

# SunSmart Countdown



VELS Levels 2 and 3

VELS Domains

- Health & Physical Education
- English

## *Are your ears working?*

### Instructions

Listen to the SunSmart Countdown song (as a class or on your own using headphones).

You can listen to the song on the SunSmart website at

[http://www.sunsmart.com.au/protecting\\_others/childcare\\_and\\_schools/at\\_school/sunsmart\\_countdown/](http://www.sunsmart.com.au/protecting_others/childcare_and_schools/at_school/sunsmart_countdown/)

Use the song to help you fill in the missing words on page 2.



## SUNSMART COUNTDOWN

When we're out and about it's always \_\_\_\_\_ time  
 We know just what to do – we do it \_\_\_\_\_ time  
 Because we're \_\_\_\_\_ kids – as smart as we can be  
 We'll show you how to keep your cool  
 It's the only way to go  
 Doin' the \_\_\_\_\_ Countdown!

### CHORUS

FIVE! \_\_\_\_\_! – Slip on your shirt  
 \_\_\_\_\_! SLOP! – Slop on your sunscreen  
 THREE! SLAP! – Slap on your \_\_\_\_\_  
 TWO! SEEK! – \_\_\_\_\_ out the shade  
 And Number ONE – to make sure you're all done  
 \_\_\_\_\_ you take off to the sun  
 SLIDE on your \_\_\_\_\_!



When we're out in the \_\_\_\_\_ we know the \_\_\_\_\_ way  
 And with the grownups too – we'll have a \_\_\_\_\_ day  
 Cover our eyes and \_\_\_\_\_ our skin  
 Keep the outside \_\_\_\_\_ and the inside \_\_\_\_!  
 It's the only way to go, Doin' the \_\_\_\_\_ Countdown!

\_\_\_\_\_ kids count down from \_\_\_\_\_ – you'll see them  
 everywhere

The beach, the \_\_\_\_\_, the pool, the \_\_\_\_\_  
 The street, the \_\_\_\_\_, but not in the dark!

Now we're out and about it's always \_\_\_\_\_ time  
 We know just what to do – we do it every time  
 SunSmart kids count down from five  
 It's \_\_\_\_\_ it's not rocket science  
 It's the only way to go, Doin' the SunSmart \_\_\_\_\_!