

SUNSMART®

SCHOOL CHAMPION

Help Sid Seagull find his way to the school playground, beach, park and backyard.
Collect the 5 SunSmart items along the way!



SLIP on clothing that covers your skin.
SLOP on SPF 30 or higher broad-spectrum
sunscreen before going outside.
Remember to pack your sunscreen each
day and get a buddy to help you reapply!

SLAP on a hat that shades the head,
face, eyes, ears and neck.
Don't forget your school hat each day so you
can play outside in a sun-safe way.

SEEK shady spots in the playground.
SLIDE on sunglasses labelled AS 1067
if your school says it's ok.