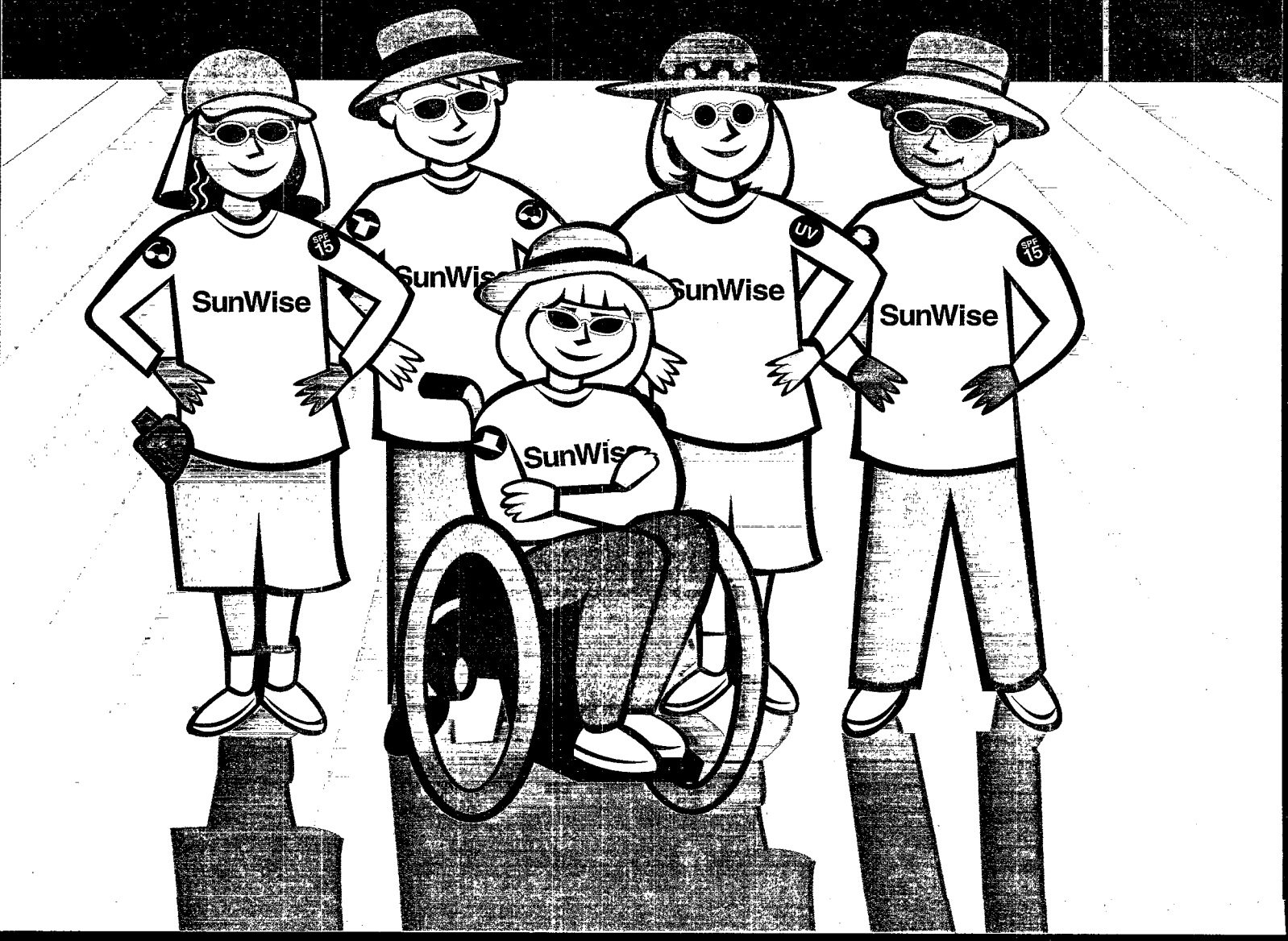
# MISSION: SUNWISE

# Activity Book



# About the SunWise School Program

To promote sun-safe behavior at an early age, the U.S. Environmental Protection Agency (EPA) developed the SunWise School Program, a free national environmental and health education program for young children. Through the use of classroom, school, and community components, SunWise promotes sun safety by teaching children and their caregivers how to protect themselves from overexposure to UV radiation.

