

## 1 SunSmart mobile

(Mobile idea from [www.familyfun.com](http://www.familyfun.com))

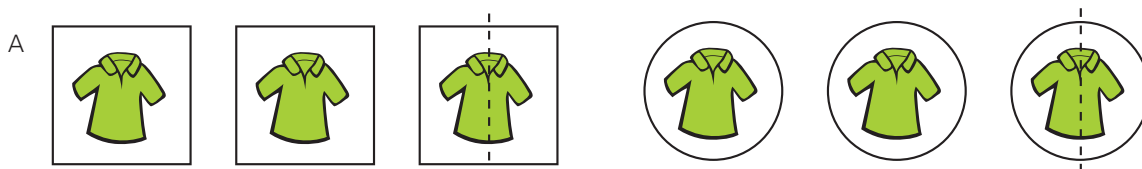


### Materials

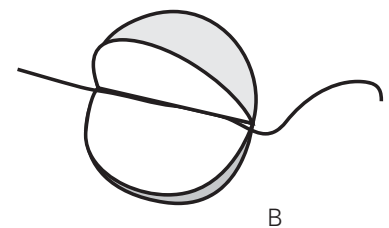
- Cardboard
- Paper
- Copies of the SunSmart sun protection images, SunSmart Countdown number characters and/or Sid Seagull picture for children to decorate and cut out (provided)
- Magazines (to cut out pictures)
- Crayons, pencils
- Glue
- String or ribbon
- Scissors
- Clothes pegs
- Beads (optional)

### Instructions

- 1 If you are using the SunSmart pictures, make enough copies for each child to have three copies of each image (15 in total). Children decorate each page.
- 2 Use a template to cut the pictures out in identical square or circular shapes (A).

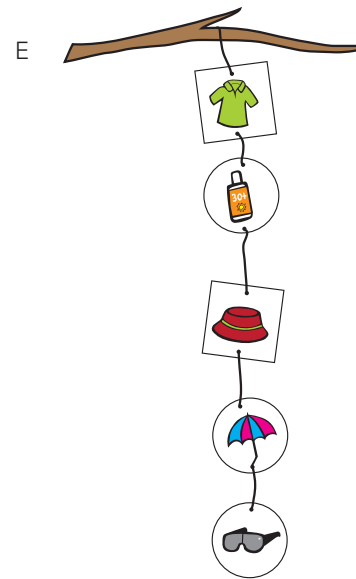
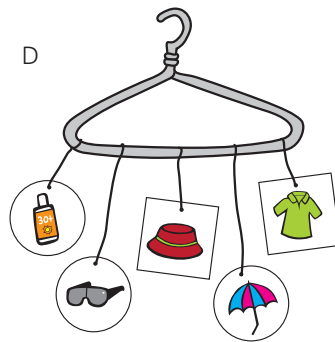
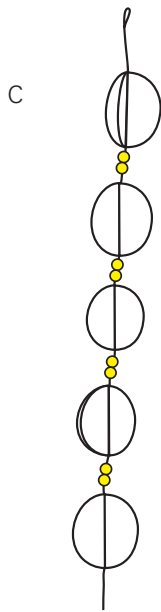


- 3 Fold each shape in half on the same axis.
- 4 Glue together the halves of two of the shapes and lay the ribbon or string down the centre of them (B).
- 5 Match the third shape to the other two and glue it in place. (Hold the pieces together with pegs if they're not sticking.)
- 6 Repeat steps 4 and 5 to make the five SunSmart images. You can string beads between the shapes if desired (C).



### Tip

The trick to balancing is to start from the bottom of the mobile and work your way up.



### Variations

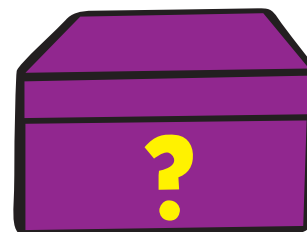
You could just use one copy of each image or cut out shapes and ask the children to draw, write or paste pictures of the sun protection measures on to these.

Ask children to bring a stick from their garden or an old wire coat hanger from home. Decorate each individual piece and tie these to the stick or coat hanger at different lengths (D&E).

## 2 SunSmart mystery box

### Materials

- Old shoebox with a lid or container with a lid
- Hats (bucket hat, broad brimmed, legionnaire and baseball cap)
- Sunglasses (if possible, a very narrow rimmed and another wide rimmed pair)
- Sunscreen bottle
- Shirt
- Singlet top
- Small branch with leaves/fold-up umbrella (to represent shade)



### Instructions

- 1 Look at each of the mystery box objects and discuss the sun protection/ SunSmart value of each one.

