

# SunSmart-themed songs & rhymes for children



## Fun in the sun

(Sung to the tune of "Row, row, row your boat")  
Adapted from sunsafecentral.com

Sun, sun, sun is fun  
When I wear my hat!  
It helps protect my face and eyes  
I put mine on like that!

Sun, sun, sun is fun  
When I use sunscreen!  
Don't forget my ears and toes  
Any skin that's seen!

Sun, sun, sun is fun  
When I wear my shades!  
I put my glasses on my face  
When I go out to play!

Sun, sun, sun is fun  
But not when it's too bright!  
I play in shade when sun is strong  
Or cover up just right!



## Are you covered?

(Sung to the tune of "Are you sleeping?")  
Adapted from sunsafecentral.com

Are you covered? Are you covered?  
Head to toe? Head to toe?  
Put your long sleeve shirt on  
Now put your trousers on  
Here we go! Here we go!

I am covered! I am covered!  
Head to toe! Head to toe!  
I put my wide brimmed hat on  
Then I put my sunscreen on  
Out we go! Out we go!

## I need sunscreen every day

(Sung to the tune of "Twinkle, twinkle little star")  
sunsafecentral.com

I need sunscreen every day  
Before I go outside to play!  
Put it on my smiling face  
Ears and neck, yes that's the place  
I need sunscreen every day  
Before I go outside to play!

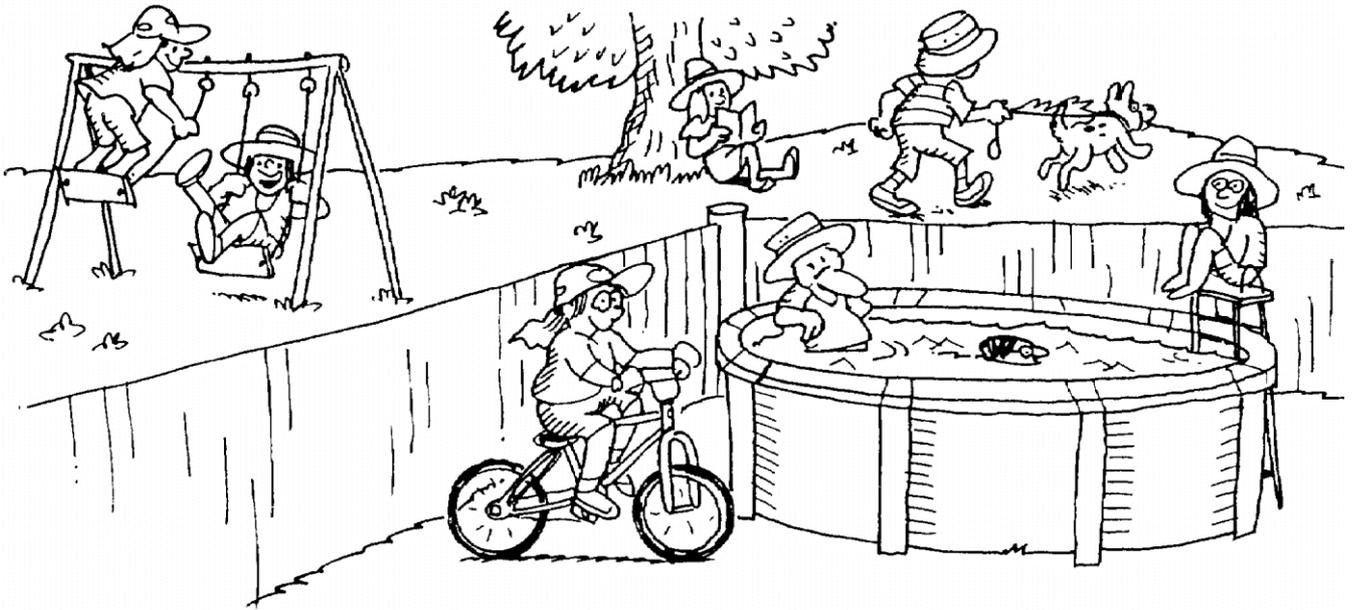
I need sunscreen every day  
Before I go outside to play!  
Put it on my wiggly toes  
Arms and hands, that's where it goes  
I need sunscreen every day  
Before I go outside to play!

Put on sunscreen every day  
Before you go outside to play!  
On cloudy days or in the sun  
Sunscreen's right for everyone!  
Put on sunscreen every day  
Before you go outside to play!