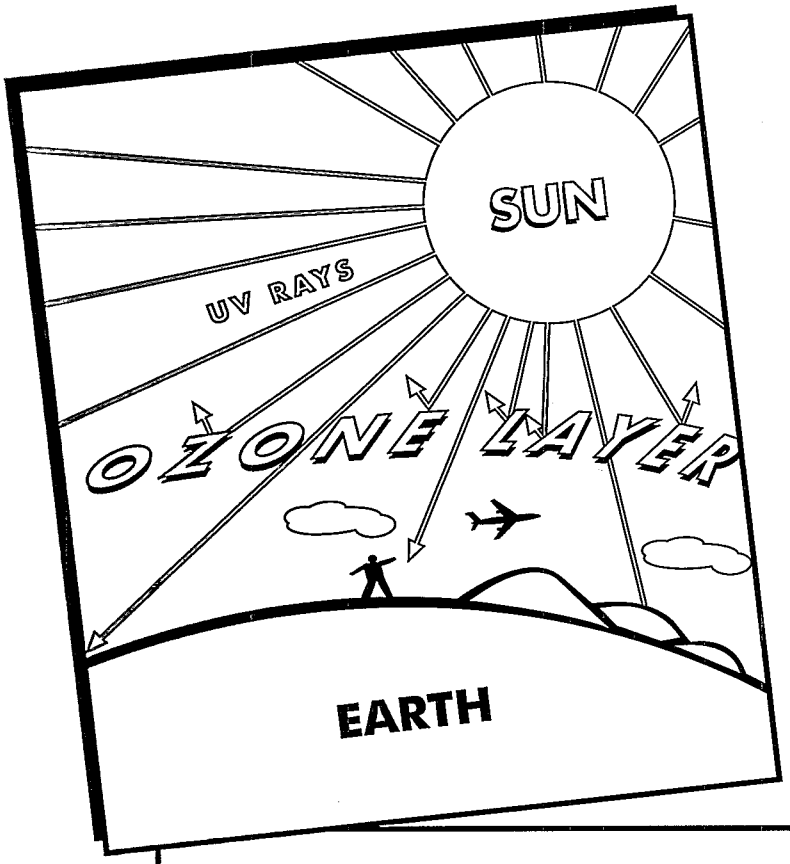
The program is designed for kindergarten through eighth-grade learning levels. Any K-8 school can participate.

By joining EPA's SunWise School Program, participants will have access to useful tools to help teach sun-safe behaviors in the classroom, such as:

- The SunWise Tool Kit - providing a range of cross-curricular lessons, activities, and background information for K-8 children.
- The SunWise Internet Learning Site (www.epa.gov/sunwise) - an interactive medium with web-based educational activities and resources.
- Additional materials, puzzles, posters and activities, such as the "Mission SunWise" storybook and activity book.

Register today to receive your free SunWise Tool Kit by visiting www.epa.gov/sunwise. Look for the "Join" icon in the "Educators" section.

The SunWise Club has a new Secret Mission!




## CAN YOU FILL IN THE MISSING LETTERS?

S U ____

O Z ____ N E

E ____ R ____ H

R ____ Y S

## FILL IN THE MISSING WORDS:

The sun is a ☆ _____.

UV rays are outside even on _____ days.

UV rays can hurt your _____.

Too much sun can give you a _____.

## UNSCRAMBLE THE LETTERS TO READ AN IMPORTANT MESSAGE:

_ _ _  _ _ _ _ _  _ _ _ _ _  _ _ _ _ _

E H T  Z N E O O  A L Y R E  L P H S E

_ _ _ _ _  _ _  _ _ _ _

K O B L C  V U  Y R S A.

(SEE ANSWERS ON THE LAST PAGE)

# CAN YOU MATCH THE SUNWISE ACTION STEPS WITH THE RIGHT SUNWISE PICTURES?

**SLIP** on a _____
... to cover as much skin on your body as you can.

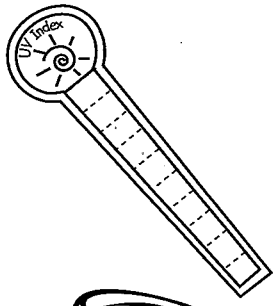
**SLOP** on _____
... on your face, arms, legs, and any other skin that the sun's UV rays can reach.

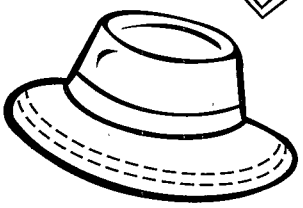
**SLAP** on a _____
... that will keep UV rays from reaching your face, ears and neck.

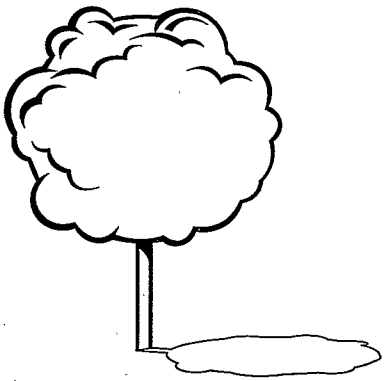
**WRAP** on _____
... to protect your eyes.