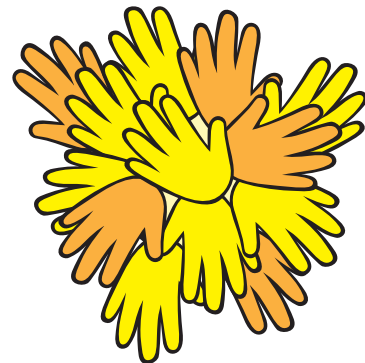
- Which are mentioned in the SunSmart Countdown song?
  - Would you use a baseball cap if you were being SunSmart?  
No – it doesn't protect all of your face and neck.
  - Would you use a bucket hat if you were being SunSmart?  
Yes – it shades your face, ears and neck.
  - Would you wear a singlet top if you were being SunSmart?  
No – it doesn't cover your shoulders and arms, etc.
- 2 Ask about four or five children to be members of the 'mystery box club'. They sit at the front of the room. While they are closing their eyes, another child chooses a mystery box object, shows it to the rest of the group, and places it in the box.
  - 3 The 'mystery box club' members each need to have a shake of the box/ container and see if they can guess what the object inside it is. They are allowed to ask one question each about the object and the rest of the group can only answer yes or no.
  - 4 After each member has had a guess, reveal the mystery object and discuss if it is SunSmart. Repeat with a new group of 'mystery box club' members.

### 3 SunSmart hand sun

(Idea adapted from <http://ezcraftsforkids.blogspot.com>)

#### Materials

- Paper plates
- Cardboard
- Scissors
- Glue (or a stapler)
- Paint (optional)
- Glitter, tissue paper, etc. (optional)



#### Instructions

- 1 Use coloured or plain cardboard. Ask each child to trace around their hand (they could do this with the help of a buddy).
- 2 If decorating the hand, use paint, glitter, other pieces of paper, tissue, etc. and leave it to dry.
- 3 Cut out the hand tracings.
- 4 Glue or staple the hand cut-outs onto the paper plate to represent a sun or create a large group sun on poster paper or the bulletin board with everyone's hand on it.

### 4 SunSmart digging/SunSmart card swap

#### Materials

- Sandpit or large box with rice/bird seed
- Play space
- Multiple copies of laminated cut-outs of five sun protection images or SunSmart Countdown number characters (image sheets provided)

For variations to the game – copy the different images onto different coloured card and have enough for each child to have a complete set of five plus four extra sets (for spare cards).

#### Instructions

- 1 Bury the laminated pictures in the sand pit/rice box (or alternatively hide them around a designated space).
- 2 Children try to dig up/find as many SunSmart items as they can.  
To add to the challenge, once all of the items have been found, children then need to try swapping their items so they end up with a complete set of five cards – either five of the same image or a set of five sun protection measures/SunSmart Countdown number characters. They can only swap one card at a time.

#### OR

- 3 Children can only dig up one of each of the SunSmart Countdown cards. If they find one they already have, they need to re-bury/re-hide it. They need to find all five cards in the set to complete the game.

#### Variations

Instead of burying or hiding the cards, children can be given a random set of cards. They then need to work out which of the SunSmart Countdown set they are missing. They need to swap one card at a time with other children to try and get a complete set.

Try doing this so it is a 'silent swap' and the children can only use gestures to explain which card they want to get – they can't show the pictures to each other.

Children not only need to get a complete set of SunSmart Countdown cards but they all need to be the same colour/different colours.

Try the activity with a set time limit for the swap.

## 5 SunSmart reminder door hanger

### Materials

- Cardboard
- Template of the door hanger copied onto thin card or a stencil to trace around (enough for each child to have their own)
- Scissors
- Items to decorate card e.g. glitter, paper, confetti, etc. (optional)
- Copies of the SunSmart Countdown images to decorate, cut and paste (provided)



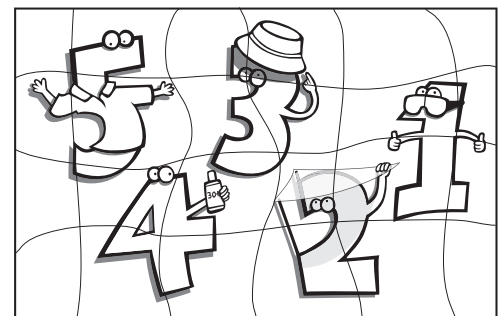
### Instructions

- 1 Discuss the five SunSmart Countdown steps (shirt, sunscreen, hat, shade and sunglasses). Explain that the children are going to make a SunSmart Countdown sign to hang over a doorknob at home (preferably the front or back door). This will then act as a reminder to everyone to remember the SunSmart Countdown steps before they go outside.
- 2 Give each child a copy of the door hanger template.
- 3 Ask the children to decorate the sign with the SunSmart Countdown message. They can write and/or draw the messages or cut and paste the images.
- 4 Children take this home and later report back if it is helping their family remember the SunSmart Countdown.

