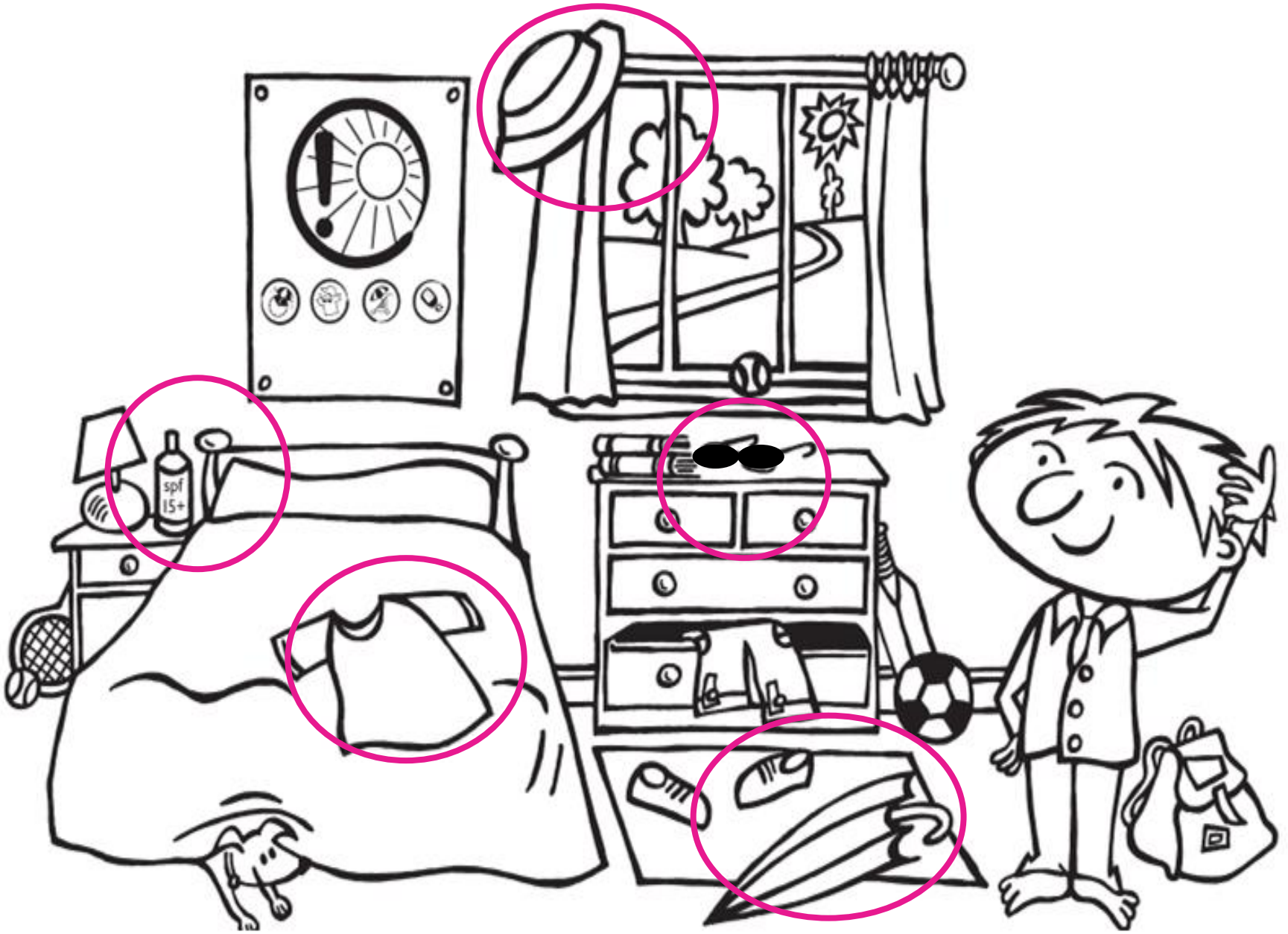
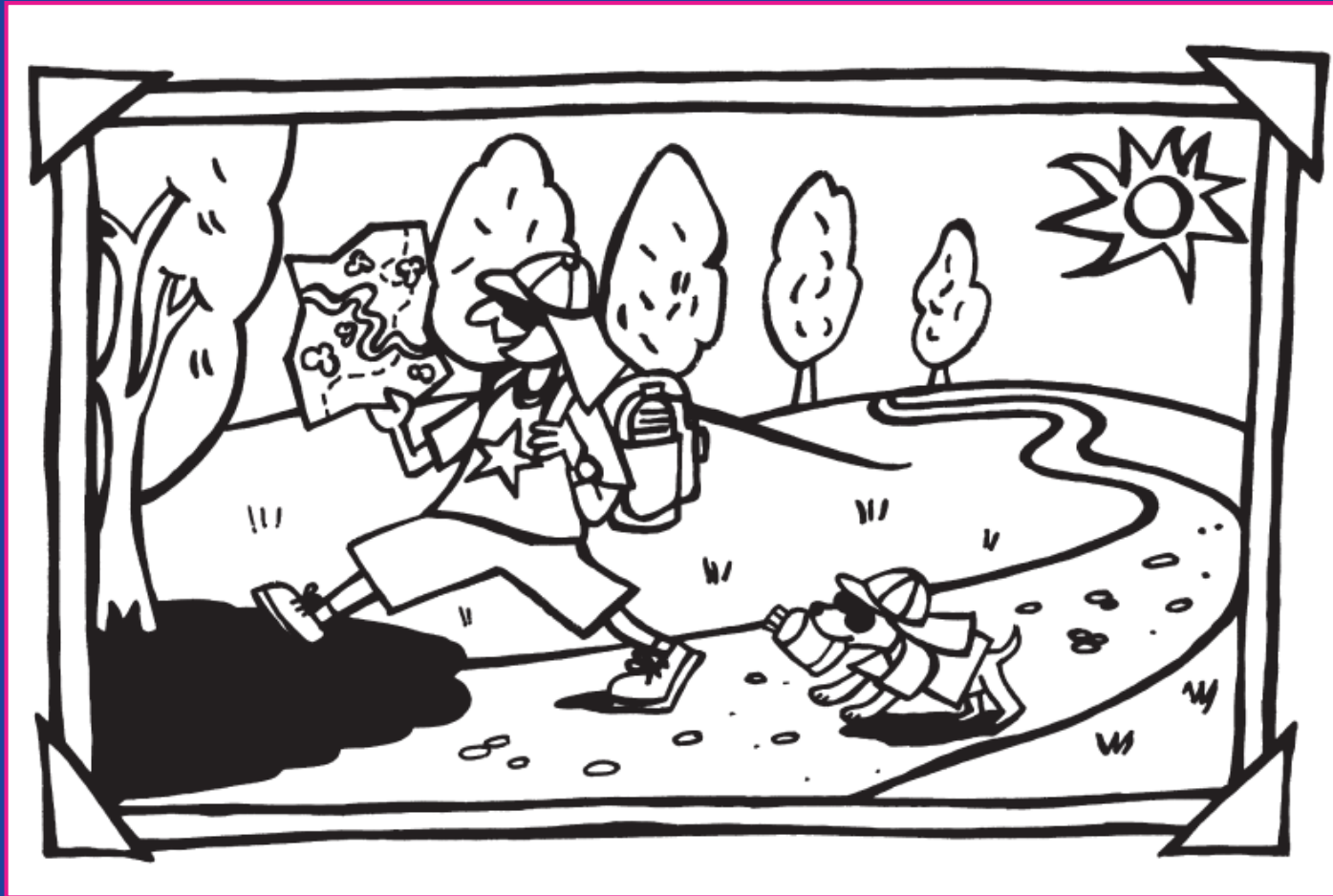


