

## Grade 2

### Health Objective 2.04

Advocate to others the dangers associated with excess sun exposure (sun burn, damage to the eyes, skin cancer) and identify methods for protecting oneself from the sun.

### Language Arts Objective 5.02

Attend to spelling, mechanics, and format for final products in one's own writing.

### Materials Needed:

Fun in the Sun Safely by Dianne Goldman-York

Two beach bags of sun safety items (beach hat, beach umbrella, visor, sunglasses, inflatable ducky inner tube, beach chair foam surfboard or anything else you would find at the beach)  
Construction paper

### Focus:

Students will participate in an experiment. Prepare two sheets of colored paper each with a small object taped to the sheet. One of the sheets will be placed in direct sunlight and the other in a cabinet or somewhere where there is no sunlight. Students should write on a piece of notebook paper what they think will be the outcome of the two pieces of paper will look like after the experiment. Watch the newspapers for three days recording what they are noticing is happening and making a new prediction each day. The teacher should make sure that the students are noticing differences in color, shape, size, texture etc.

### Teacher Input:

Sunburn is the result of not using proper skin protection while in the sun. The skin becomes red and very difficult to even touch. Sometimes you may even get blisters which can be extremely painful. All this can lead to peeling (the dead, sunburned skin falling off). Explain that this is what happened to the newspaper in the sun.

Some tips for not getting sun burned:

- Use at least a SPF (sun protection factor of 15 or higher) A little trick to think about is whatever the SPF is multiply that by ten and that is approximately the amount of time that you can be in the sun without getting red. So, with an SPF of 15 you could be in the sun around 150 minutes give or take depending on the person's skin type.
- Make sure to reapply sunscreen after swimming, towel drying, or after excessive sweating.
- Even if you are under an umbrella by the pool or at the beach you should wear sunscreen because the rays can go through the umbrella.
- There is also sun-protective clothing that can be worn.
- When you are going to be out in the sun if at all possible try to stay out of the sun between 10:00 and 3:00 because this is when the sun's rays are the most harmful.
- Make sure that protection for the eyes is also worn. This normally means sunglasses and the best for protection are wide sunglasses with big lenses that cover most of the area around the eyes.

Skin Cancer: Skin cancer is one of the leading causes of death in the United States. It is believed that too much sun exposure as a child, often sun burn as a child, light skin color are causes of this. This does not mean that every child that has light skin is going to get skin

cancer: is just means that they have to make sure that they are well protected when they do go out in the sun.

### **Who Is at Risk?**

Although anyone can get skin cancer, individuals with certain risk factors are particularly at risk. Some risk factors for skin cancer are

- Lighter natural skin color
- Family history of skin cancer
- Personal history of skin cancer
- Constant exposure to the sun through work and play
- A history of sunburns early in life
- Skin that burns, freckles, gets red easily, or becomes painful in the sun
- Blue or green eyes
- Blond or red hair
- Certain types and a large number of moles

Read Fun in the Sun Safely. Review with students that appropriate ways to protect oneself from the sun's harmful rays.

### **Practice & Assessment:**

#### Activity 1 - Sun Safety Relay

This is a game for 6 or more players. Split players up into two teams. The first player on each team runs down to the beach bag, puts on all of the sun safety items over their clothes and runs back to the starting line, taking off all the items and putting them back in the bag.

Then they run back and put the full bag back at the end of the course and run back to their team. The next player runs down to the bag and does the same thing.

#### Activity 2 - Letter to a Friend.

To assess student awareness of sun safety and to express this awareness to others, students will compose a friendly letter to a friend or parent explaining the importance of protecting themselves from the sun's harmful rays and the appropriate measures to take for this protection.