

# From May, put sun hats away!



[sunsmart.com.au](http://sunsmart.com.au)

## Suggested learning experiences

When UV levels are 3 and above, sun protection is required because that is when the sun can damage skin and eyes and lead to skin cancer. However in Victoria average UV levels from May to August are low (1 or 2) so during these months it's time to get some sun for vitamin D.

To check the UV levels in your area go to the SunSmart UV Alert in the weather section of your daily newspaper or follow the links to the SunSmart UV Alert on the SunSmart website at [sunsmart.com.au](http://sunsmart.com.au).

When UV levels are low, a "No SunSmart UV Alert" is issued and sun protection is not required unless you are in alpine areas, near highly reflective surfaces such as snow or outside for extended periods.

To get enough vitamin D during the winter months, it is recommended that faces, arms and hands (or equivalent area of skin) are exposed to the sun for two to three hours over the week. Adults and children with naturally very dark skin may need three to six times these exposure times.

So over the winter months, for healthy bone development in children, put sun hats and sunscreen away.

Here are some ideas to help children learn about the change in outdoor habits for this part of the year.

### SunSmart shoebox

Ask children to decorate a shoe box with their name and lots of bright colours, the sun, hats, sunscreen, sunglasses etc. You could use glitter glue, cut outs, shapes, paints. Children then put their sun hat, sunglasses, sunscreen etc in this for safe keeping until September. When the SunSmart season begins again in September, the children can have a special opening ceremony of their SunSmart box. You're also guaranteed to have their hat ready to go!



### SunSmart hide and seek

Instead of putting their hats and sunscreen on before they go outside, ask the children to play hide and seek with their hat and the sunscreen bottle. They hide their hat and / or sunscreen bottle in a suitable spot outdoors and see if other children can find them.

### SunSmart seasons

As you explore the change of seasons, you can also discuss how the sun isn't as strong at this time of year and the days become shorter and cooler. Look at the effect this has on plants in the outdoor space. The leaves fall off trees, some flowers stop blooming, birds move to warmer areas, there aren't as many butterflies and some parts of nature go to sleep. It's time for people to wear warmer clothes and we don't need to use the 5 SunSmart steps anymore.

### Winter

Ask the children to look around their outdoor space for signs of winter. Create winter cubbies and dioramas of winter scenes. What types of clothes do they wear in winter? Create a winter wardrobe and a summer wardrobe poster/ display. Do we need our SunSmart clothes in winter?



# From May put sun hats away – suggested activities



## SunSmart calendar

Look at the different months on a calendar. Discuss the different months and special things that happen in those months. Find May - May is when we celebrate Mother's Day. Mark Mother's Day (2<sup>nd</sup> Sunday in May) on the calendar so children can remember the day. Mark a circle around the May heading. Highlight that this is also the month when the SunSmart things are packed away. "From May, put sun hats away." Children can help mark off the days. Also find September. September is when we celebrate Father's Day.

Mark Father's day (1<sup>st</sup> Sunday in September) on the calendar so children can remember the day. Mark a circle around the September heading. Highlight that this is also the month when we need to start being SunSmart again. "From September, 5 things to remember! Slip on a shirt, slop on sunscreen, slap on a hat, seek shade and slide on some sunglasses."

## Water

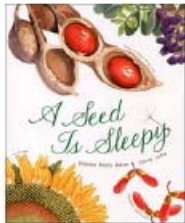
Winter usually brings more rain! Explore some water activities with children.

~ Water music: Grab a number of jars and fill them at different levels. Tap on the sides of the jar using a spoon, stick, peg etc and explore the different sounds the various water levels create. Create a water symphony!

~ Water colours: Have a number of clear glass jars available. Fill them with water and ask children to create new water colours by dropping food colouring into the jars. Use these water colours to create images on blotting paper. Ask children to observe how the colours mix together and the water is soaked into the paper.

## Children's literature

Use these stories to stimulate discussion about the change in seasons.



*A Seed is Sleepy* by Dianna Aston and Sylvia Long

ISBN: 9780811855204

Publisher: Chronicle Books (Apr 2007)

Teacher's guide: [www.chroniclebooks.com/pdfs/EggSeedTeachersGuide.pdf](http://www.chroniclebooks.com/pdfs/EggSeedTeachersGuide.pdf)

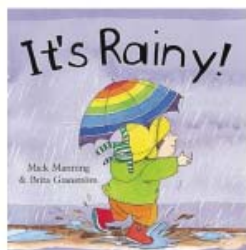
*An Egg is Quiet* by Dianna Aston and Sylvia Long

ISBN: 0811844285

Publisher: Chronicle Books (Feb, 2006)

Teacher's guide:

[www.chroniclebooks.com/pdfs/EggSeedTeachersGuide.pdf](http://www.chroniclebooks.com/pdfs/EggSeedTeachersGuide.pdf)



*It's Raining!* by Mick Manning and Brita Granstrom

ISBN: 978-0749646837

Publisher: Franklin Watts Ltd (Oct 2002)

*Winter Lullaby* by Barbara Seuling and Gregory Newbold

ISBN: 9780152014032

Publisher: Houghton Mifflin Harcourt (1998)