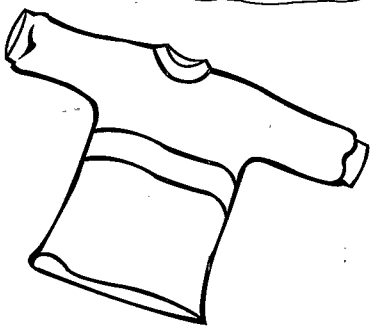
**CHECK** the _____
... to find the UV forecast

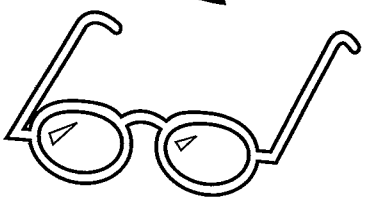
**PLAY** in the _____
... and stay out of the sun whenever possible



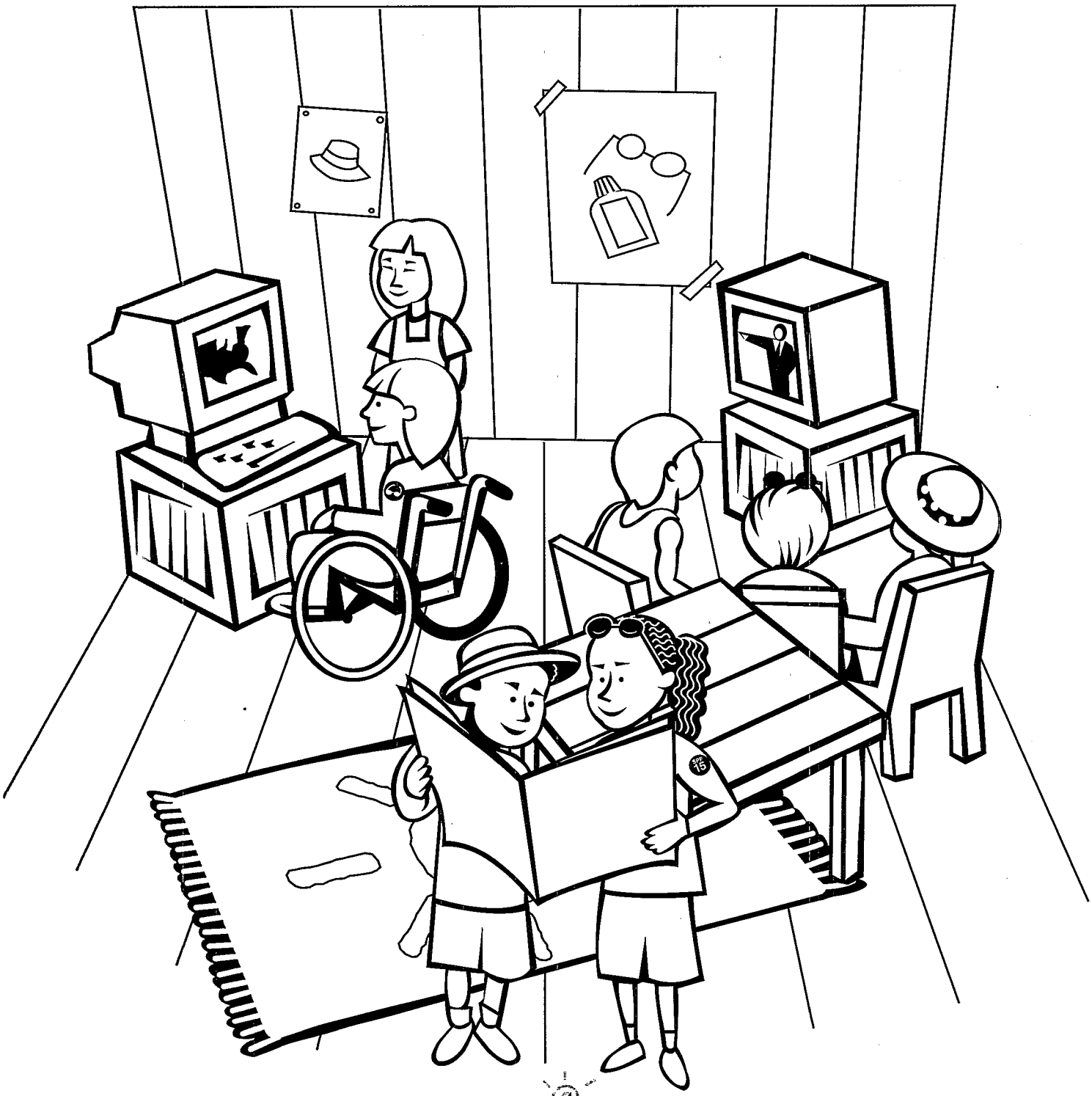






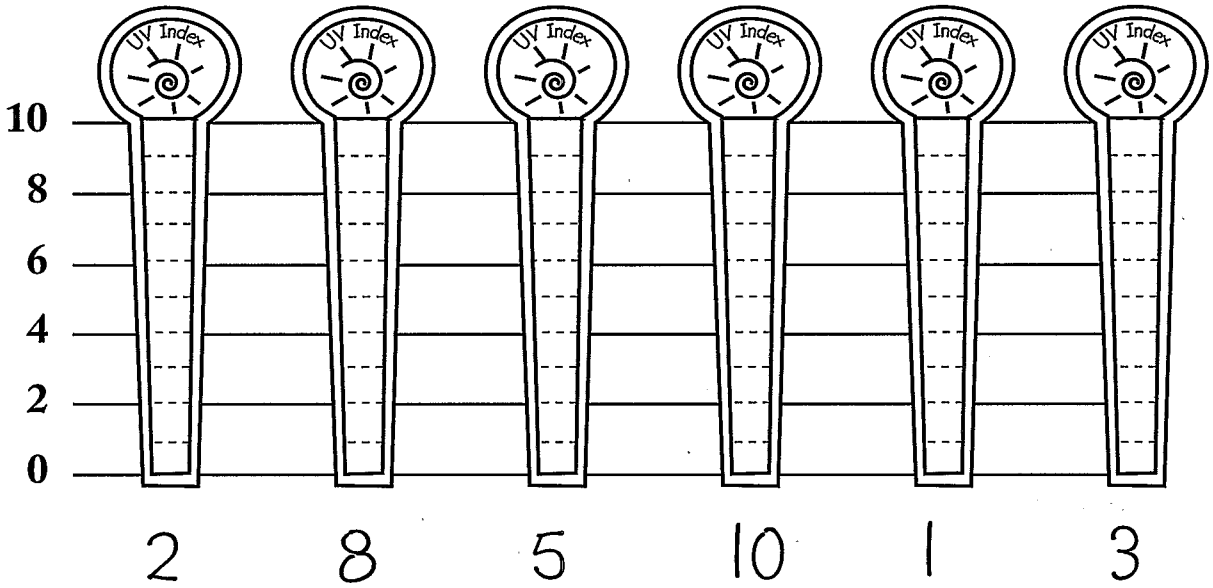
The children are checking the UV Index. The UV Index is a forecast of how strong the UV rays will be. It is reported on a scale of 0-10+. The higher the number, the stronger the rays will be, and the more we need to protect ourselves.

