







When you think about playing and going outside this summer, remember ways to keep safe and have fun! Look at the picture below and write or tell one person the items you need to stay safe outside in the sun.

Find at least 4 items that you would take with you.



Sun Safety Print Worksheet

Write the correct words on the lines.

- 1) Always wear a _____  when you are in the sun.
- 2) _____  will help to protect your eyes from harmful rays of the sun.
- 3) Apply plenty of _____  to protect your skin from harmful rays.
- 4) After a few _____  you need to reapply.
- 5) Cover your skin with a _____  if you can.
- 6) Play in the _____  for even better protection from the sun.

shade hat hours sunscreen shirt sunglasses

For this next activity, fill in the missing word to complete the sentence.