Harry is going for a walk in the sun with his dog Scruff.

Can you find the **five** things that he needs to pack to protect himself in the sun?



Hooray! Harry and Scruff were able to have a lovely walk and stay safe!



True or False...

You can't get sunburnt on a cloudy day.





FALSE

Some UV rays still travel through thin cloud so you need to make sure you are SunSmart even when it doesn't seem sunny.

*Even if the sun doesn't feel hot
you can still get sunburnt*



TRUE

You can still burn on a cool day
in summer



Can you think of times when it is important to be SunSmart?



At the beach

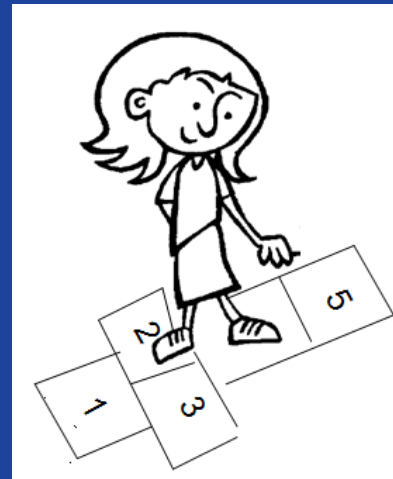


Playing sports outdoors



In the park or garden

On holiday in a different country



At lunchtime in the playground

Which of these children aren't being SunSmart?



SunSmart Poster

Create a picture of yourself being SunSmart.
You can be as colourful and wacky as you like
but make sure that it shows
you following the
SunSmart code.



SunSmart 2009 Competition

You could win a shade for your school playground!

KS2 - choose one of the five points of the SunSmart code and create a poster that can convince your classmates of the importance of following it.

www.sunsmart.org.uk/competition



Useful links

www.sunsmart.org.uk/schools