You can find the UV Index in many places. It is in the weather section of the newspaper and on TV, radio, and Internet weather reports.



# UV Index

| Index Number | Exposure Level |
|---|---|
| 0-2 | Minimal |
| 3-4 | Low |
| 5-6 | Moderate |
| 7-9 | High |
| 10+ | Very High |




DIRECTIONS:

Color in each UV Index to match the number.

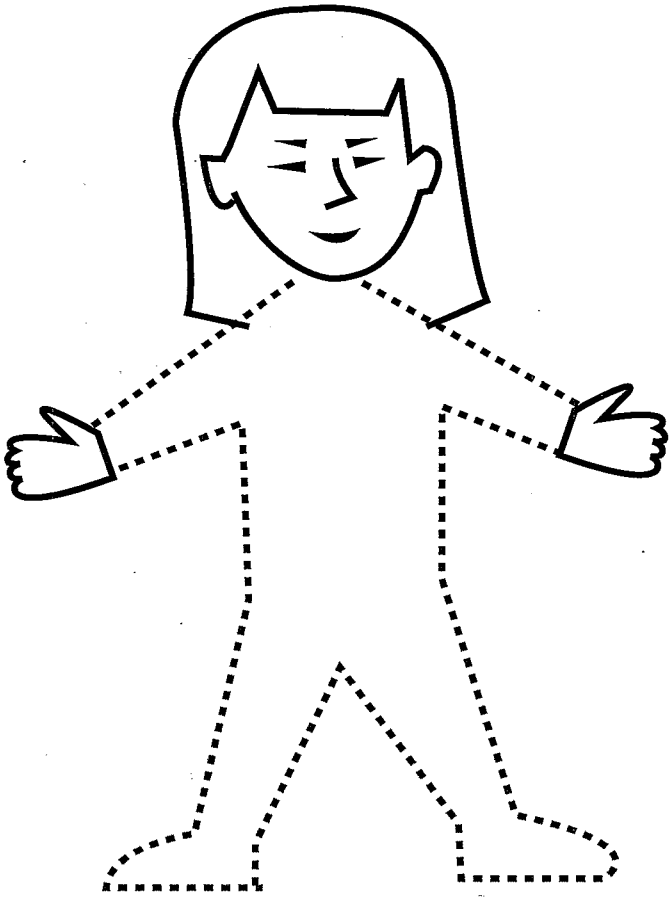
Circle the ones that are "HIGH" or "VERY HIGH."

The higher the UV Index, the greater the need for skin and eye protection.

