



# Creating sunscreen habits

Levels F-6

## Learning intention

*To identify the key features of a sunscreen label and to encourage daily, consistent use of sunscreen.*

## Victorian F-10 Curriculum Links Content descriptions

\*Please note this lesson does not directly teach any content descriptions in the Victorian F-10 curriculum. However, it uses different skills taught in the curriculum to help embed messages about sunscreen.

## Introduction

*What key information can be found on a sunscreen label?*

Ask students to bring a sunscreen bottle from home.

Do a whole class brainstorm on the key features of a sunscreen label, identifying 3 to 4 of the most common features.

## Activity

In pairs, ask the students to create a T-chart to compare and contrast two different brands of sunscreen to see what similarities and differences there are.

Using the key features identified, ask the students to create their own sunscreen bottle and design a poster to advertise it.

As a follow on, you can create a habit tracker chart as a way to see how often the students apply or reapply sunscreen. As a class, track when and how many times the students apply sunscreen a day. You can have a weekly prize or game when they reach a certain goal.

Students might even set a SMART goal to encourage their own sunscreen and sun protection use.

## Home learning activity

As a home learning activity, students can create a poster that will remind them to put sunscreen on before they leave the house. Set a challenge for the students to track how often their family uses sunscreen.

Make sure the sunscreen label includes:

1. SPF30 or 50
2. Broad-spectrum
3. Water-resistant
4. Current expiry date
5. Aust L number
6. Apply 20 mins before going outside
7. Reapply every TWO hours

