

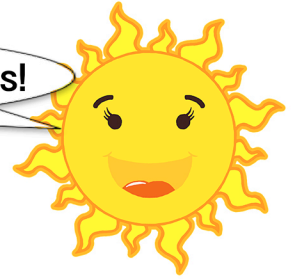
# Paco's First Trip to the

## WATERPARK

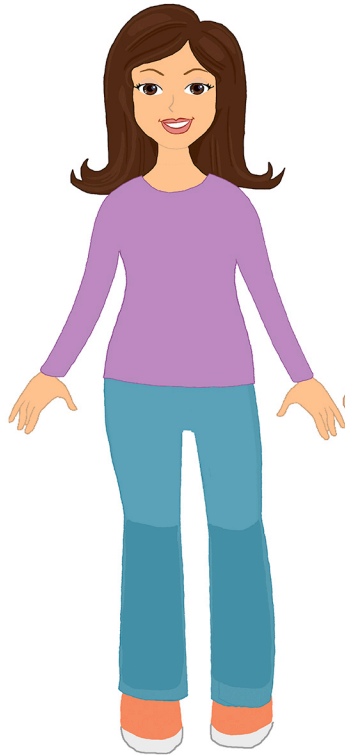


# Learn How to Be Sun Safe!

Sun protection is important in all outdoor places!