## 6 SunSmart Countdown jigsaw

### Materials

- Large copy of SunSmart Countdown number characters, Sid Seagull or SunSmart images (provided) copied on to card
- Envelopes



### Instructions

This can be done by one child, in pairs or with a small group.

- 1 Colour/decorate the images.
- 2 Draw jigsaw-shaped lines over the image and cut these out. Place the jigsaw pieces into a labelled envelope.
- 3 Children can swap envelopes and complete other children's jigsaws.

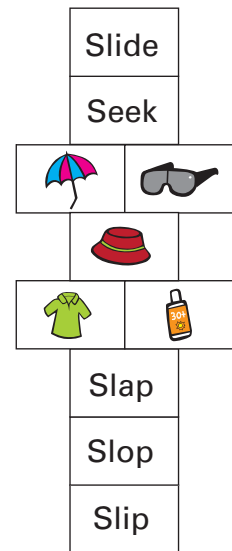
## 7 SunSmart Countdown hopscotch

### Materials

- Large chalk

### Instructions

- 1 Choose an appropriate space outdoors – possibly the quadrangle or netball court.
- 2 Draw a hopscotch grid and ask children to fill-in numbers from 1–5 or the words slip, slop, slap, seek and slide and/or images of each of the five sun protection measures.
- 3 Children play hopscotch as normal – they may need a buddy to help them throw their marker/stone.



### Extension

As they hop on the squares, children can call out the names of the items or whether it is representing slip, slop, slap, seek or slide. They can also mime the appropriate action associated with the image.

## 8 SunSmart Countdown numbers dress-up

Activity sheet

### Materials

- Copy of SunSmart Countdown numbers dress-up page for each child (provided)
- Pencils/crayons
- Glitter, paper, confetti, etc. (optional)

### Instructions

Children 'dress' each SunSmart Countdown number character with a different sun protection measure – use the same design as on the CD cover or have different numbers using different sun protection measures.

### Extension idea

Decorate each number so that they each feature all of the sun protection measures. Ask a group of students to 'dress' a large version of each number to display around the room.

### 9 SunSmart Countdown Sid colour by numbers

Activity sheet

#### Materials

- Copy of SunSmart Countdown Sid colour by numbers page for each child (provided)
- Crayons/pencils

#### Instructions

Children follow the numbers to colour in Sid.

### 10 SunSmart Countdown match-up

Activity sheet

#### Materials

- Copy SunSmart Countdown match-up page for each child (provided)
- Pencils, crayons

#### Instructions

- 1 Match the number character with their sun protection message.
- 2 Trace over the sun protection messages.

### 11 SunSmart Countdown fill in the gaps

Activity sheet

#### Materials

- Copy of SunSmart Countdown fill in the gaps page for each child (provided)
- SunSmart Countdown song
- Pencils

#### Instructions

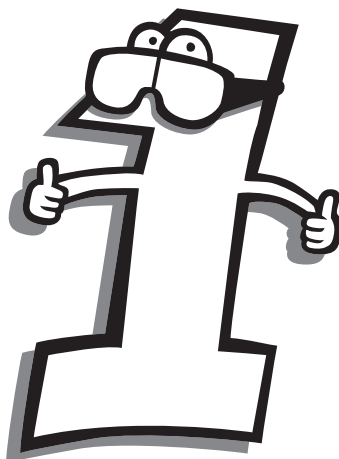
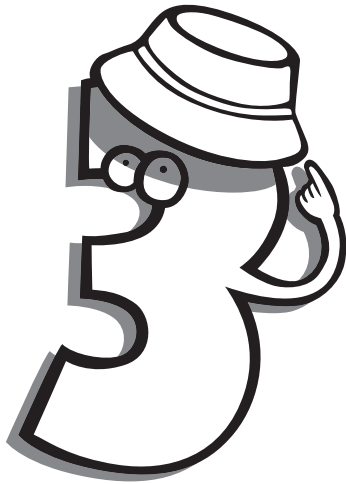
Ask students to fill in the missing words to the lyrics. They can do this as they listen to the song and/or use the words from the list at the bottom of the page. Children can do this individually or in groups.

#### Extension idea

Ask children to create a new verse.

