

THE WONDERS OF SKIN:

Looking Good, Being Healthy

Skin Health Education Curriculum

Primary Level (Kindergarten - Grade 2)

The New York Academy of Medicine

and

American Skin Association



Theme 5

LET'S BE SUN SMART

Sun Safety



Objectives:

- ✍ Students will be able to list two helpful and two harmful aspects of the sun.
- ✍ Students will be able to explain three ways to protect their skin from the sun.

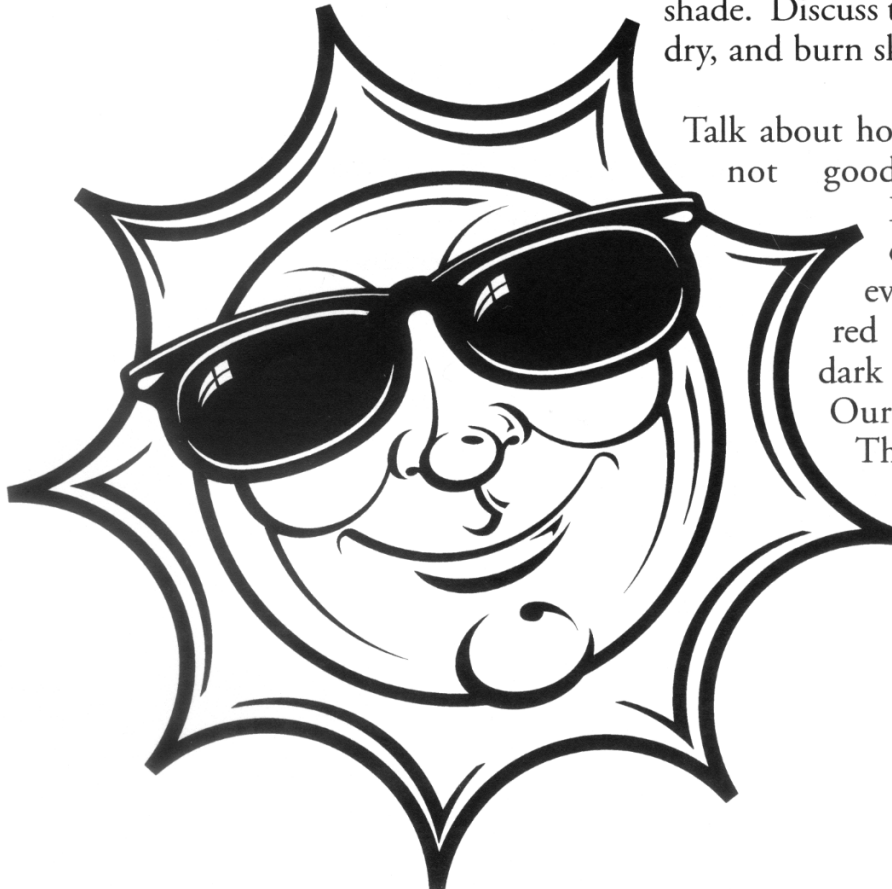
Activities:

The Dark Side of the Sun

Talk about some of the wonderful things that the sun does for us (provides light, warmth, makes life on Earth possible). Then ask students what aspects of the sun are harmful such as sunburns, wrinkling and skin cancer. (*Integration: science*)

Sun Power

Collect two of the following items for an experiment about the effects of the sun: a piece of chocolate, an ice cube, a piece of fruit, a bottle cap with water in it, a piece of playdough or clay, a piece of newspaper. Put one set of objects in the sun and one in the shade. Discuss the power of the sun to heat, dry, and burn skin. (*Integration: science*)



Talk about how tanning and burning are not good for anybody's skin.

Emphasize that the sun damages any skin color, even though you can't see a red sun burn on people with dark skin. (Refer to Diversity is Our Strength poster from Theme 2 when making this point.) (*Integration: science*)