Paco's Mom



Paco



Janella



Simon



Amy



Ben

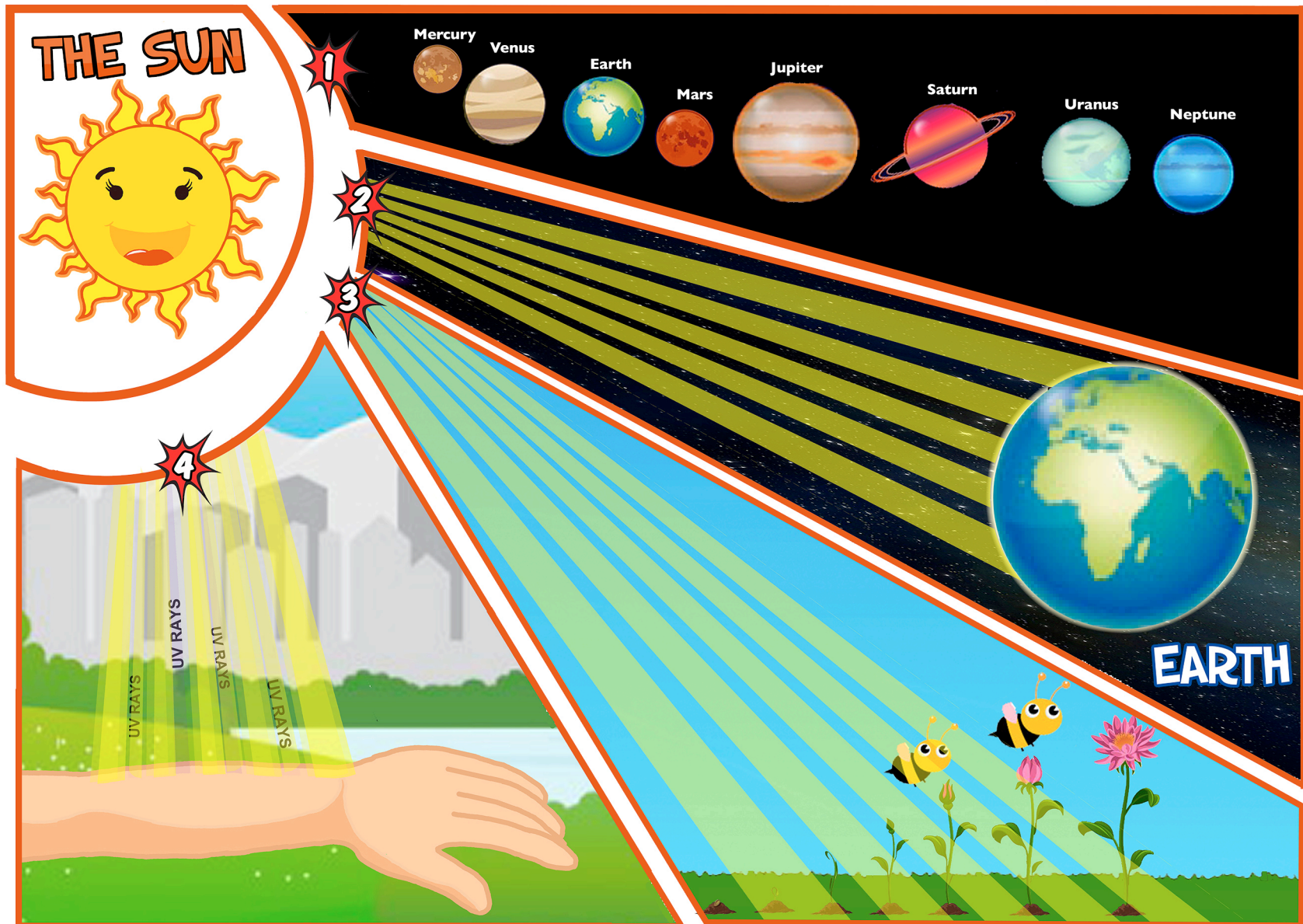


This book belongs to

A large green rectangular box with a white interior, intended for writing the owner's name. A dashed blue line is visible inside the box.



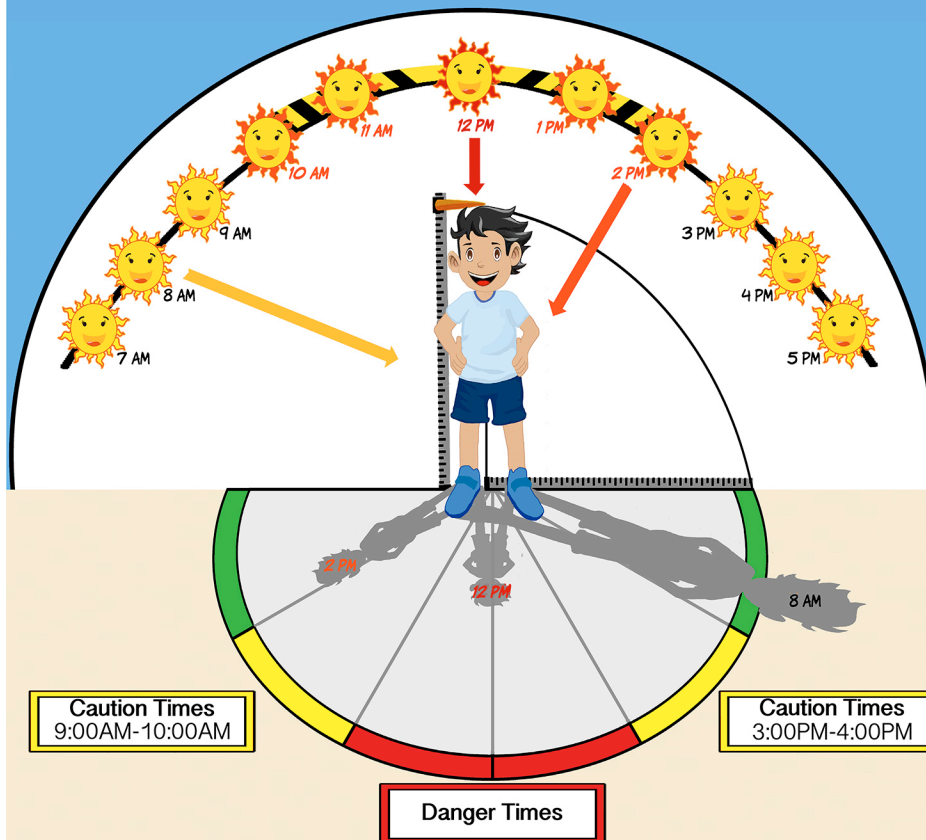
1 The Sun is a giant star at the center of our solar system. 2 Its sunlight is needed for life on Earth by giving us warmth. 3 It supports life by helping plants to grow. Plants then become food for animals. 4 Sunlight has light rays that help us see, but it also has rays that we cannot feel or see called ultraviolet (UV) rays.