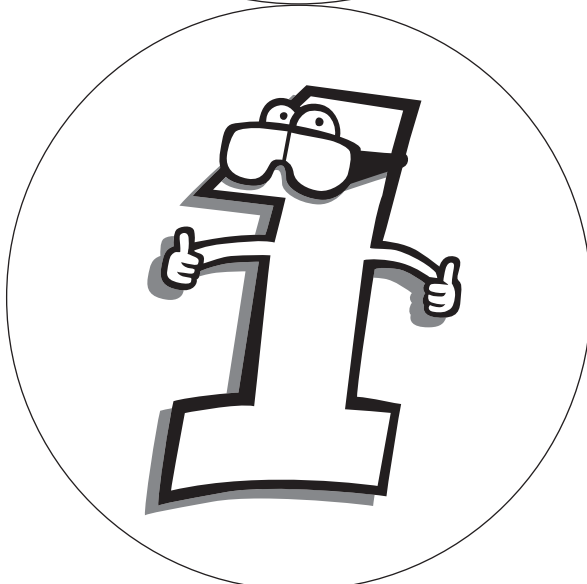
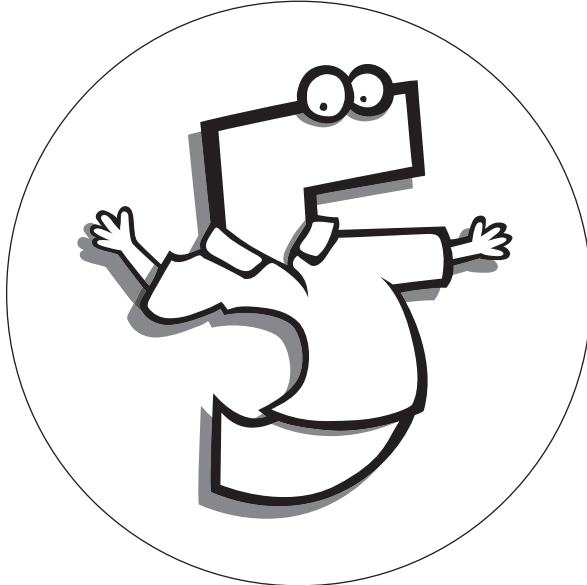
## Activity/game cards

SunSmart Countdown number characters.



