



Recipes for Healthy Kids and a Healthy Environment
Kids Building a Safer and Healthier Community

Take-Home Talk

Lesson 4: Be Sun Smart

To Share:

- The sun is the star at the center of our Solar System. The sun is 109 times larger than the Earth and primarily consists of hydrogen and helium (gases).
- We feel the heat energy of the sun when we walk outside, and it's hot out even though the sun is 93 million miles away from the Earth because the core of the sun is more than 28 million degrees!
- The sun is essential for life on Earth. Just as plants need the sun to grow, humans and other animals need it as well. We have evolved over millions of years along with the sun.
- While we need the sun, we also ALL need to protect ourselves from its strong ultraviolet radiation, which can cause sunburns and, sometimes, cancer.
- People of all complexions need to practice sun smarts. The sun's ultra violet rays can damage us all.

To Do:

- **Sun Smarts Spotting!** We saw that a lot of animals use natural sun smarts to protect themselves:



Turtles wear their shells like a shirt—its skin can't be burnt if it's not exposed to the sun. You can wear clothing to protect your skin from the sun.



Pigs cover themselves in mud as a sunscreen. You should wear sunscreen of at least SPF 15 whenever you are outside.



The bumps over the **camel's** eyes act like a hat. You should wear a hat to protect your face, neck, and head from the sun.

(continued on other side)



The black rings around the **meerkat's** eyes act as sunglasses. You should wear sunglasses if you're going to be outside for long periods.



Lions use the shadow rule—when your shadow is shorter than you are, seek shade!

Where do you see these same kinds of ideas being used by people every day in your community? Where is there extra shade? Who wears sunglasses? How many different kinds of hats are out there? Is anyone using an umbrella for shade?

To Take Back:

- What was the coolest thing that you learned from talking about this topic with your family and friends?