



# The Kid's Shade Times

Colorado Kids Sun Care Program Vol. 2, No. 1, April, 2007



## The sun, the shade and your skin



Summer is right around the corner! Soon, you will be spending a lot of time outside - playing with your friends, swimming, riding bikes, hiking, camping and having fun. The summer sun is bright and warm. And, it is great to play outside. **But don't forget that too much sun can hurt your skin.** Kids who get too much sun can get a serious disease called skin cancer when they grow up.

### **Here are some ways to “BLOCK THE SUN, NOT THE FUN”:**

- ♣ **Play in the shade.** Shade is most important in the middle of the day between 10 a.m. and 4 p.m. That is when the sun can hurt your skin the most.
- ♣ **Wear a hat and clothes that cover your arms and legs.** You should also wear a swim shirt in the pool.
- ♣ **Wear sunscreen every day – even in the winter.** Put sunscreen on all of your skin that is not covered by clothes.
- ♣ **Wear sunglasses so that your eyes and the skin around your eyes do not get sunburned.** Don't forget to wear goggles when you are skiing or snowboarding in the winter.



## **Made in the shade**

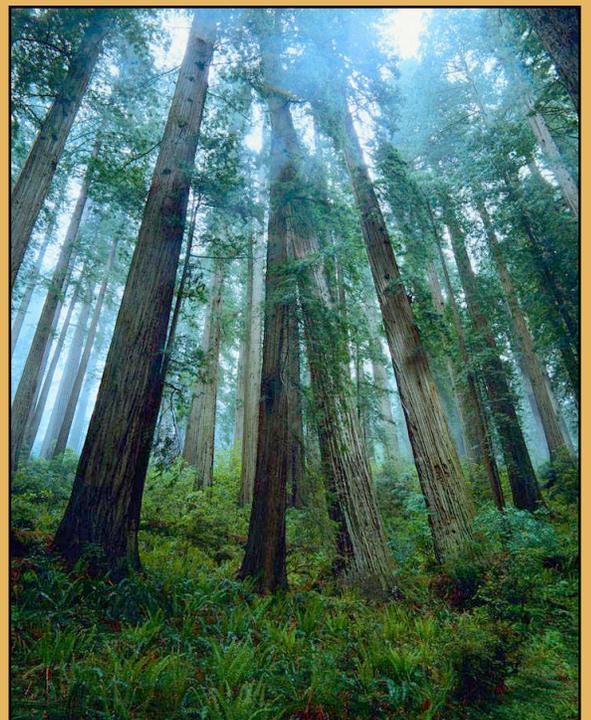
One of the best ways to keep your skin from getting too much sun is to play in the shade when you are outside.

Trees are nature's way of giving us shade. They block the sun from getting to your skin. They also keep you cool when it is hot outside.

The best shade trees have lots of leaves and are big enough for a lot of people to stand under at one time. A bunch of trees together give even more shade.

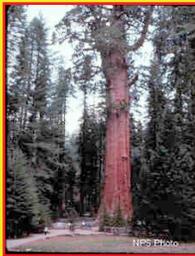
Take a walk in your neighborhood. Pick out the best shade trees in your yard, your school playground, the park in your neighborhood, and in all the other places you play. Look for trees that block out most of the sky. When you are out playing, try to stay under those trees.

Remember, you can use trees to “BLOCK THE SUN, NOT THE FUN.”



## Fun tree facts

- ♣ Trees produce oxygen, which we need to breathe. They also help clean the air around us.
- ♣ Having a picnic under a big patch of shady trees can stop the sun's harmful rays from getting to your skin while you are eating lunch.
- ♣ Hospital patients heal faster when they can see trees outside their windows.
- ♣ The largest tree in the world is the "General Sherman." It lives in Sequoia National Park in California. It is 250 feet tall and 37 feet wide.



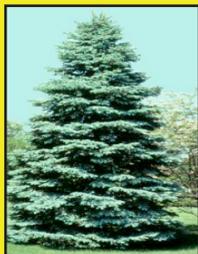
General Sherman Tree

- ♣ The oldest grove of trees is an aspen grove in Utah. It is believed to be 80,000 years old.



Aspen grove in Utah

- ♣ Colorado's state tree is the Blue Spruce Tree.