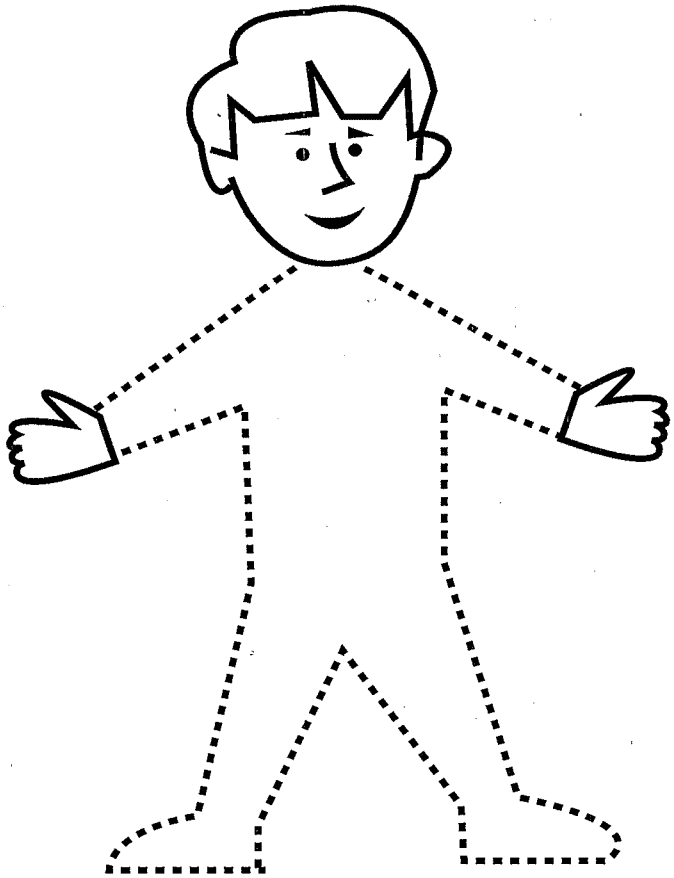
What's the UV Index in YOUR neighborhood? Go to the SunWise website to find it! The website URL is www.epa.gov/sunwise

Carlos is trying to decide what to wear today. He wants to be SunWise, but needs your help! What clothes should he wear to be SunWise? Circle the best choices.

What would you wear to be SunWise? Draw your own SunWise outfits on Carlos and Lisa.



Lisa



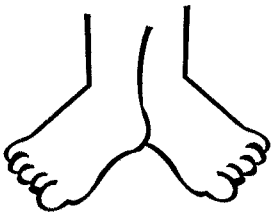
Carlos

## SLOP ON SOME SUNSCREEN TO BE SUNWISE!

Sunscreen is a lotion you spread on your skin. Sunscreen helps block UV rays. Some sunscreens are more SunWise than others. Remember, you should always use sunscreen that is number 15 or higher.

Circle the SunWise sunscreen:

## DO YOU PUT SUNSCREEN ON....

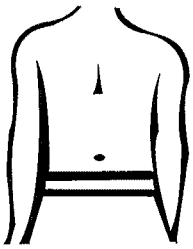


bare feet

YES NO

bare leg

YES NO

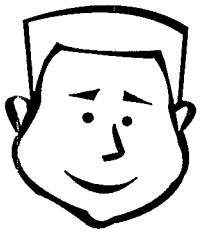


bare tummy

YES NO

bare arm

YES NO



smiling face

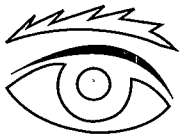
YES NO

ear

YES NO

shoe

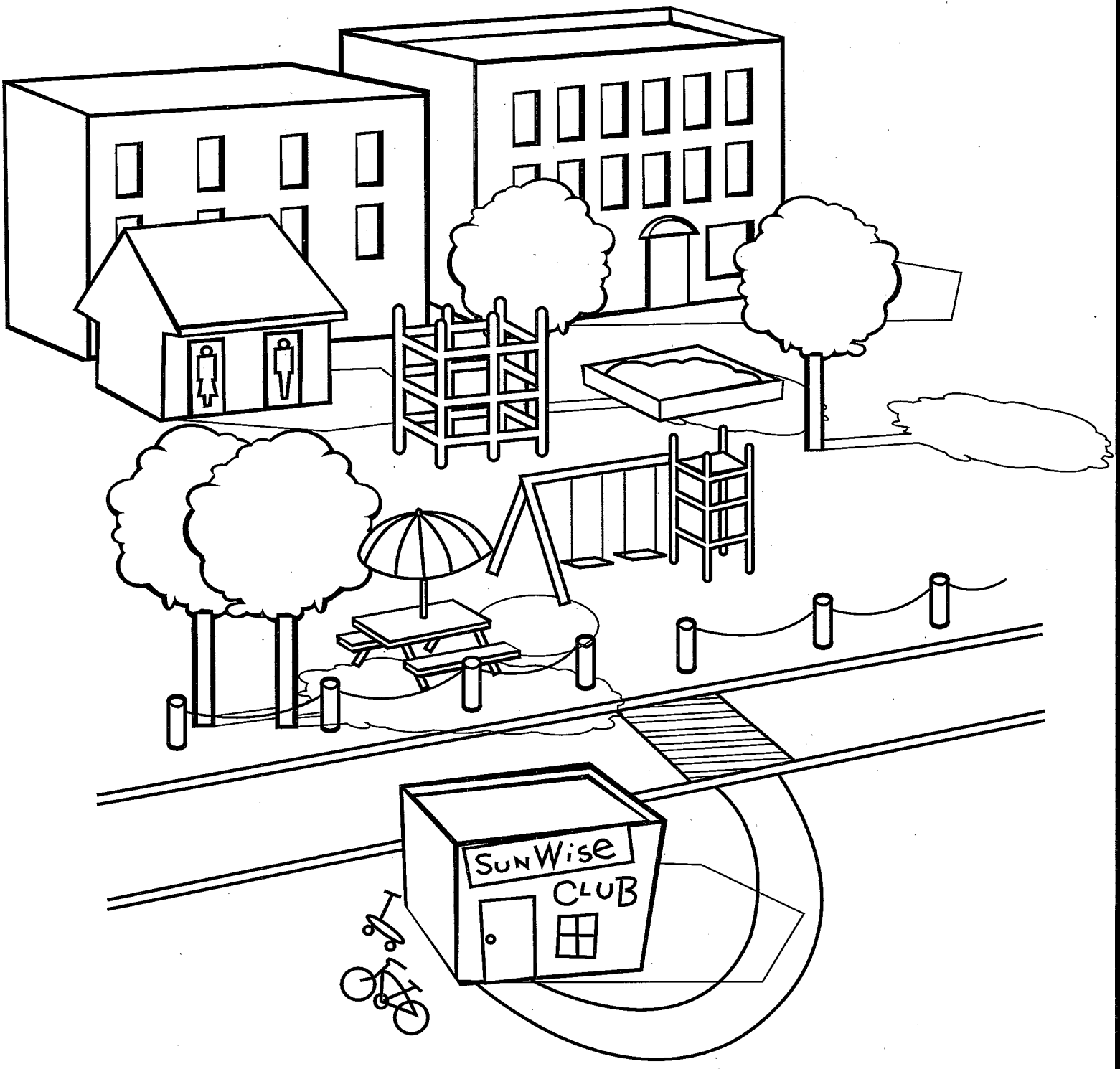
YES NO

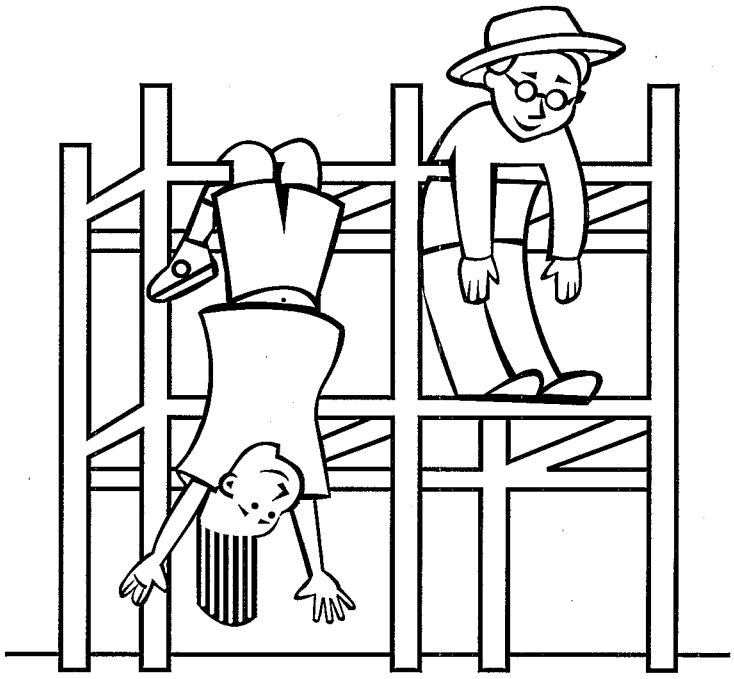


eyes

YES NO

Remember, when you're playing outside, try to play in the shade. Circle the shady places in this picture.





