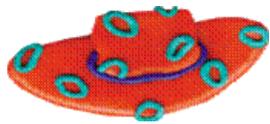




# SunSense

**Preschool and Kindergarten**



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Canadian Cancer Society  
Société canadienne  
du cancer

MANITOBA DIVISION

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# SunSense Program Lesson Objectives

The Canadian Cancer Society's SunSense program is designed to enable Manitobans to educate people of all ages about the dangers of the Ultraviolet Radiation or UV rays and to encourage people to follow the Canadian Cancer Society's recommended SunSense guidelines.

In order to keep participants thinking about sun safety past the single lesson, a SunSense bead bracelet activity will be part of the lesson plan. As a daily reminder of the presence of ultraviolet radiation and the importance of using their SunSense, participants will be asked to wear their SunSense bead bracelet throughout the summer to keep reminding them to be safe while they are in the sun. *(Note: This presentation does not use the term "Ultraviolet Radiation" or "UV Rays" because of the age of the children. The term "sun" is used instead.)*

It is recommended to keep the lesson plan to 20 minutes in order to keep the participants' attention and focus. Activities are included in case you finish early.

At the end of the lesson plan, the participants will have learned:

1. The Importance of the Sun.
2. The SunSense Guidelines.

## Presentation Tips

- The lesson plans provided here are a suggested format to use. Please don't feel limited by these guidelines or that you need to include all the information in your lesson. Adapt the questions or wording to suit your teaching style and your audience in order to get the most out of the lesson and to form a better connection with the participants.
- Introduce yourself and explain to the participants that the lesson will take about 20 minutes and that they will get to take part in making a sun safety craft as well as doing other fun activities when the lesson is finished.
- This lesson plan includes many questions in order to avoid lecturing the children about what is right or wrong and to involve the kids as much as possible. This way, the information is coming from them and not only from you.
- When asking questions, try to avoid yes or no answers and encourage the children to give more detailed explanations. If you don't get the answers that you are looking for, try rephrasing the question.
- Remember to use discretion based upon the age and maturity of the group. The information that is provided should be appropriate for most age groups.

If you require further information or have any questions please call the Canadian Cancer Society at 204-774-7483 or toll free at 1-888-532-6982.



# Preschool - Kindergarten Lesson Plan

## The Importance of the Sun

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- Q. What activities do you like to do in the summer?  
A. Swimming, camping, biking, going to the park, etc.

Lots of those activities are done outside in the sun. The sun is very important. It provides us with light to see things, warmth to feel cozy, and energy for plants to grow. But even though the sun is a good thing we need to be careful when we are outdoors.

- Q. Do you know what happens if we get too much sun?  
A. You can get sunburn.
- Q. Raise your hand if you ever had a sunburn before?
- Q. What does sunburn feel like?  
A. It hurts when you touch it or move, skin is red and peels.
- Q. Getting sunburn is not fun, so what can we do to protect our skin from the sun?  
A. See SunSense Guidelines

## SunSense Guidelines

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*The kids will say one of the options listed below, discuss the information then ask for another way to protect themselves. If they forget to mention one, tell them at the end. After all the guidelines have been discussed move onto the SunSense bead bracelet section. If you choose not to make the bracelets, move onto the conclusion.*

1. **SLIP on Protective Clothing** (*Teaching Aid: Different types of clothing*) Have volunteers put on the different type of clothing and make a mini fashion show to explain the proper type of clothing.

- Q. What is the best type of clothing to wear?
- Clothing with long sleeves and long pants.
  - Can be loose fitting and lightweight but with;
  - Fabric that is tightly woven.
- Q. What is better at protecting you from the sun; wet or dry clothing?  
A. Although it is a good idea to wear a shirt when you are swimming, when your clothing is dry it will protect you more than when your clothing is wet.

2. **SLAP on A Wide-Brimmed Hat** (*Teaching Aid: Different types of hats, the child that says hat comes up and one other volunteer. One child wears a baseball cap and the other a bucket or sun hat.*)

- Q. Why is the bucket hat (or sun hat) better than the baseball cap?