We need to protect our skin from UV rays because they can make our skin unhealthy.

“The sunlight is strong between 10 in the morning and 2 in the afternoon. You can figure out when sunlight is strong by checking your shadow,” said Paco. “If you are outside when the sunlight is strong, be sure to wear your sun gear,” said Mom.

## Shadow Rule



The Sun makes the shortest shadows between 10 AM and 2 PM

### SHADOW ACTIVITY

Pick Paco's shortest shadow!

## Sun Gear



Sunglasses



Hat



Shirt



Sunscreen



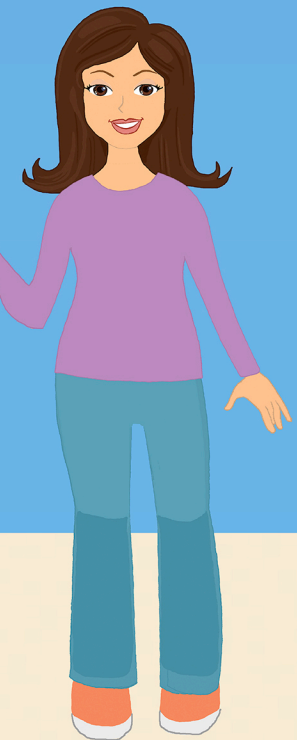
lotion



stick



spray





Paco said, "It is a warm sunny day—perfect for the waterpark!"



“Mom, please help us pick sun gear to take to the waterpark,” said Paco.





“My mom said we are leaving for the waterpark in 20 minutes. I can’t wait to go on all the waterslides!” said Paco



“Remember, the shadow rule: If your shadow is shorter than you are, go into the shade. If you are outside when the sun is strong, be sure to wear your sun gear,” said Mom.

Remember, the sun makes the shortest shadows between 10 in the morning and 2 in the afternoon.

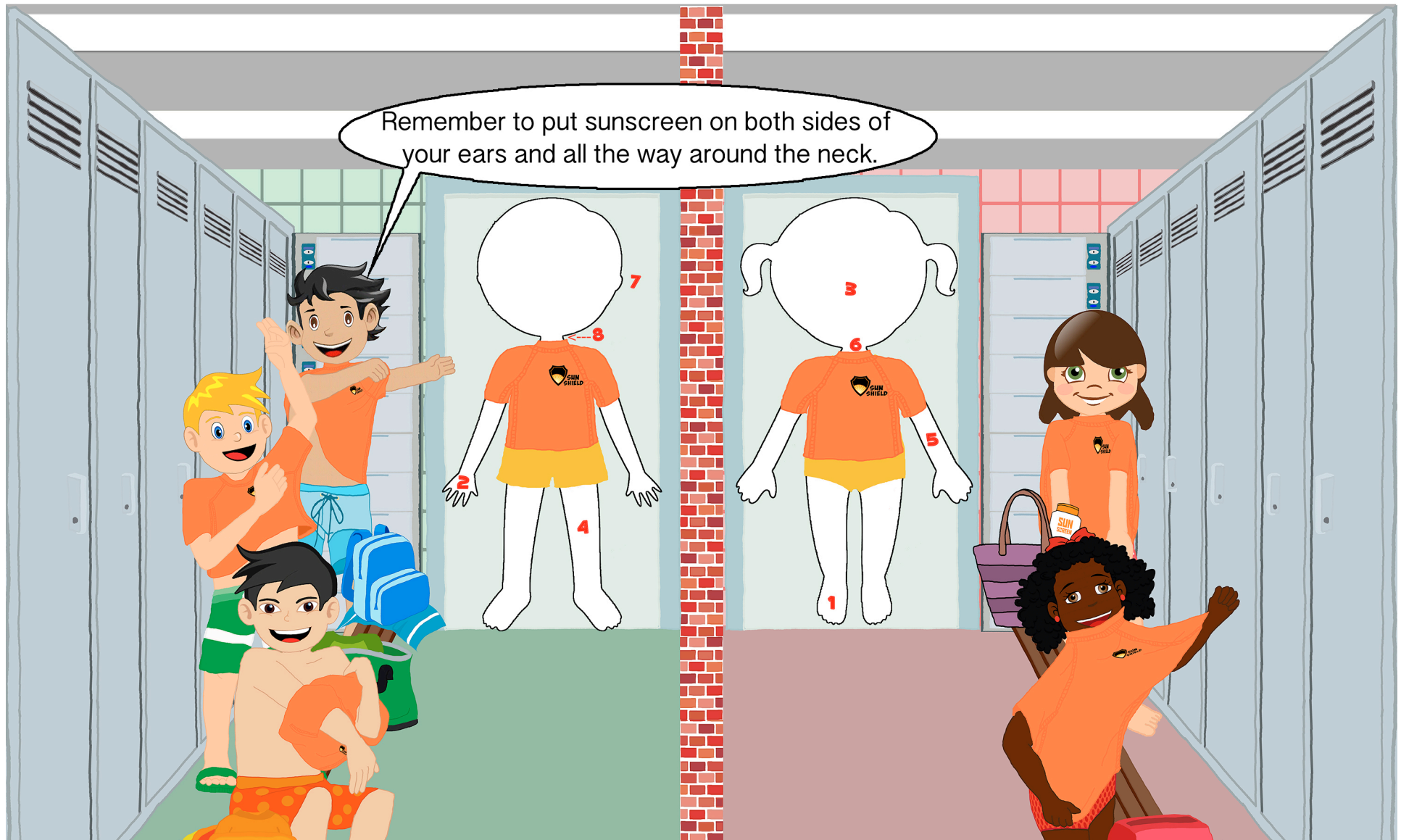
Let's go put on our swim shirts in the locker room.