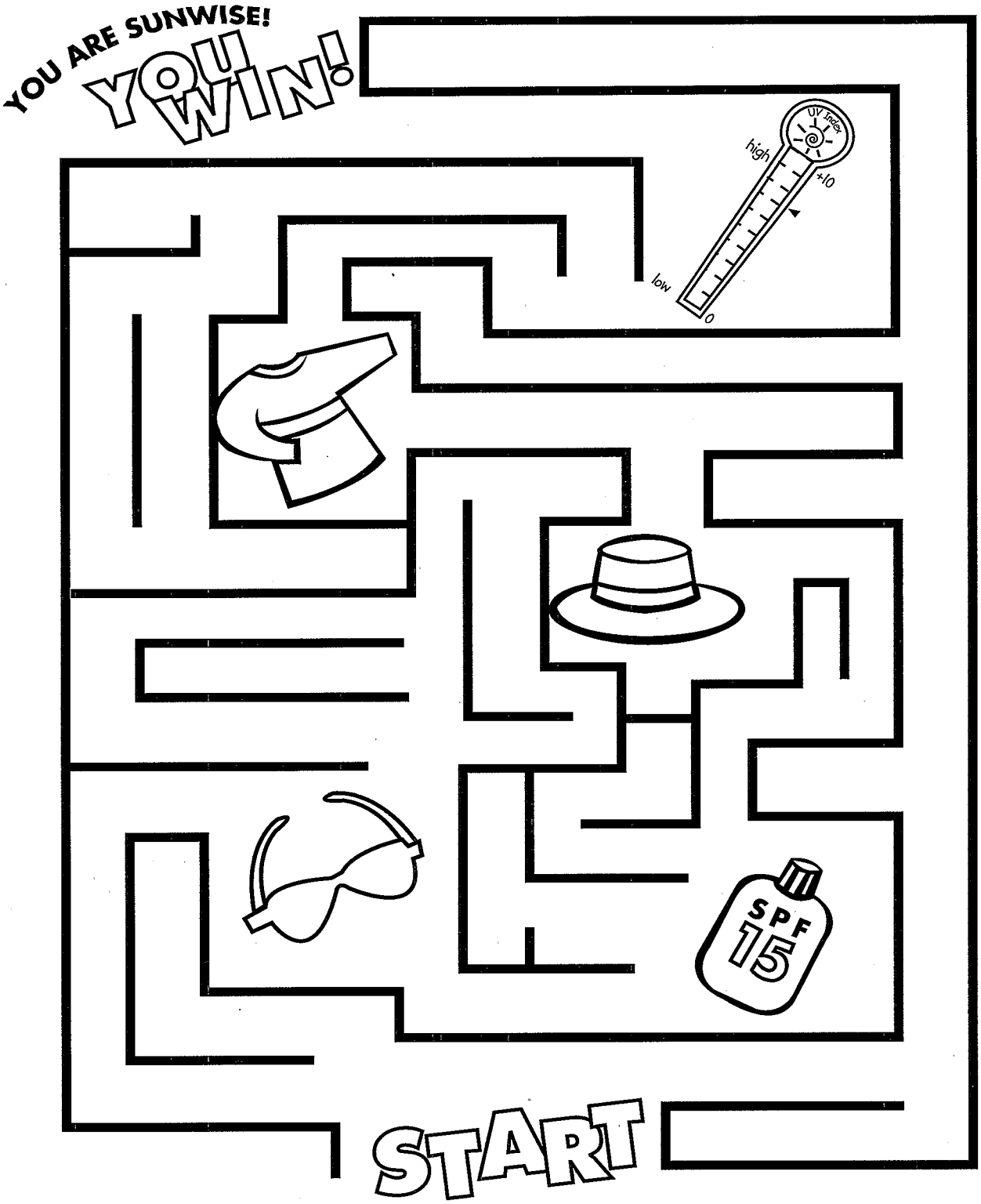
## ARE THESE CHILDREN SUNWISE?

What do they need to make them SunWise?

Draw SunWise gear — hats, glasses and clothes — on the children.

Color in the areas where they should apply sunscreen.

Remember to be SunWise even on cloudy days!



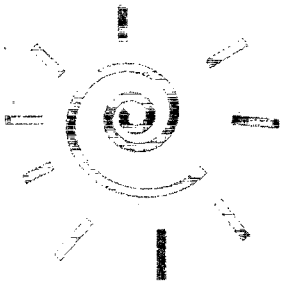
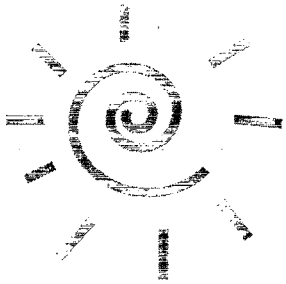

DIRECTIONS:

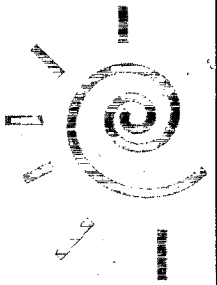
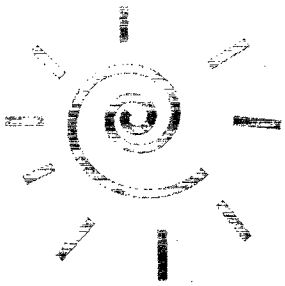
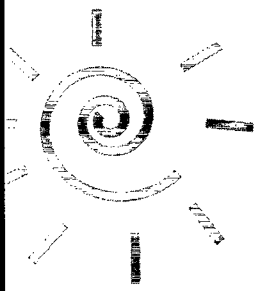
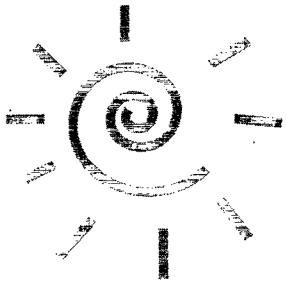
Find your way through the maze, picking up all the SunWise gear on the way.

