kyle join his friend in the shade.

Look for the shade when you go out to play.

Think about places you can find shade.
Kevin does not want a sunburn. Circle the clothes he could wear to be most sun-safe.

Clothes and hats cover your skin. They protect you from sunburn.
The sun is shining.
Draw a circle around each child who should wear sunglasses.
Finish drawing the tree so Cille can play in the shade.