



Outside

SUNSMART EARLY CHILDHOOD BULLETIN
SPRING 2007

Planned experiences

Discovery play

There are many science and maths concepts that underpin the sun protection messages and these can be discovered in a play context with children.

Provide a selection of reflective surfaces to explore
e.g. a shiny biscuit tin lid, a hand mirror, a piece of foil, a cake tin or a dish of water. Add a torch or place the experience near a window and encourage observation of how light is reflected. Support these observations with reference to the reflection of the sun outdoors from sand, paved areas and water and the need for us to use the Outside 5 to protect us from the sun's reflected rays.

Invite children to locate shadows in the playground.
What is creating the shadow? Try tracing around some shadows with chalk or a rope and returning later in the day to see if the shadow has moved or changed shape.

Sing 'Where is shadow?'
(From 'Bear in the Big Blue House' – ABC TV)
Where, oh where, oh where is shadow?
Where, oh where, oh where is shadow?
Where, oh where, oh where is shadow?
Where can shadow be?



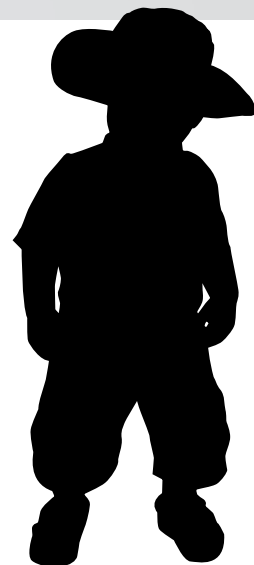
The following shadow ideas are from
www.perpetualpreschool.com/preschool_themes/shadows/

Sing 'See my shadow' (sung to Frere Jacques)
See my shadow, see my shadow
Move this way, move that way.
See it do what I do, see it do what I do,
Follow me, follow me.



Activity: Silhouettes

1. Tape a piece of black cardboard/ construction paper on the wall.
2. Have the child sit side-on next to it.
3. Shine a light from the other side and outline the face with chalk.
4. Cut out and mount on contrasting paper. You have a wonderful silhouette of each child.
5. Display these and ask children to guess which 'shadow' belongs to each child.
6. These would create a lovely gift for children to take home to their family.



Tip for carers: Shadow rule: If the child's shadow is shorter than he/she is, the sun is high in the sky, and the UV radiation is more intense.

For further SunSmart planned experiences please refer to your service's copy of 'Be SunSmart, Play SunSmart: National Early Childhood Resource Poster and Booklet of Experiences', given to all services when they join the SunSmart program or when they complete their 10th anniversary policy review. Additional copies are \$5.50 (incl. GST). Please contact Justine Osborne, SunSmart Early Childhood Officer on (03) 9635 5161 or Justine.Osborne@cancervic.org.au



Planned experiences

SunSmart literature ideas

There are a number of wonderful storybooks available which can be used to promote awareness and discussion about sun protection. These should be available from your local library, bookstores or directly from the publisher.

The Magic Hat by Mem Fox (2002)

Scholastic Australia (2003) ISBN 1 86504 463 6 [RRP: \$14.95]



The magic hat appears and bounces its way on to all different heads.

Associated SunSmart ideas:

- Our sun hats are like magic hats that have a special job and protect us from the sun.
- Create your own magic sun hat – paste fabric on to paper/ cardboard.
- Decorate your favourite sun hat.

Beep, Beep, Let's Go! by Eleanor Taylor (2005)

Bloomsbury Publishing (2006) ISBN 0 7475 7302 6 [RRP: \$14.95]



Join the animals on their wonderful fun-filled outing. But where are they all going with their picnics and special things?

Associated SunSmart ideas:

- What special things do we need to pack for an outing? Remember the Outside 5!
- Which animals are being SunSmart?
- What have some of the animals forgotten?
 - hat, sunscreen, shade
- How can we make some of these animals SunSmart?
- Create a cardboard box car and pack it with all of the things needed for an outing – don't forget the Outside 5.
- Rhyme and mime: as you say the lines with the children mime putting on the sun hat, t-shirt, sunscreen, sunglasses and putting up the umbrella.

- 1 Beep, beep, let's go, remember our sun hat and off we go
- 2 Beep, beep, let's go, remember our t-shirt and off we go
- 3 Beep, beep, let's go, remember our sunscreen and off we go
- 4 Beep, beep, let's go, remember our sunglasses and off we go
- 5 Beep, beep, let's go, remember our shady umbrella and off we go

Beep!
Beep!

Alternatively you could insert different transport noises – ask children to suggest some or use ones from the story.

For example

- 1 Beep, beep, let's go, remember our sun hat and off we go
- 2 Chugga, chugga, let's go, remember our t-shirt and off we go
- 3 Toot, toot, let's go, remember our sunscreen and off we go
- 4 Honk, honk, let's go, remember our sunglasses and off we go
- 5 Choo, choo, let's go, remember our shady umbrella and off we go

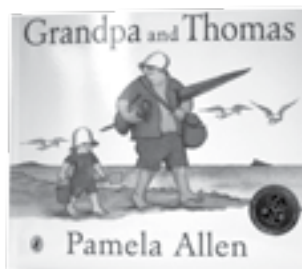
The Outside 5 don't need to be said in any special order so children could also suggest which sun protection measure to include next as they go along.

For example

Beep, beep, let's go... 'Jamie what should we take with us?'

Grandpa and Thomas by Pamela Allen (2003)

Puffin Books (2005) ISBN 0 14 350131 3 [RRP: \$14.95]



Thomas and grandpa go to the beach. It is an Australian summer. The sun is shining, the gulls are screeching and the sea is singing.

Associated SunSmart ideas:

- Thomas and Grandpa are going to the beach. Have they remembered the Outside 5?
- Ask children to create a beach scene: a diorama, model, in the sand pit, using play doh, using leaves and small twigs for shade, etc.