Blue Spruce

## Did you know that trees have their own holiday?

Tree planting day is called Arbor Day. (An "arbor" is a shady place to rest in a park or a garden.) This year, Arbor Day is on Friday, April 20th.

Arbor Day was started by a man named J. Sterling Morton. He was a pioneer who loved trees. He lived in Nebraska at a time when there were no trees.

Today, Arbor Day is held in all 50 U.S. states. It is also celebrated in many countries around the world.



## Special Arbor Day Edition Word Search

Find these words about shade and sun safety:

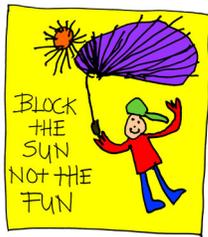
Arbor Day, Shade, Elm, Spruce, Leaves, Block the Sun, Not the Fun, Trees

B	Y	L	Q	P	B	G	S	A	L
L	E	A	V	E	S	N	C	R	J
O	W	T	B	H	H	Q	D	B	M
C	P	I	Y	P	A	P	W	O	A
K	U	A	K	U	D	E	B	R	P
T	T	V	W	D	E	R	Y	D	S
H	G	S	P	R	U	C	E	A	L
E	S	E	C	W	F	C	P	Y	D
S	Z	E	L	R	E	L	M	E	K
U	Q	R	C	M	L	M	G	D	O
N	O	T	T	H	E	F	U	N	P

## Plant a tree on Arbor Day! Add shade to the world!

With this newsletter is a "Tree in A Box." It is an American Elm tree. It can bring a lot of shade to your yard as it grows. Follow the planting instructions in your booklet. Use half of the seeds to start. Store the rest of the seeds in the refrigerator. You can use them later if the first seeds do not sprout.

You can get more information about trees, and ways to celebrate Arbor Day, from The National Arbor Day Foundation. Visit it on the web at [www.arborday.org](http://www.arborday.org).



# The Sun-Smart Herald



Colorado Kids Sun Care Program Vol. 3, No. 2, May 2007

## Using your sun protection backpack!

Congratulations! You are the proud owner of your very own sun protection backpack. You can pack your new backpack with all the tools you need to **BLOCK THE SUN, NOT THE FUN.**

### You can pack:



your "Colorado Kids" swim shirt



your "Colorado Kids" sun hat



a pair of sunglasses



sunscreen with an SPF of 15 or more



a long sleeve shirt and a pair of long pants



- \* We've helped you out by including a bottle of spray-on sunscreen and a tube of sunscreen that hooks on your new backpack. The tube can be refilled when it runs out.
- \* Use everything in your backpack to stay safe in the sun.
- \* Remember that the sun is the strongest between 10:00 in the morning and 4:00 in the afternoon. Limit your time outside during those hours!
- \* When you are outside, stay in the shade as much as you can.

**READ THE REST OF THIS NEWSLETTER TO LEARN ABOUT ANOTHER SURPRISE IN YOUR BACKPACK!**

## The ozone layer and the sun

The Earth is wrapped in a layer of gas called ozone. The ozone layer sits about 30 miles above the Earth.



The ozone layer stops the Earth from getting too much ultraviolet radiation (UV rays for short) from the sun. UV rays can hurt your skin and eyes. The ozone layer works like a layer of sunscreen. It blocks out some of the sun's UV rays so they can't get to the Earth.

The ozone layer has been getting thinner. It also has a very big hole in it. The size of the hole is bigger than the United States. Scientists believe that the hole was caused by too much pollution in the air.



We have to protect the ozone layer so it can do its work of blocking UV rays. You can be a friend to the Earth and help protect the ozone layer.

Here are few things you and your family can do to protect the ozone layer:

- 🌍 Carpool with your friends when you are going to the same places
- 🌍 Ride the bus or light-rail when you can
- 🌍 Ride your bike or walk instead of driving in the car
- 🌍 Turn off the lights in your house when you are not using them
- 🌍 Recycle soda pop cans, newspapers, and cereal boxes
- 🌍 Remind your parents that they can reduce air pollution by mowing the lawn and putting gas in the car in the morning or late afternoon



## The amazing sun!

We would not be alive without the sun. It keeps us warm and it gives us light. Without it, we would have no trees, no flowers, and no fruits and vegetables. Here are some facts about the sun that might amaze you!



