

Preschool

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SunSafe Project

Curriculum: Preschool

Learning Objectives

The children will:

1. Become more aware of the sun and the importance of sun protection.
2. Learn ways to reduce their sun exposure.

Curriculum Overview

We suggest that you schedule two SunSafe Theme Days (**SunDays**) followed by weekly reminder activities, chosen from among the **Support and Additional Activities**. Activities for the SunDays can be incorporated into the regular daily schedule. The reminder activities as well should be incorporated into appropriate time slots in the children's day. Support Activities are categorized by type of activity (music, art, etc.) to assist you in planning.

Our suggestions are guidelines only, feel free to use your own ideas to adapt these activities or invent new ones!

Curriculum Overview- continued from previous page



SunDay One

- ☼ Introduce topic of sun in outdoor activities
- ☼ Show *Slip, Slop, Slap* video to introduce idea of sun protection
- ☼ Make “Fun in the Sun” class book emphasizing ways to protect oneself when in the sun.
- ☼ Teacher’s Choice of Support or Additional Activity

SunDay Two

- ☼ Review concept of sun protection
 - discuss sunburns and how they feel
 - discuss ways to prevent sunburns
- ☼ Enjoy edible SunDays
- ☼ Video for reinforcement
- ☼ Present SunSafe sticker and certificate



SunDay Plans

Activities can be incorporated into daily schedule.

I. Introduce concept of sun in outdoor activities.

1. Ask children if they like to play outside.
2. Draw a large sun using the blackboard or a large sheet of paper. Ask children what activities they like to do in the sun and write a response on each sunray. Keep this handy for later.

II. Show *Slip, Slop, Slap* video to introduce the idea of sun protection.

Ask children what they would need to put on for doing the activities they listed earlier. You may want to write the *Slip, Slop, Slap* instructions next to your sun.

III. Make a class “Fun in the Sun” book.

Hand out a student book page. (Make one by writing across the top of the page “I like to _____ in the sun”. Then photocopy enough so that there is one per child.) Have the students draw a picture of themselves doing one of their favorite activities on the student book page. The teacher will write each child’s activity in the blank. You can then make a cover page and assemble the children’s pictures as a book.

IV. Teacher’s Choice of Support or Additional Activities
Choose an extra SunSafe activity.



SunDay Two

Activities can be incorporated into daily schedule.

I. Review concept of sun protection

- read the class “Fun in the Sun” book
- discuss sunburns, what they look like, and how they feel
- discuss ways to prevent sunburns (write ideas out for children to see)

II. Enjoy edible SunDays

Depending on your policies you can have ice cream or frozen yogurt topped with sundae toppings, fruit, nuts, and/or granola. Mention to students that we can still enjoy the things we like to do on hot days. You may want to have the children eat their sundaes while watching the video.

III. Video for reinforcement

Show the *Slip, Slap, Slop* video again. Our pilot studies have shown that young children need to see the video twice in order to absorb its core message. Ask children afterwards to tell you what “Slip, Slop, & Slap” mean.

IV. Present SunSafe certificate



Support Activities

Please use these as weekly reminder activities to help children remember that they need to protect themselves from the sun. A **reminder** could be as simple as asking the children 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.

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

Group Activities

- It's a Sunny, Sunny World
- Silly Questions
- Animals under Cover

Music & Language Activities

- Teach the SunSafe Song (A rhyme w/ motions)
- Do the SunSafe Pokey together
- Sing the Sunscreen Song with children

Art activities

- Design-a-Hat
- Design-a-T-Shirt
- Sun Protectors Collage/Poster

Outdoor Activities

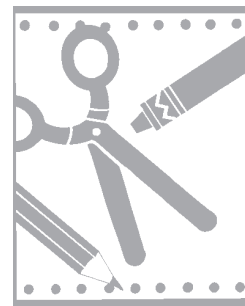
- The Shade Game

Science activities

- Sun exposure
- Shadow pictures

Individual Activities

- SunSafe Special Friends



***We've added additional activities
to give you even more to choose from!***