

1 Read. Why is the Sun important?

Sun is good for us because

Sun is not so good for us because

SUN SAFETY

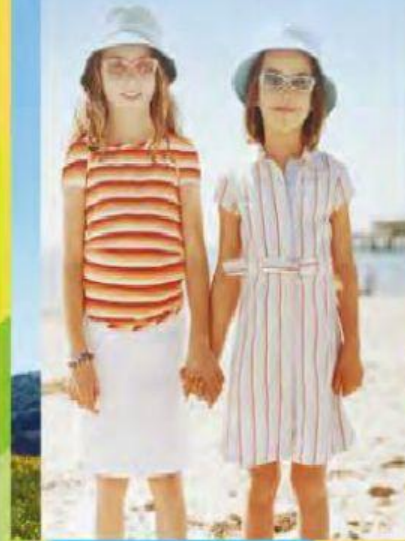
Too much Sun isn't fun!

The Sun is very important for people. The Sun warms the planet. It gives us light. The Sun also gives us Vitamin D. Vitamin D is important for your bones and makes you strong.

But there's a problem. Too much Sun is bad for you. Sunburn is dangerous. It's bad for your skin. Too much Sun is bad for your eyes, too.

Are you going to go out in the Sun? Here are some tips for you:

- ☼ Don't go out and play at the hottest time of the day.
- ☼ When it's very hot, wear light colors like white or cream. Light colors are cooler than dark colors.
- ☼ Put a towel over your shoulders on the beach.
- ☼ Use sunblock when you go out in the Sun, and use a lot of it.
- ☼ Use sunglasses when it's bright and sunny.
- ☼ Wear a sun hat.


2 Circle T (true) or F (false).

- | | |
|---|-------|
| 1 Vitamin D is bad for you. | T / F |
| 2 Sunbathing can be dangerous. | T / F |
| 3 Dark colors are cooler than light colors. | T / F |
| 4 It's a bad idea to play at the hottest time of the day. | T / F |

3 Class Vote

Is playing in the Sun dangerous? Why / Why not?

Find Out More!

Find out more about the Sun.

What are ultraviolet rays?

Why are they dangerous?



CLIL

shoes
~~snacks~~
sunny
careful
hat
sunblock

Don't bring 1 snacks or candy into your tent. (Bugs and other animals like these.)

Take a water bottle and drink a lot of water.

Always wear 5  so that you don't cut your feet on stones.

Playing in the sun
is fun **BUT** you have
to be careful!

because

Always:

Don't



It's My World!



A lot of sun is bad for you.
What other good things
can be bad for you?
Share your ideas.