A. The brim goes all the way around out head to protect your ears, back of your neck and also your eyes.

**3. SLOP on Sunscreen** (*Teaching Aid: Sunscreen bottle with an SPF of 15+*)

Q. How long before going outdoors should you put your sunscreen on?

A. You should put sunscreen on at least 20 minutes before going outside.

Q. How often should you re-apply sunscreen?

A. At least every two hours or after you swim or sweat. Be sure to ask your parents to read and follow the directions on your sunscreen bottle.

Q. If you also need to wear insect repellent, which do you put on first?

A. Put your sunscreen on first. This allows it to soak into your skin properly.

Q. Should you wear sunscreen in the winter?

A. Yes. The sun's rays bounce off of the snow. Most of your body is already covered but don't forget to put sunscreen on your face.

**4. SMACK on Lip Balm with an SPF** (*Teaching Aid: Lip balm with an SPF of 15+*)

Your lips are skin and need protection too. You can buy a balm stick that has an SPF just like your sunscreen has. Be sure to reapply it just like you would your sunscreen.

**5. SEEK Shade or Create Your Own** (*Teaching Aid: An umbrella*)

Q. Can you get a sunburn when it's cloudy?

A. Yes, the sun's rays can go through light clouds, haze, fog and smog.

Q. Where can you find shade?

A. Tree, under the play structure, etc.

Q. What can you bring with you to create shade?

A. Umbrella, tent, etc.

Q. What time of day are the sun's rays the strongest?

A. Between 11am and 4pm.

I have a little rhyme for us to say, so we remember when the best time is to play.

**“When your shadow is short, stay out of the sun.**

**When your shadow is tall, go out and have fun!”**

Now let's say it together!

**“When your shadow is short, stay out of the sun.**

**When your shadow is tall, go out and have fun!”**

**6. SLIDE on Sunglasses** (*Teaching Aid: Different types of sunglasses, the child that says sunglasses comes to the front with another volunteer, one wears sunglasses*)



*with light lenses and skinny side and the other wears sunglasses with dark lenses and thick sides.)*

Q. What kinds of sunglasses are best to wear?

- Sunglasses with medium to dark lenses.
- Frames with thick sides or that wrap around.

Q. Why is having wrap-around sunglasses or thick sides better than thin sides?

A. It protects your eyes from all angles.

## **7. SEE Your Skin Regularly**

Q. What should you look for on your skin?

A. To see if there is something new, like a mole. Check to see if the mole has a funny boarder or colour, if it has changed its shape, size or feeling. Or if it just looks funny.

Q. What do you do if you find something?

A. Show it to your guardian and tell them what is wrong (is it new, did it get bigger or feel different or look different). They can make an appointment with your doctor.



## **SunSense Bead Bracelet**

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It is sometimes hard to know when the sun is strong. We have these bracelets (*hold your ready made bracelet up for the group to see*) to help remind us when the sun is strong and we need to protect ourselves.

After I explain about the bracelets and how to make them you'll each have a chance to create your own bracelets which you can wear throughout the summer to remind you to protect yourself from the sun.

The SunSense beads:

- Are special beads that turn from white to purple in sun's rays.
- Other light or inside light from a light bulb doesn't change them.
- Heat doesn't change them.
- When they are not in the sun they are white.

The card on the back has many different colours but your beads will only turn purple. It does not mean that the sun's rays are always extreme. When the beads are light purple then you need to start taking protection and then the beads are dark purple it means that the sun is very strong, and you should be taking lots of protection.

*Note: The beads react to sunlight because they have been treated with a special chemical that is sensitive to this kind of light.*

When you get your plate, pretend that it is glued to the ground. On the back of the package there is a sticky flap to open it. If you need help to open it please raise your hand. When you open your package make sure to dump all your beads on the plate so that they do not roll away. Keep one end of the string always touching the plate so that the beads do not fall off.

*Note: Be prepared for a few flying beads.*

When all your beads are on your string, please raise your hand, your bracelet needs to be tied like you would tie a balloon.

- Place the bead section of the bracelet under the child's wrist, holding one end of the string on each side.
- Take both ends of the string and put them together.
- Hold both ends with your right hand and wrap them around your left finger.
- As you remove your left finger, pull the ends through the opening.
- Pull the knot to the right spot so the bracelet does not fall off the child's wrist.

## **Activities**

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### **Testing your SunSense Bead Bracelets**

Once the kids have finished making their bracelets the group can begin to experiment. There are experiments for both inside and outside. Each experiment can be done while the kids wear their bracelets.