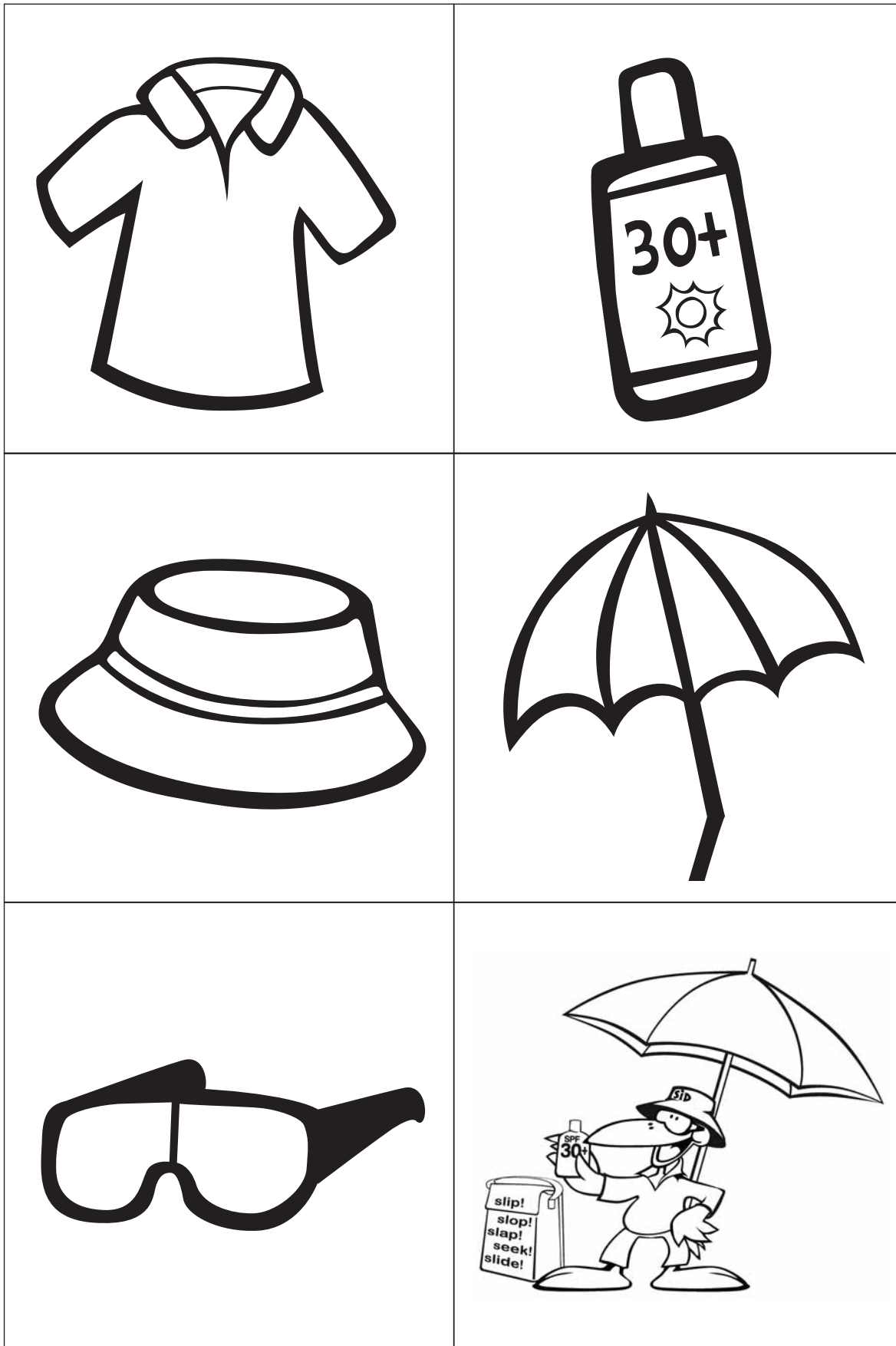
## Activity/game cards

SunSmart Countdown number characters.



## Activity/game cards

SunSmart Countdown protection measures.



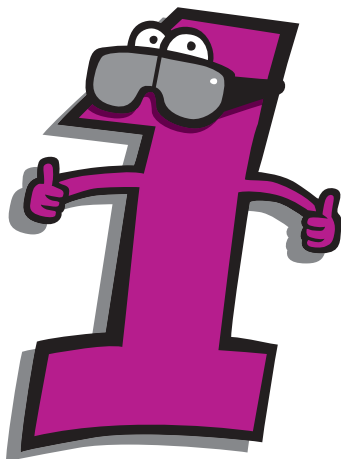
## Activity/game cards

SunSmart Countdown protection measures.



