



**sunny
days**
HEALTHY • WAYS

INSTRUCTIONAL
MATERIALS

GRADES 6-8

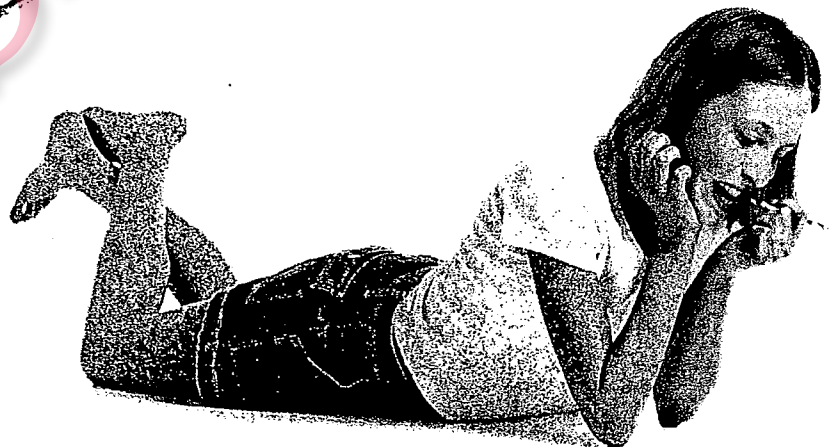


TABLE OF CONTENTS—LESSONS

LESSON 1	pages 1-12
Background For Teachers	pages 3-5
Activity: Personal Risk Assessment	page 10
LESSON 2	pages 13-26
Background For Teachers	pages 15-18
Activity: Summary Worksheet	page 26
LESSON 3	pages 27-40
Background For Teachers	pages 29-33
Teacher Demonstration	page 37
Activity: Sunscreen Protection	pages 38-39
LESSON 4	pages 41-50
Background For Teachers	pages 43-45
Activity: Fabric Magic	page 50
LESSONS 5 AND 6	pages 51-75
Background For Teachers	pages 53-55
Activity: Goal-Setting	page 60
Activity: Environmental Analysis	pages 65-75

TABLE OF CONTENTS—SUPPLEMENTAL ACTIVITIES

1.1 WORLDWIDE ELEVATION ANALYSIS

Teacher Instructions.....	pages 2-3
Student Activity Sheet	pages 4-5

1.2 ALL ABOUT OZONE

Teacher Instructions.....	pages 6-7
Student Activity Sheet	pages 8-10

1.3 EVALUATING SKIN TYPE AND DAMAGE RISK

Teacher Instructions.....	page 11
Student Activity Sheet	pages 12-13

1.4 DOES LIGHT BEND?

Teacher Instructions.....	pages 14-15
Student Activity Sheet	pages 16-17

2.1 EYE BIOLOGY

Teacher Instructions.....	pages 18-19
Student Activity Sheet	pages 20-22

2.2 WHAT IS IT LIKE TO HAVE CATARACTS?

Teacher Instructions.....	page 23
Student Activity Sheet	page 24

2.3 THINKING ABOUT YOUR TIME IN THE SUN

Teacher Instructions.....	page 25
Student Activity Sheet	page 26



3.1 SPF AND THE UV INDEX

Teacher Instructions.....	pages 27-29
Student Activity Sheet	pages 30-33

3.2 CONSUMER WATCHDOG: CHOOSING THE BEST SUNSCREEN

Teacher Instructions.....	page 34
Student Activity Sheet	pages 35-37

3.3 CHOOSING YOUR ACTIVE INGREDIENTS

Teacher Instructions.....	page 38
Student Activity Sheet	pages 39-40

4.1 SCHOOL SHADE EXPEDITION

Teacher Instructions.....	pages 41-42
Student Activity Sheet	pages 43-45

4.2 SHADE CREATORS

Teacher Instructions.....	page 46
Student Activity Sheet	pages 47-48

SUNNY DAYS, HEALTHY WAYS DOCUMENTS

- Sunny Days, Healthy Ways Grades 6-8 Executive Summary
- Sunny Days, Healthy Ways Grades 6-8 Basic Information Sheet
- Sunny Days, Healthy Ways Grades 6-8 Evaluation Forms
- Sunny Days, Healthy Ways Grades 6-8 Parent Consent Form (English)
- Sunny Days, Healthy Ways Grades 6-8 Parent Consent Form (Spanish)
- Sunny Days, Healthy Ways Grades 6-8 Student Assent Form