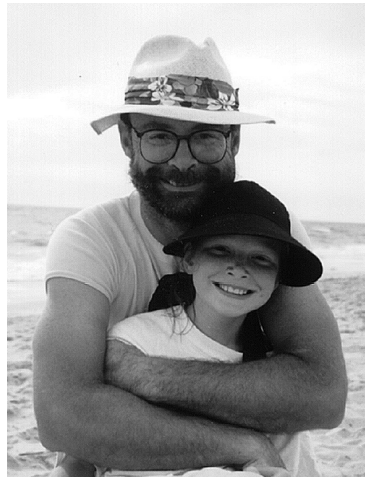


Grade 1

- ✧ Learning Objectives
- ✧ Curriculum Overview
- ✧ Suggested Lesson Plans
- ✧ Support Activities
- ✧ Additional Activities





SunSafe Project

Curriculum: Grade 1

Learning Objectives

The students will:

1. Identify specific ways to protect themselves from too much sun.
2. Identify ways to help develop SunSafe habits.

Curriculum Overview

Class One:

I. Introduce the concept of skin and sun protection

- discuss outdoor activities and the sun
- discuss sunburns and how to prevent them

II. Show *Slip, Slop, Slap* video (See Resource List.)

- discuss different types of protection in animals
- discuss how the child in the video protects himself from too much sun
- discuss harmful effects of too much sun on skin

III. Give out parent-child home activity

- choose from support activities or create one

Class Two:

I. Introduce the concept of habits

- discuss what a habit is
- brainstorm different healthy habits like sun protection

II. Show *Slip, Slop, Slap* video again

- review important sun protection behaviors

III. Review parent-child home activity

IV. Present SunSafe certificate

Suggested Lesson Plans



I. Introduce the concept of skin and sun protection.

1. How many of you like to play outside?
2. Today we are going to make a list of all the fun activities that we like to do outside in the sun. (Using a large sheet of butcher paper draw a sun. On each ray write the children's responses. You could also do this on the blackboard.)
3. Ask students if anyone has ever gotten a sunburn after doing any of those activities:
 - a) What caused the sunburn? (being out in the sun too long)
 - b) What did it look like? (pink, red, blistery...)
 - c) How did it feel? (hot, tight, stinging...)
4. What are some ways to prevent a sunburn? (Let students brainstorm as many as they can. Write their ideas on the chalkboard.)

II. Show Slip, Slop, Slap video.

1. Discuss the animals in the video and the type of skin that they have. Ask students to name the animals they saw and describe their skin. Ask the students how the animals protect themselves (fur, feathers, shell, shade).
2. Ask students if they know of any new ideas of how people can protect themselves from a sunburn. (hats, clothing, umbrellas, trees, sunscreen...) Try to give hints to the ABCS of sun protection. (see page 6).
3. Ask students what can happen if we don't protect ourselves from the sun. (wrinkles, heat rash, freckles, thickening of the skin, sunburns). Review the ABCS of sun protection again.
4. If time allows choose one of the support activities to reinforce today's lesson.

III. Assign a parent-child home activity (choose or create one).



Class Two

I. Introduce the concept of habits.

1. Ask the students what a habit is. (A habit is something we remember to do everyday, like brushing our teeth.)
2. Brainstorm good habits (brushing teeth, exercising, taking vitamins, wearing a hat in the sun.)
3. Explain that for the best protection against the sun we must make it a habit to protect ourselves. What does that mean? It means we need to remember to protect ourselves each time we go out to play in the sun. "Get into the SunSafe Habit"
4. What can we do to help us remember this?

a) make reminder posters and posters with safety tips and display them by the classroom doors and the recess doors.

Brainstorm tips for posters:

1. Keep hats and sunglasses in our bookbags/cubbies.
2. Have sunscreen available.
3. Play outside at times other than peak hours.
4. Play in the shade.
5. Wear clothes that cover our skin.
6. Remind a friend before going outside.

b) as a class take a few extra minutes before each recess to prepare ourselves for going outside. (Post a list of SunSafe actions by the recess door. Have the students take turns being the SunSafe informer.)

c) sing the *Slip, Slop, Slap* song before going outside.

II. Show *Slip, Slop, Slap* video again. Review the ABCS of sun protection.

III. Review the parent-child home activity.

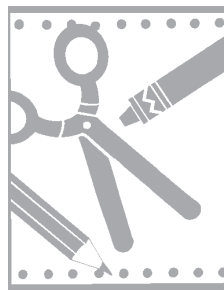
IV. Present SunSafe certificate.

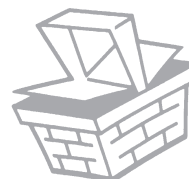
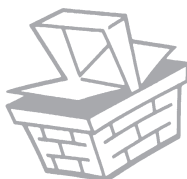
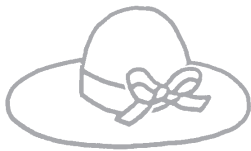
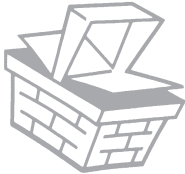
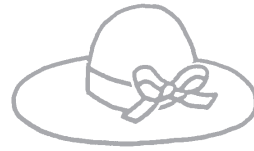
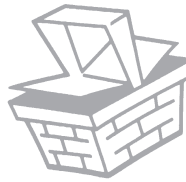
Although we suggest two class periods to introduce sun protection, we encourage you to do a reminder activity each week until the end of the school year. Some weeks you may have time to assign one of the worksheets included in the curriculum. They may be easily included in a language or writing lesson. If there is no time to do one of the activities, the **reminder** could be as simple as asking the students on Friday what they are planning to do over the weekend, and then asking them if they remember what they should do to protect themselves from the sun.

Thank you for teaching the SunSafe curriculum and helping to reduce your students' chances of developing skin cancer.

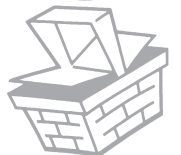
Support Activities

- Choose from the Support Activities section.
- Draw a picture of the different ways you can protect yourself when out in the sun at the beach or playing outside
- Have the children pretend they are going to the beach and ask them what they are going to bring to protect themselves.
- Read from *Play It Safe In The Sun* Reading Book or hand out Activity Books (see Resource List).
- Choose from the Additional Activities.





Sun Safe



Knows how to be safe in the sun!

Slip on a shirt
Slop on sunscreen
Slap on a hat