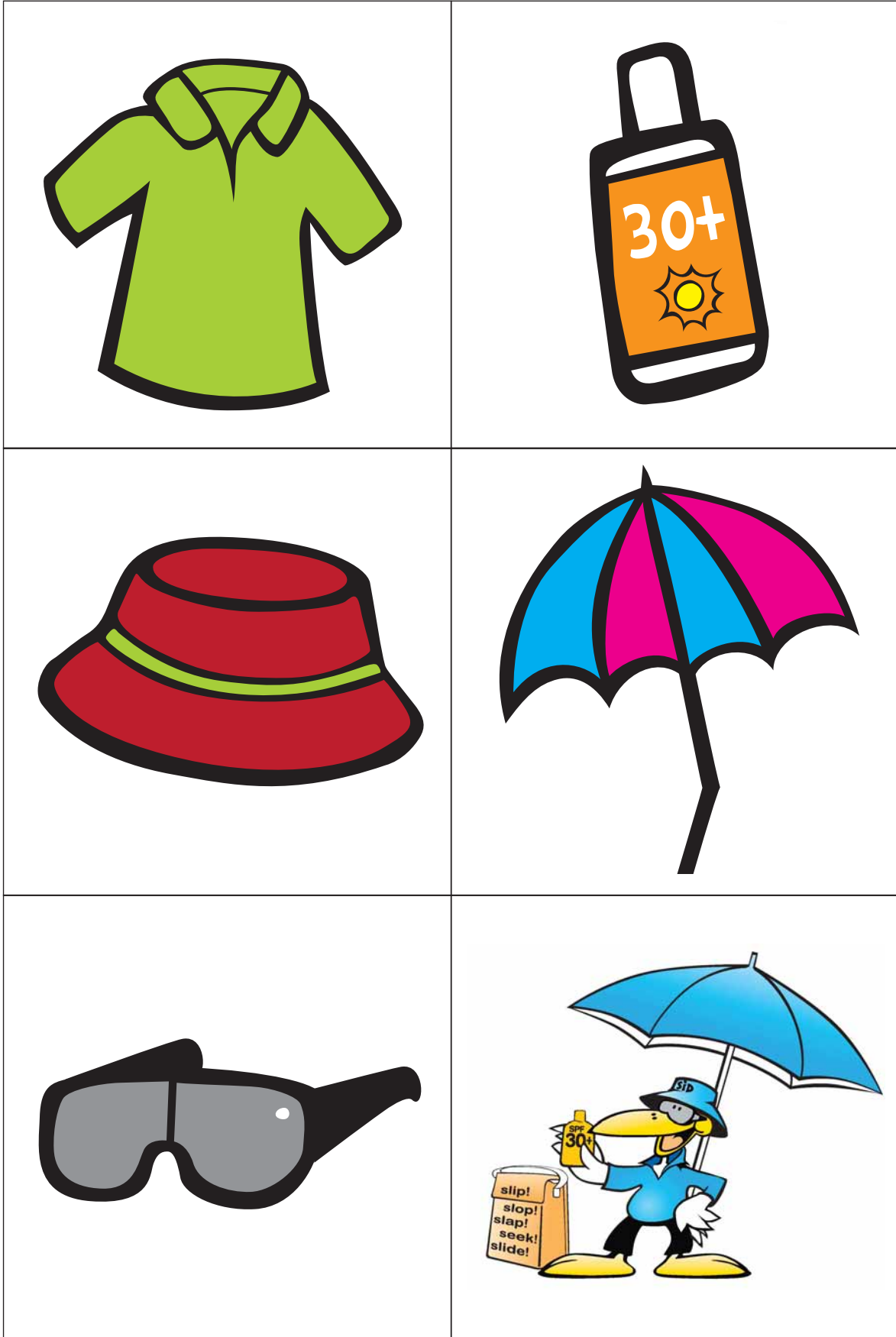
## Activity/game cards

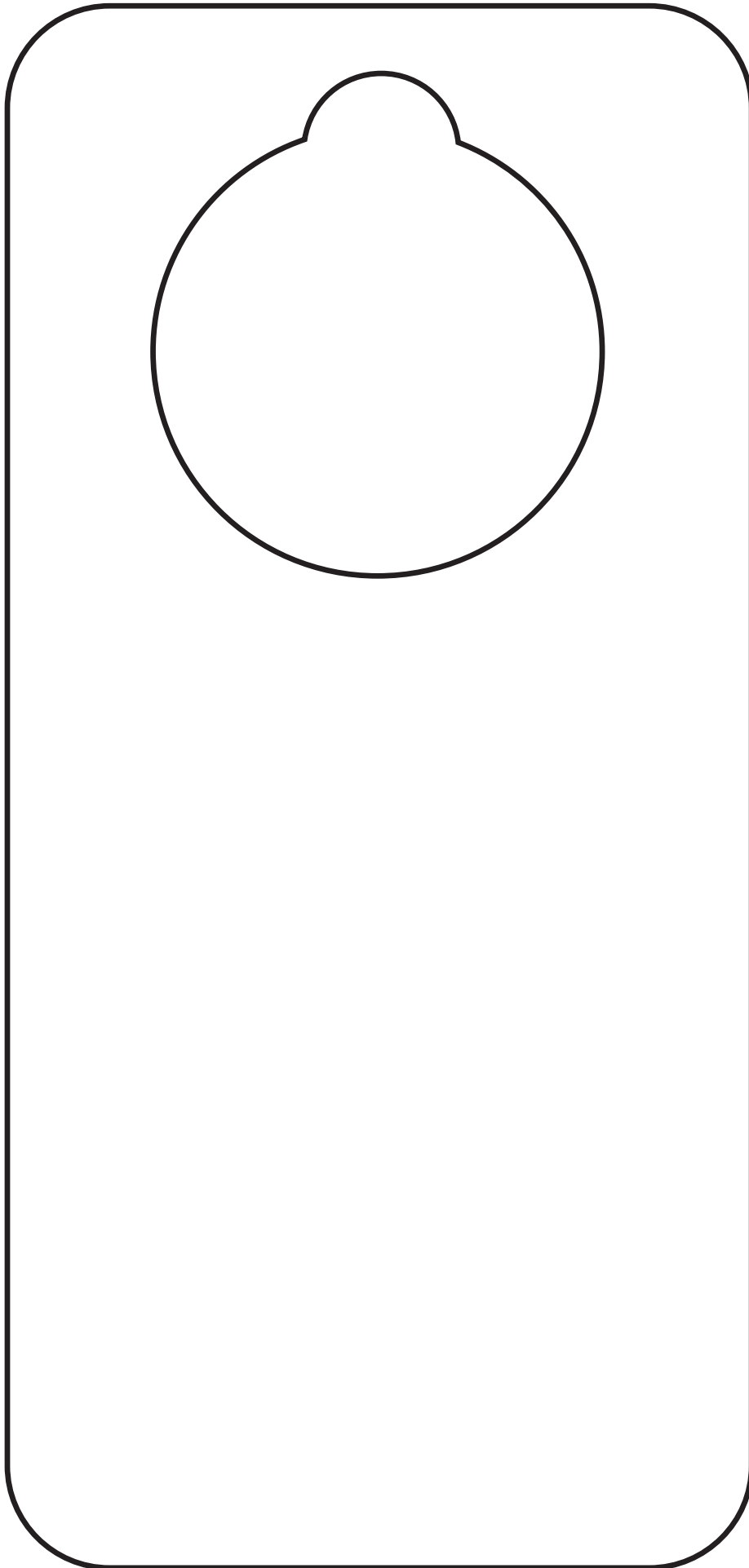
SunSmart Countdown number characters.

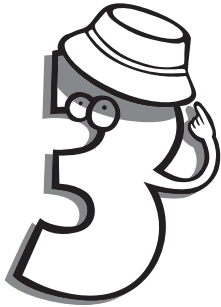


## Activity/game cards

SunSmart Countdown protection measures.