If you are unable to try the experiments with the kids for some reason (ie: it's raining) you can still explain them how they work. Have them guess what will happen and encourage them to test their beads at home. On these days see the list of inside activities for the bracelets and other fun games.

## **Outside Activities**

### **Test #1 – Does clothing really protect us from the sun's rays?**

#### **Materials Required**

This test can be done with several different types of materials in order to see which clothing offers the most or the least protection. To make this test more interesting the leader can bring a variety of clothing items from home. Have the kids guess which clothing will offer the best and the worst protection.

Different Types of Clothing:

- Thick vs. Thin
- Light vs. Dark
- Tightly woven vs. Loosely woven
- Straw hats vs. Canvas hats
- Bathing suit material
- Wet white cotton t-shirt vs. a dry white cotton t-shirt

Are some types of materials better at blocking out sun's rays than others? While outdoors, have the kids hide their bracelet under different articles of clothing for 20 seconds at a time. After the 20 seconds, bring the bracelets out from hiding. Has the sun's rays been able to get through?

### **Test #2 – Shade**

Have the kids gather in a shady spot and watch what happens to the colour of the beads. (*The beads will turn light purple.*) What does this mean? (*The sunlight isn't as strong in the shade.*)

### **Test #3 – Can sunlight travel through water?**

#### **Materials Required**

- 4L ice-cream pails (*Number of pails depends on amount of students.*)
- Water
- Towel

Fill the pails with water. While wearing their bracelets, have the kids gather around the pails and place their bracelets underwater. What happens to the colour? What does this tell them about sun's rays? (*Note: Be sure that the kids don't crowd so much that the light can't reach into the pail.*)

Remember you are not protected from the sun when you are swimming in the pool or in the lake, and the sun's rays will reflect off of the water.

## **Inside Activities**

If you are outdoors with the kids you will want to head indoors where the kids can see the beads turn white. Ask them why this happens. (*No sunlight present.*)

### **Test #4 – Flashlight**



### Materials Required

- Flashlight

*(Optional: using indoor light will produce the same results.)*

While inside ask the children if shining a flashlight on the beads will get them to change colour. Why doesn't this work? *(The beads will only react to sunlight. Indoor lights or light from a flashlight does not contain sunlight.)*

### **Test #5 – Can the sun's rays go through windows?**

While indoors, have the kids hold their bracelet up to the light of a window. What happens to the colour of the beads? *(The beads are light purple demonstrating that some degree of sun's rays can travel through windows.)* When traveling on a long distance car trip, should you remember to protect yourself? What about truck drivers? Does anyone have tinted windows in their car? What about tinted sunglasses?

### **Additional Activities**

#### **SunSense Tongue Twister**

Together as a group repeat SLIP, SLAP, SLOP, SMACK, SEEK, SLIDE, SEE. Start slow and with every repetition go faster and faster. See how fast you can go.

**CDA Colouring Page** *(Download from <http://www.dermatology.ca/wp-content/uploads/2012/04/SunSafeColouringEN.pdf>)*

**SunSafe Nova Scotia Activity Package** *(Download from [www.cancercare.ns.ca/site-cc/media/cancercare/Activity\\_Package\\_for\\_Elementary\\_Grades.pdf](http://www.cancercare.ns.ca/site-cc/media/cancercare/Activity_Package_for_Elementary_Grades.pdf))*

**Australia's Playing SunSmart (Page 13)** *(Download from [www.sunsmart.com.au/downloads/resources/booklets/be\\_sunsmart\\_play\\_sunsmart.pdf](http://www.sunsmart.com.au/downloads/resources/booklets/be_sunsmart_play_sunsmart.pdf))*

### **Conclusion**

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*This is an important part of the presentation since we want to encourage the children to wear the beads beyond this one day. Please be sure to emphasize this in your wrap up.*

If you wear your SunSense beads bracelets every day, it will serve as a reminder for you so you don't forget how to protect yourself. Remember, you can still get sunburn on a cool, cloudy day and in winter too. Don't forget to: SLIP on protective clothing; SLAP on a hat; SLOP on the sunscreen; SMACK on SFP lip balm; SEEK shade; SLIDE on sunglasses and SEE your skin.

