

2.3 THINKING ABOUT YOUR TIME IN THE SUN

APPROXIMATE TIME:

15 minutes

PREPARATION:

1 copy of Activity Sheet 2.3
for each student

GOAL:

To have students think about the activities that they do outdoors and how they can be more sun safe while doing them.

SUPPLIES PROVIDED:

- Activity Sheet 2.3, Thinking About Your Time in the Sun

OTHER SUPPLIES NEEDED:

- None

LEARNING OUTCOMES:

After completing this activity, students will be able to:

- Evaluate their outdoor activities for their amount of sun safety
- List ways they can make their outdoor activities more sun safe

ACTIVITY:

Provide each student with a copy of Activity Sheet 2.3. Instruct the students to complete the sheet by listing the activities that they generally do outdoors, the reasons these activities could put them at risk for skin damage, and how they can make the activity more sun safe. Ask for volunteers to share some of the ways they can be sun safe.

ANSWERS:

Answers will vary.



2.3 THINKING ABOUT YOUR TIME IN THE SUN

NAME:

HOUR:

Some activities are meant to be outdoor activities – you can't really go skiing or hiking inside! In this activity, you'll have a chance to think about the things you usually do outdoors, and what you can do to be more sun safe during these times.

List all of the activities you normally do outdoors:

Choose 3 of these activities, and explain why they're "risky" for sun safety and what you can do to make them more safe.

	WHY ARE YOU AT RISK DURING THIS ACTIVITY?	WHAT CAN YOU DO TO MAKE THIS ACTIVITY LESS RISKY?
ACTIVITY 1		
ACTIVITY 2		
ACTIVITY 3		