



Healthy and Sun Smart

1. Review the vocabulary words in this packet. This activity can be done before or after the video.
2. Have your child look up the words “ultra” and “violet” and then the word “ultraviolet.” Are the meanings the same?
3. Help your child estimate how much time spent in the sun for a day, a weekend, and all summer. Make a bar graph to express and compare their time in the sun. This will bring awareness to his/her sun exposure.
4. Child/Adult project: Create a sundial using a paper plate, straw, markers, ruler, pencil and a sunny place. Poke a hole in the center of the plate with the pencil and then turn it over. Write the number 12 on the edge and draw a line from the number 12 to the center of the plate. Place the plate in a sunny area. At noon the shadow should line up with the number 12. As the day goes on, write in the other numbers as a clock. Observe what times the sun casts a longer shadow and determine if it is sun smart to participate in activities when there is a longer or shorter shadow.

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Vocabulary

1. **cancer**_n a disease you cannot catch from someone else (non-communicable); certain cells grow out of control and spread
2. **detect**_v to catch or discover
3. **habit**_n a thing that a person has done so often without thinking about it that it becomes hard to stop
4. **protect**_v to shield from injury, danger, or loss
5. **prevent**_v to keep from happening; make impossible
6. **risk**_n the chance of getting hurt, or at losing, failing, danger
7. **sun**_n the very hot, bright star around which the earth and other planets revolve; provides light, heat, and energy
8. **sun protection factor**_n (SPF) a number that tells the protection level of a sunscreen lotion; the higher the number the greater the protection.
9. **sunscreen**_n a lotion that blocks the sun's dangerous rays and protects skin against sunburn
10. **tan**_n yellowish-brown color given to skin by over exposure to the sun
11. **ultraviolet A**
ultraviolet B_n (UVA & UVB) invisible rays of light from the sun that can be harmful to our skin and eyes

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