



Sun Safety Instruction for Grade Pre K

Skin cancer is the most prevalent cancer in America. Skin cancer affects people of all ages and ethnicities, yet it is highly preventable if individuals follow sun safe practices. According to the American Academy of Dermatology (AAD), children who get sunburns at an early age have an increased risk for developing skin cancer and melanoma later in life. Approximately 40-60% of sun exposure occurs before the age of 20. A person’s risk for melanoma can double if they have had more than five sunburns.

Outrun the Sun, Indiana’s only nonprofit organization supporting skin cancer education and melanoma research, has created sun safety educational units for the Indiana Department of Education. This information helps students learn how to protect themselves from skin cancer. These educational units also help fulfill many of the requirements set forth in the Indiana Department of Education Health and Wellness Standards. The following unit for Pre K addresses the following Department of Education standards:

- 2.1.1 Identify that healthy behaviors affect personal health.
- 2.1.4 List ways to prevent common childhood injuries.
- 2.5.1 Identify personal health decisions.
- 2.6.2 Identify a personal health goal and make a plan to achieve it.
- 2.6.4 Show how to achieve the personal health goal.
- 2.6.5 Explain the impact of personal choices on the personal health goal.
- 2.7.1 Identify character traits and behaviors of a healthy and safe person.
- 2.7.2 List a variety of behaviors to avoid or reduce health and safety risks.

Day One:

Materials:

1. Pencils
2. Crayons
3. PLAY IT SAFE IN THE SUN coloring page
4. A ball

Lesson Opening:

1. What kind of day is it outside? (sunny, cloudy, rainy)
2. What do you like to do outside?

Introduction to New Material:

1. Have the students color the ***PLAY IT SAFE IN THE SUN*** page. While the students are coloring, walk around and write down their answers.

Practice:

1. Have the students form a circle.
2. Tell them the ball represents the sun, and when they catch the ball, they say what they like to do while outside.
3. Continue tossing until all students have shared what they drew.

Reinforce:

1. Read and show students the coloring pages everyone has completed.

Day Two:

Materials:

1. Pencils
2. Crayons
3. **SUN SAFETY ITEM** Sheet
4. Ball

Lesson Opening:

1. Review by tossing the ball around and having them share what they love about being outside.

Introduction to New Material:

1. Yesterday, we talked about having fun in the sun.
2. Raise your hand if you've ever had a sunburn.
3. What did it feel like? (red, hot, hurt...peel)
4. Today we are going to talk about how to be sun safe while we have fun the sun.

Practice:

1. You need 5 things to be sun safe while having fun in the sun.
2. Using their hands to count- have them repeat after you
 - One- wear sunscreen
 - Two- wear a hat
 - Three- wear sunglasses
 - Four- wear a shirt with sleeves
 - Five- play in the shade.
3. Have them stand and mimic the actions of each of the five things listed below.
4. Now we are going to practice putting on our sun safe items.
 - One- wear sunscreen—rub on face and arms
 - Two- wear a hat—put imaginary hat on head
 - Three- wear sunglasses—put imaginary sun glasses on face
 - Four- wear a shirt with sleeves—put on imaginary shirt.
 - Five- play in the shade—put hand over eyes and pretend to look for shade.

Reinforce:

1. Complete the **SUN SAFETY ITEM** sheet

Day Three:

Materials:

1. Pencils
2. Crayons
3. **SUN-SAFE KIDS** sheet

Lesson Opening:

1. Who remembers what items keeps us sun safe while we play outside?
2. Now we are going to practice putting on our sun safe items.
 - a. One- wear sunscreen—rub on face and arms
 - b. Two- wear a hat—put imaginary hat on head
 - c. Three- wear sunglasses—put imaginary sun glasses on face
 - d. Four- wear a shirt with sleeves—put on imaginary shirt.
 - e. Five- play in the shade—put hand over eyes and pretend to look for shade.

Practice:

1. Complete the **SUN-SAFE KIDS** sheet