

From May, put your sun gear away.

It's important to get some winter sun to help bones and muscles stay strong and healthy. But if going to alpine regions, up to the snow or outside for extended periods, take sun gear! For more information about SunSmart in winter go to sunsmart.com.au.



Skeleton puzzle

1. Copy skeleton picture on to card
2. Cut out bones
3. Join the bones together – the legs and arms can be placed in different positions

