



Be Sun Smart Series

For children 4-5 years of age

Lesson Plans



For more information
call 1-800-367-2229



Healthy
Child Care
North Carolina



June 1998

Dear Early Childhood Professional:

We are pleased to offer you the **BE SUN SMART** training module. This module was developed as a collaborative project of the North Carolina Cancer Control Program and the Healthy Child Care North Carolina Campaign. We hope you will find the materials useful with preschoolers and their parents and siblings.

All of the materials in this module have been tested in focus groups comprised of child care providers from around the state. A team of dermatologists have also reviewed the materials for medical accuracy. The materials are free to child care programs that teach preschoolers, ages four to five. Because we are interested in your comments, we ask that you respond to a survey in a few months.

We hope that you share our enthusiasm for these materials and see many ways that they can benefit you in your important work with young children. If you have questions about the materials or need additional information, please contact the North Carolina Child Care Health and Safety Resource Center at **1-800-367-2229**

Yours Truly,

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Sun Burns



Objective:

To encourage children to wear hats when they play outside in the sun.

Introduction:

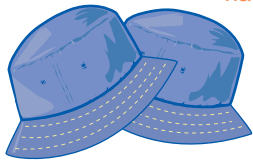
Let the children know that they will be learning about safe fun in the sun. Remind the children that playing outside on nice days is great fun, but they must learn to protect their skin from too much sun! Tell the children that today they will make some fun hats to wear when they play outside. Teach that a sun safe hat covers their ears, and face, and hair!

Activity Suggestion (15 – 20 minutes)

"Hat Day" and Songs

Materials needed:

hats, fabric markers, puff paints, songs



Here's How:

1. Allow each child to select a hat from the box of acceptable choices.
2. Ask the children to use their imaginations and think of how they would like to decorate their hats (teaches planning skills).
3. Let the children select puff paints, fabric markers, and fun objects to decorate their hats.
4. Play the song tape and begin to teach the words to the children. ["The Sun is Climbing Up," "When The Sun Climbs Way Up High," "The Sun Screen Song"]
5. Take a picture of each child in their sun smart hat and display the pictures in the room.
6. Use the hats when the children play outdoors!

Review

Remind the children to put on a hat every time they go out to play!

Tip:

This is a great time to send home a reminder to parents about your program's policy for protecting children from too much sun exposure.

Notes:

For more information
call 1-800-367-2229.





Sun Burns

Tip:

Ask a parent to come in and read the story with the children!

Objective:

To encourage children to ask caregivers and parents to help them use sunscreen.

Introduction:

Tell the children that at circle time you will be reading a special story about some animals that like to be SUN SMART.

Activity Suggestion (10 minutes)

"SUN SMART FRIENDS" Storybook and Songs

Materials needed:



song tape with finger actions, large-size storybook, and a box of different sunscreens to show and tell

Notes:

Here's How:

1. Read the story aloud to the children.
2. Show the children the many different types of sunscreens.
3. Let the children tell you about their experiences with sunscreen.
4. After reading the story, let the children listen to the song tape and encourage them to sing along!

Review:

Remind the children that they now know three ways to be SUN SMART: Wear a hat and a long sleeve shirt whenever you play in the sun for a long time. Play in the shade whenever possible. Use sunscreen to protect your skin.

For more information call 1-800-CHOOSE-1.



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