

THE WONDERS OF SKIN:

Looking Good, Being Healthy

Skin Health Education Curriculum
Upper Elementary (Grades 3-5)

**The New York
Academy of Medicine
and
American Skin Association**



Lesson

6

OUTSMART THE SUN

Sun Safety

**Objectives:**

- Students will be able to list at least 3 ways to protect their skin from excessive sun exposure.

Estimated Time:

One 30-40 minute basic session and one 30-40 minute session for older or more mature students

Synopsis of the Lesson:

The first session of the lesson involves students in completing knowledge and behavior self-assessments. Students then discuss ways to outsmart the sun and write a story about a day in the life of a sun smart person. During the second session students analyze the influences affecting sun smart behavior. A parent newsletter is included to inform and encourage families regarding sun safety.

Note: While it is important to practice sun safety all year, this lesson may be most effective when taught before spring or summer vacations.

Connections Across the Curriculum:

Science, Art

Key Skills:

Analyzing Influences on Health Behavior, Advocacy

Teacher Preparation and Materials:**HAVE:**

- A container of sunscreen with SPF 15 or higher.
- A hat, a shirt, sunglasses, and other items that can be used for sun protection.

READ:

- Teacher Background Information
- Review student's quizzes and self-assessments before second session