- ☀️ The sun is a star. It is made up of many different hot gases.
- ☀️ The sun is 300,000 times heavier than the Earth.
- ☀️ The sun is so far away from the Earth, it would take 176 years to drive there.
- ☀️ The sun is about one million times brighter than the lights in your house. It can burn your eyes, so you should never look straight at it.
- ☀️ The sun is huge! It can fit 1 million Earths inside it.
- ☀️ The sun is 4.5 billion years old. That is much older than the oldest dinosaur.

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## Animals are sun-smart, just like you!

Many animals don't have fur to cover their skin. They need to be sun-smart and protect their skin from the sun - just like people do.

**Pigs** roll in mud to get cool. When the mud dries, it stops the sun from hurting their skin. Pigs wear mud, just like kids wear long sleeve shirts and long pants to protect their skin from the sun.



**Elephants** use their trunks to scoop up dirt from the ground and then cover their bodies with it. The dirt stops the sun from hurting their skin, and it keeps them cool at the same time.

**Hippos** make a chemical that stops the sun from hurting their skin, just like sunscreen can help stop the sun from hurting your skin.

**Dairy cows** can get sunburned on their white spots. So, they stand in groups to protect each other from the sun. They also spend most of the day under trees. Playing in the shade in the middle of the day is a good way to protect your skin from the sun.

### **Match each picture to the sun-smart way of keeping skin safe!**



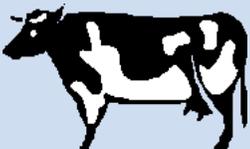
1. He rolls in the mud to cool his body. The dried mud stops the sun from hurting his skin.



2. She wears clothes that cover her skin, a wide-brimmed hat and sunglasses. She stays in the shade between 10:00 a.m. and 4:00 p.m. She wears sunscreen every day, even in the winter.



3. He spends most of the day in the shade, under trees. He stands in a group to protect himself from the sun.

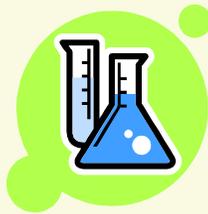


4. He covers his body with dirt so the sun cannot hurt it.



5. Her body makes a chemical that works like sunscreen.

# SUN SCIENCE Fun with UV Beads!



In your sun protection backpack, you will find a surprise - UV beads! UV beads are a fun way to learn about the sun!

UV stands for ultraviolet. UV radiation (UV rays for short) is a kind of light that comes from the sun. You can't see or feel UV rays, but they can hurt your skin if you get too much of them.

Your UV beads will change color when you put them in the sun. When you take them out of the sun, they will change back to white (this may take a few minutes).

You can learn a lot about UV rays, and about protecting your skin from the sun, by watching your UV beads change color.

There is a cord in the bag for you to string your beads. You can wear them around your wrist or you can tie them to your new backpack.



Read the rest of this page to learn about fun experiments you can do with your UV beads!

## Sunglasses Experiment

1. Split your beads into 2 piles. Put each pile on a paper plate.
2. Put a pair of sunglasses over the beads on 1 of the plates.
3. Put both plates in the sun.

**What happens to the beads under the sunglasses?**

**What happens to the beads without the sunglasses?**

**Why?**



## T-shirt Experiment

1. Split your beads into 2 piles.
2. Wrap 1 pile of beads inside your favorite t-shirt. Put the other pile of beads on a paper plate.
3. Put the shirt and the plate of beads in the sun.
4. Look inside your shirt.



**What do you notice about the beads inside the shirt?**

**What happens to the other beads?**

**Why?**

## Sunscreen Experiment



1. Split your beads into 2 piles.
2. Put some sunscreen in your hand and coat 1 pile of UV beads with it.
3. Put the coated beads on a paper plate.
4. Put the other pile of beads on a different paper plate.
5. Put both plates in the sun.

**What happens to each pile of beads?**

**Did the beads coated with sunscreen turn color?**

**Why?**

**What does this tell you about sunscreen?**

(Wash the sunscreen off your beads when you finish this experiment, but be careful they don't go down the drain!)

**SAFETY NOTE:** Keep your UV beads away from little brothers and sisters. They could choke on the beads!



\*\*\* Answers to matching: 1. pig 2. girl  
3. cow 4. elephant 5. hippo