

### ABOUT: THE SUN

HOW CAN WE STAY SAFE IN THE SUN?

Things you could do to prevent sunburn are:

- Wear a hat.
- Wear sunglasses to prevent damage to the eyes.
- Use sunscreen.
- Wear protective clothing.
- Wear a long-sleeved shirt and long pants.
- Wear a wide-brimmed hat.
- Wear sunglasses.
- Wear a hat.
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- Wear a hat.
- Wear sunglasses.

STAY SAFE!

Did you know...  
Snowboarding is worse than swimming in the ocean for sunburn.

The Benefits of Vitamin D

Lots of sun can cause skin cancer, but a small 15-minute walk in sun can boost health. This can lead to a longer and healthier life.

# Sun Safety

You should spend 15 mins in the sun to keep SAFE


Always wear Sunblock

Splashing yourself with water makes it more likely to get sunburnt

Sunlight Boosts Vitamin

The sun is hottest from 10am-2pm

## Sunshine



**Pros**  
Sunshine boosts vitamin D levels and helps protect bones against osteoporosis and fractures. It also helps against Seasonal Affective Disorder (SAD). It can reduce the risk of heart disease and cancer because of Vitamin D. It can also help Multiple sclerosis.


**Cons**

**A:** aged skin- it looks ugly!  
**B:** burnt skin- it is very painful!  
**C:** cancer- it can kill you!



# YEAR 6

**Overall**  
To get the best from the sun, Take a 15-minute stroll in the Sun three times a week. This Will boost your Vitamin D Levels without burning or Hurting your skin.



## The Sun and Sun exposure.

The sun is a very powerful star, and something you should watch out for! This tells you a few facts.

It's not about how hot it is, it's about how long you spend in the sun.

HEAT WAVES!

But wash off fat my heat too!

When you sunburn, you turn RED and it HURTS A LOT.

Even in the shade, you can still get sunburnt.

WATER

Water will not wash off sunburn.




Every thing you need to know about the sun

When you are in the sun, many sunburns wear a hat, sunglasses and sun glasses.

The worst time to be in the sun is between 10am and 4pm.

Make sure you stay in the sun for 15-20 minutes 3-4 times a week.

There are lots of things that can help you stay safe in the sun. You can wear a hat, sunglasses, and sun cream. You can also use a beach umbrella to get some shade. You can also use a beach umbrella to get some shade.



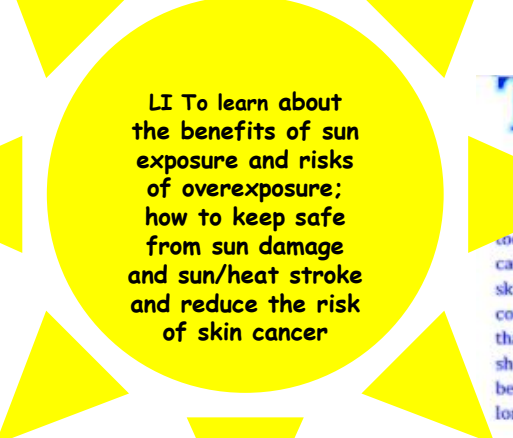
### Staying safe in the sun

When you are in the sun you should stay out for at least 15mins but you should go out in the sun for at least 3 days a week!



When in the sun you should be careful. The sun provides us with vitamin D and that helps our body be stronger! If you stay in the sun for a long time then that can be bad for your skin! ABC stands for:  
A- Aged skin which looks ugly.  
B- Burnt skin is very painful.  
C- Cancer which is fatal!

LI To learn about the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer



## THE SUN:

THE SUN'S CONSEQUENCES:

One of the many consequences of the sun is that if you spend too much time on it, you can get sunburn or, in worst case scenario, cancer. This is because if you spend too much time in the sun, you're skin will absorb its chemicals, and, if it is a lot of chemicals, then you could get serious sunburn or cancer. However, this does not mean that you shouldn't spend any time outside, on the contrary, you should. The sun also has this chemical called vitamin D, which would be extremely healthy for us, it would make us healthy and give us a longer life!

## SUNLIGHT

Sunburns

The worst time to be in the sun is between 10am and 4pm.

I'd better be careful when I'm in the sun.

Aged skin - looks ugly  
Burnt skin - very painful  
Cancer - can be fatal

Keeping safe from the sun



# THE SUN

by myia

When you are on holiday at the beach or live in a hot condition, it is important that you stay safe from the sun. This book will teach you how!

**The Good Stuff**

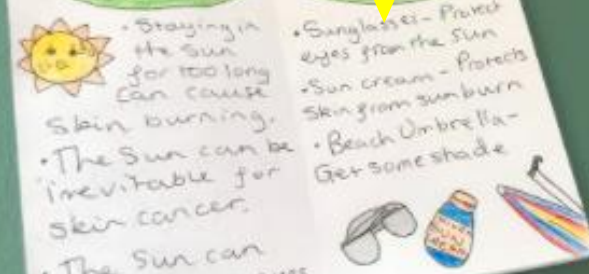
- The sun gives our Vitamin D
- The sun can help us live longer
- The sun can prevent bad health problems from happening

**The bad stuff**

- Staying in the sun for too long can cause skin burning.
- The sun can be inevitable for skin cancer.
- The sun can damage your eyes

**Prevention**

- Sunglasses - Protect eyes from the sun
- Sun cream - Protects skin from sunburn
- Beach Umbrella - Get some shade



**Fun Facts!**

- Splashing water on yourself makes sunburn more likely to happen.
- The heat of the sun can reach to 27 million degrees!

Challenge! Try to predict the weather for the week in the table below!


Smiling Cloudy Rainy



If you have sunburn, you should get some shade, use a beach umbrella, and use a beach umbrella to get some shade.

This clothes don't protect you from sunburn.

You are not safe in the sun.

The more water you pour on yourself the more sunburn you get. You can get burnt in the shade.

At work need to be careful that the body doesn't get vitamin D deficiency.