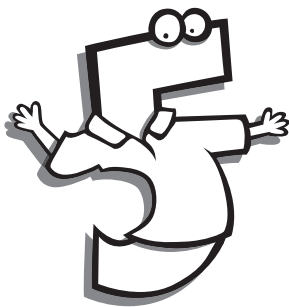
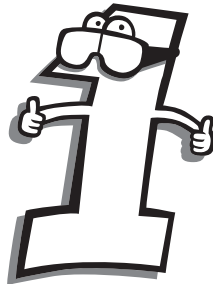




Slip



Seek



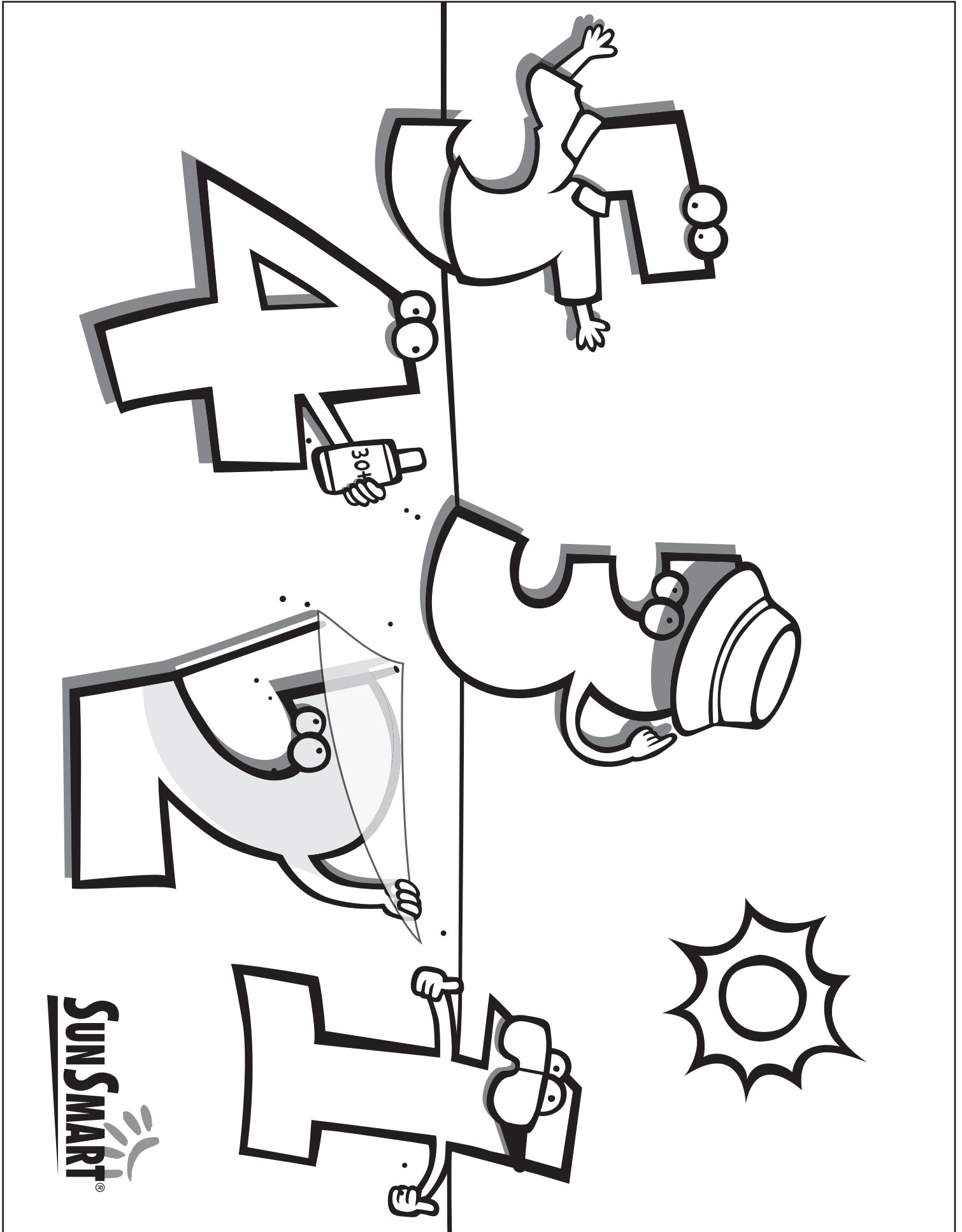
Slop

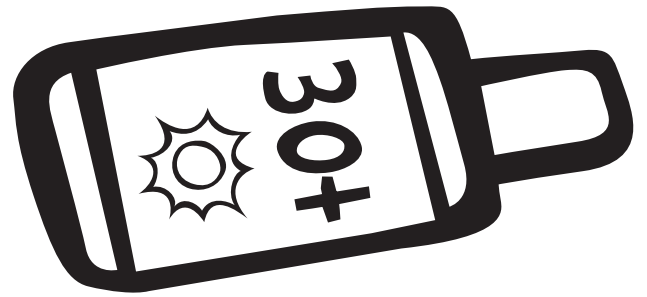
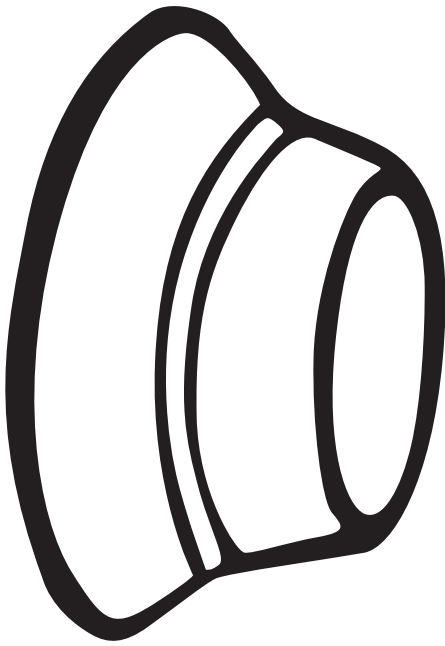
Slide



Slap

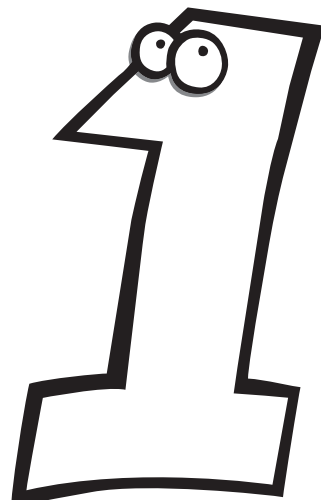
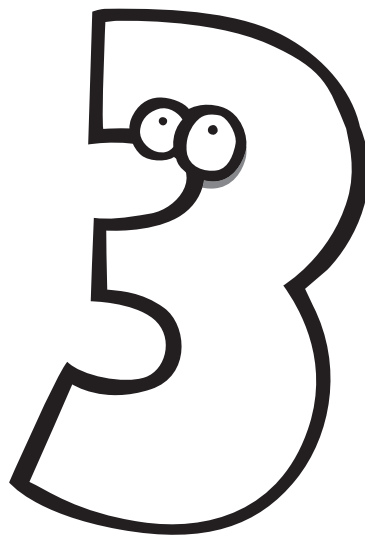
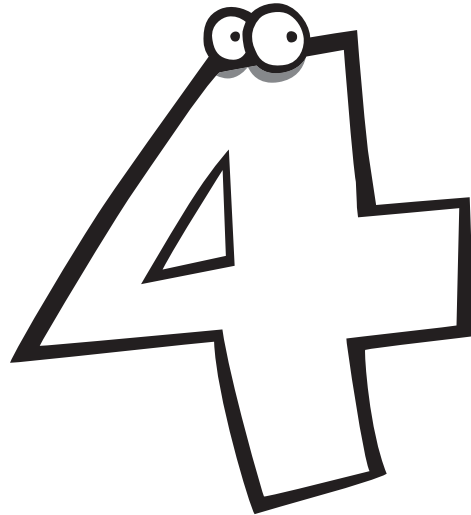






## Numbers dress-up

'Dress' each SunSmart Countdown number character with a different sun protection measure.





## Sid colour by numbers

Follow the numbers to colour in Sid.

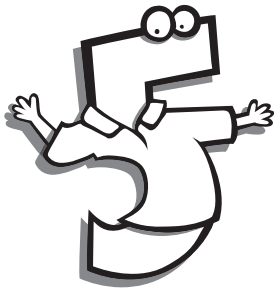
- 1 yellow
- 2 blue
- 3 black
- 4 white
- 5 orange



## Match-up

Match the number character with their sun protection message.

Trace over the sun protection messages.



• Slap on your hat



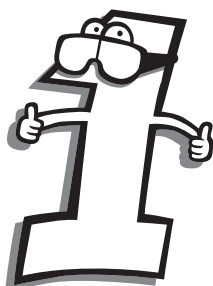
• Slide on your sunnies



• Slip on your shirt



• Slop on your sunscreen



• Seek out the shade

## Fill in the gaps

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!

### (repeat chorus)

\_\_\_\_\_ 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 \_\_\_\_\_!

### (repeat chorus)



SunSmart  
hat  
Before  
sunnies  
Cover  
sun  
park  
every  
Seek  
in  
five  
playground  
backyard  
Countdown  
Slip  
Four  
out  
easy