## IT'S FUN AND EASY TO BE SUNWISE!

Tell your friends about ways to be SunWise.

Just remember SLIP! SLOP! SLAP! WRAP!,™ CHECK the UV INDEX and PLAY in the SHADE!

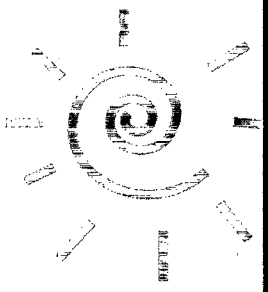
## ANSWERS FOR PAGE 2

**Missing words:**

star
cloudy
eyes
sunburn

**Missing letters:**

sun
ozone
earth
rays

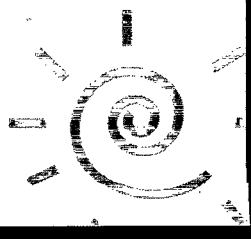


**Unscrambled message:**

The Ozone Layer Helps Block UV Rays.

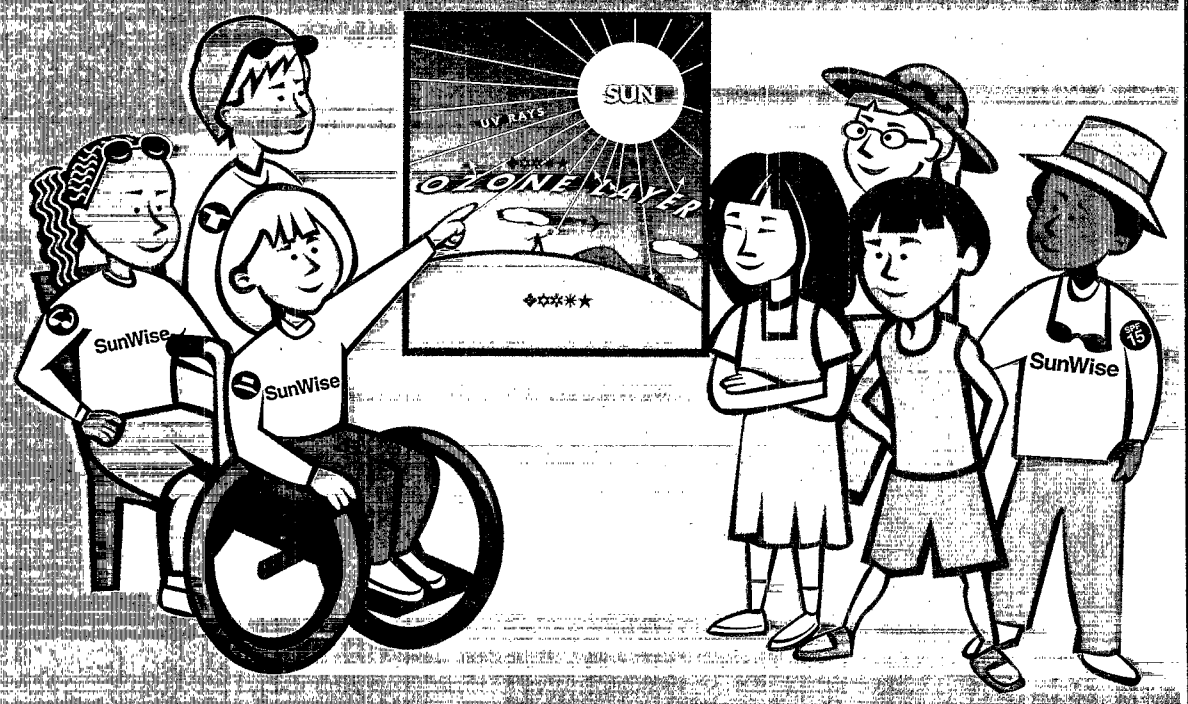
The SunWise School Program would like to thank the American Cancer Society for their ongoing support and for allowing us to use their "SLIP! SLOP! SLAP! WRAP!"™ slogan.

*SLIP! SLOP! SLAP! WRAP!™ is a trademark of the American Cancer Society, Inc.*



United States Environmental Protection Agency
Air and Radiation (6205J)
EPA 430-K-00002
April 2001
www.epa.gov/sunwise

EPA

# Are YOU SunWise?

## Join the kids in the SunWise Club and learn how to have safe fun in the sun!