**BE A SUNHERO!**  
REMEMBER THE SHADOW RULE!

**SHADOW ACTIVITY**  
Find all the shadows!



“Remember to put sunscreen on the areas not covered,” said Amy.  
 “Don’t forget the tops of your feet,” she added.



## WHERE TO APPLY SUNSCREEN ACTIVITY

Face\_\_\_\_ Ears\_\_\_\_ Neck\_\_\_\_ Arms\_\_\_\_ Hands\_\_\_\_ Legs\_\_\_\_ Feet\_\_\_\_

“It is sunny today so we can see our shadows,” said Simon. “Clouds are tricky. Clouds make it hard to see our shadows. Remember to also use sun gear on cloudy days,” he explained to his friends.





“After we get out of the pool, we all need to put on sun gear again,” said Paco. “The best sunscreen to use is a sunscreen stick. It does not wash off as easily as lotion,” Paco tells his friends.



**SEEK ACTIVITY**  
Find the sunscreen stick!

“The waterpark was a lot of fun,” said Paco. “I’m glad I learned how to protect my skin from the sun,” he added.



**WHEN YOUR SHADOW IS SHORTER THAN YOU,  
WHAT DO YOU DO TO KEEP YOUR SKIN SAFE FROM THE SUN?**





## Mom's Store List

# Sun gear to help keep your child safe from the sun!

## SUNGLASSES

Use sunglasses **WITH UV PROTECTION** to shade your eyes. Check the sticker attached to the sunglasses.



## HAT

Wear a hat **WITH A 4 INCH BRIM** all the way around to shade your head.



## SHIRT

The sun's rays can pass through some clothing, but wearing the right clothing can protect your skin!

A wet T-shirt does not protect your skin.

A swim shirt gives full sun protection when it is wet.

## SUNSCREEN

Sunscreen protects your skin by **blocking the harmful rays of the sun!**

Look for a **BROAD SPECTRUM** sunscreen **WITH AN SPF 30** or more.

Children can put the **STICK SUNSCREEN** onto their own face.

Put sunscreen up to the bony edge of the eye area.

It will not run into the eyes and sting.

**SUNSCREEN SPRAY** is easy to use, but it is hard to see areas you missed.

It is best to overlap areas as you spray.

**SUNSCREEN LOTION** makes the skin feel a bit sticky.

It is best to apply two coats to the skin that is not covered by clothing.