*Additional verse for children to sing to adults:*

Put on sunscreen every day  
Before you take me out to play!  
On cloudy days or in the sun  
Sunscreen's right for everyone!  
Put on sunscreen every day  
Before you take me out to play!





### This smart child

(Sung to the tune of "This Old Man")  
[sunsafecentral.com](http://sunsafecentral.com)

This smart child, she played one,  
 she played safely in the sun  
 With her shades and sunscreen,  
 hat to block the rays  
 This smart child can safely play!

This smart child, he played two,  
 he played safely at his preschool  
 With his shades and sunscreen,  
 hat to block the rays  
 This smart child can safely play!

This smart child, she played three,  
 she found shade under a tree  
 With her shades and sunscreen,  
 hat to block the rays  
 This smart child can safely play!

This smart child, he played four,  
 he played safely on the shore  
 With his shades and sunscreen,  
 hat to block the rays  
 This smart child can safely play!

This smart child, she played five,  
 at the pool before she dives  
 With her shades and sunscreen,  
 hat to block the rays  
 This smart child can safely play!

This smart child, he played six,  
 on rollerblades with a hockey stick  
 With his shades and sunscreen,  
 hat to block the rays  
 This smart child can safely play!

This smart child, she played seven,  
 she played safely with her friend Kevin  
 With her shades and sunscreen,  
 hat to block the rays  
 This smart child can safely play!

This smart child, he played eight,  
 he played safely with his dog Nate  
 With his shades and sunscreen,  
 hat to block the rays  
 This smart child can safely play!

This smart child, she played nine,  
 she played safely and she's fine  
 With her shades and sunscreen,  
 hat to block the rays  
 This smart child can safely play!

This smart child, he played ten,  
 let's all sing this once again  
 With OUR shades and sunscreen,  
 hats to block the rays,  
 Now we ALL can safely play



## Sun safe all day long

(Sung to the tune of "Old MacDonald Had a Farm")  
LiveStrong.com

I am sun-safe all day long  
Ee ii ee ii oo

I wear a hat to shade my face.  
Ee ii ee ii oo

With a floppy hat here, and a floppy hat there, here  
a hat, there a hat, everywhere a floppy hat

I am sun-safe all day long, Ee ii ee ii oo

## Shady Fun

(Sung to the tune of "The Itsy Bitsy Spider")  
LiveStrong.com

My friends and I go outside  
To run and jump and slide  
Out comes the sun and  
We all run and hide!

I can find a shady spot  
Underneath a tree.  
We play beneath the branches  
As happy as can be!

## Five little sunhats

*NSW Cancer Council, SunSmart: A resource for  
preschool and childcare teachers*

Five little sunhats sitting in a row  
Blue ones, red ones and one with a bow  
Along came \_\_\_\_\_ <insert child's name>  
one sunny day  
Took a sun hat and went out to play.



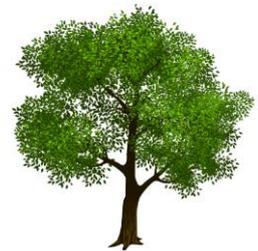
## Five little children

*NSW Cancer Council, SunSmart: A resource  
for preschool and childcare teachers*

Five little children playing in the sun  
The first one said, 'This is fun'.  
The second one said, 'Please take care'.  
The third one said, 'Here are hats to wear'.  
The fourth one said, 'Let's use sunscreen'.  
The fifth one said, 'Now we're a SunSmart  
team'.

## The shining sun

*(To the rhythm of  
'Rain, rain, go away'.  
Mime each of the  
actions as you  
sing/say the line.)*



The shining sun is out today [*lift arms and cross  
over to create a sunrise*]

Put on my hat to go and play [*pretend to put on  
a broad brimmed hat*]

The shining sun is out today [*lift arms and cross  
over to create a sunrise*]

The shade is the best place for me to  
stay [*create a roof over your head and do a little  
wiggle*]

The shining sun is out today [*lift arms and cross  
over to create a sunrise*]

Put on some sunscreen, that's the way [*pretend  
to put on sunscreen*]

The shining sun is out today [*lift arms and cross  
over to create a sunrise*]

My skin is safe from the sun, hooray! [*crouch  
down and jump up when saying 'sun' – throw  
arms up when saying 'hooray'*]