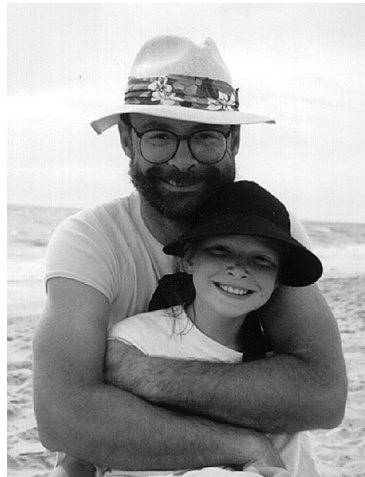


# Grade 2

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





# SunSafe Project

Curriculum: Grade 2

## Learning Objectives

The students will:

1. Learn how too much sun is harmful to their skin.
2. Identify specific ways to protect themselves from too much sun.
3. Understand the importance of lifelong protection and how to maintain good 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 animals and how they protect themselves
  - discuss how the child in the video protects himself from too much sun
  - discuss harmful effects of too much sun on skin
- III. Give our parent-child home activity
  - magazine collage activity or activity of your choice

Class Two:

- I. Introduce the concept of habits
  - discuss what a habit is
  - brainstorm examples of healthy habits including sun protection
- II. Show *Cover Up* video (See Resource List.)
  - 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 yellow 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, blistering...)
  - c) How did it feel? (hot, tight, stinging...)
  - d) Would you want another one?
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 them if they have pets. Ask them what kind of skin their pets have. Ask the students how the animals and their pets 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.

Class One-continued



Class One-continued from previous page

4. If time allows choose one of the support activities to reinforce today's lesson.

III. Assign a parent-child home activity. Ask students and parents to make a small collage from old magazines. Have them choose pictures that illustrate both well protected and poorly protected people.



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 out teeth.)
2. Brainstorm good habits (brushing teeth, exercising, taking vitamins, wearing a hat in the sun). Tell your students that healthy habits needs to last a lifetime.
3. Explain that for the best protection against the sun we must make a habit of protecting 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 themes 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.

Class Two



## Class Two-continued from previous page

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 sun safe informer.)

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

II. Show Cover Up video. Review the ABCS of sun protection.

III. Review the collages that the students made with their parents. Have students show collages and discuss the sun protection or lack of sun protection in each one. As students are presenting, ask questions such as, “What may happen to the person in the picture since they don't have on a hat?” or “What could the people in the picture do to protect themselves from the sun?”, etc.

Depending on time available, have students do one of the following activities.

Role play one or more of the following scenes:

a) They are getting ready to go outside. One student wants to get a suntan and the other student tries to convince her/him that they need to be SunSafe.

b) One student is being SunSafe, and a different student makes fun of him/her for it.

c) A group of students is getting ready for a field trip. They all help each other prepare and be SunSafe.

d) A group of students is getting ready to go outside. They need to remind their parents how to be SunSafe.

Have the students write and illustrate a book about the sun. Possible titles include: *I am Going to the Beach*, *Why the Sun is Good and Bad*, *When I Play Outside*. The students may want to create their own title.

IV. Present SunSafe certificate.



## Class 3 and on

**A**lthough 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.

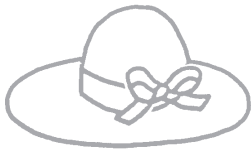
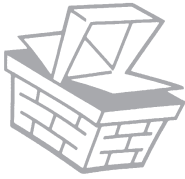
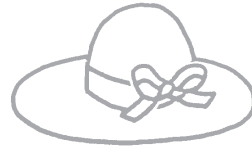
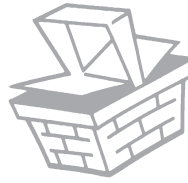
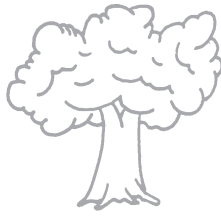
**Thank you** for teaching the SunSafe curriculum and helping to reduce your students' chances of developing skin cancer.

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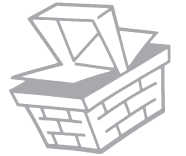
### Support Activities

- Choose one of the Support Activities.
- Read from *Play it Safe in the Sun* Reading Book or hand out Activity books (see Resource List).
- Choose an activity Additional Activities.





# Sun Safe



(Name)

Knows how to be safe in the sun!

Avoid  
Block  
Cover-up  
Say Something

