MISSION: SUNWISE

Activity Book



About the SunWise Program

To promote sun-safe behavior at an early age, the U.S. Environmental Protection Agency (EPA) developed the SunWise Program, a free national environmental and health education program for 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 ultraviolet (UV) radiation.

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

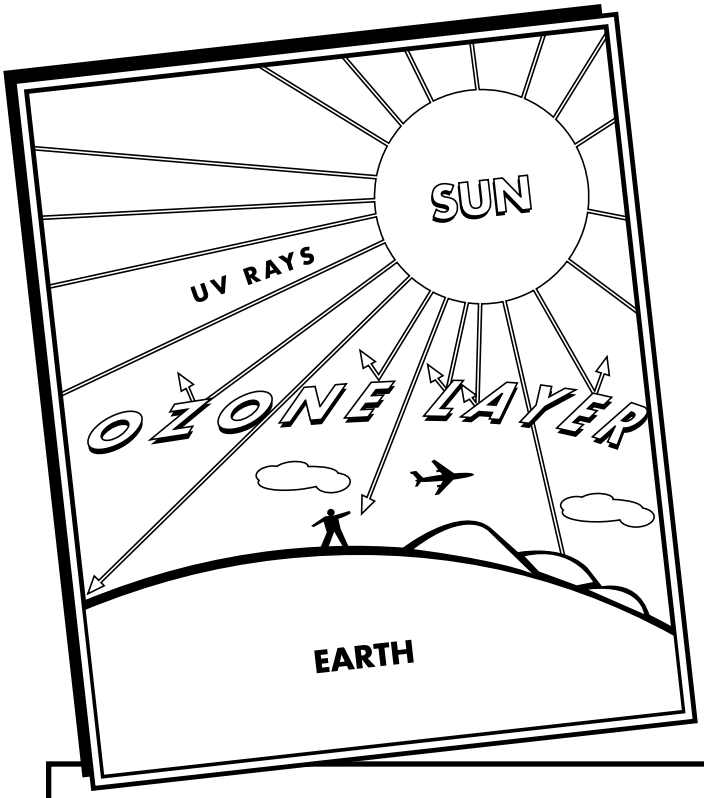
By joining EPA's SunWise Program, participants will have access to useful tools to help teach sun-safe behaviors in the classroom, such as:

- 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**.

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.

_____ _____ _____ _____

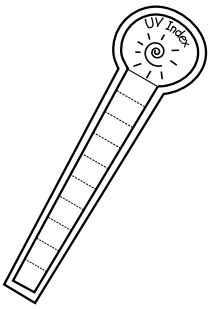
E H T Z N E O O A L Y R E L P H S E

_____ ___ _____

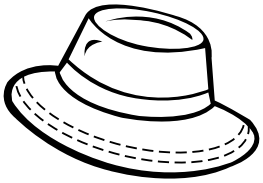
K O B L C V U Y R S A.

(See answers on last page.)

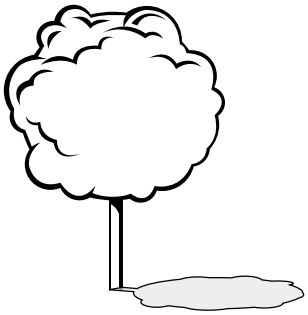
Can You Match the SunWise Action Steps With the Right SunWise Pictures?



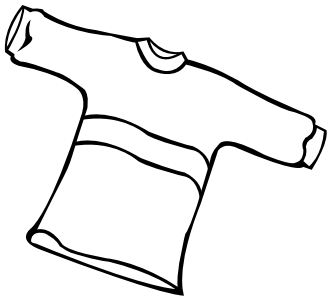
SLIP on a _____
… to cover as much skin on your body as you can.



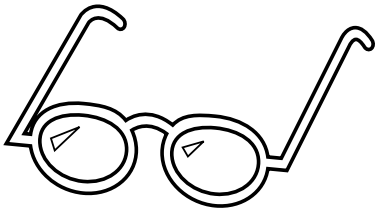
SLOP on _____
… on your face, arms, legs, and any other skin that the sun's UV rays can reach.



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.



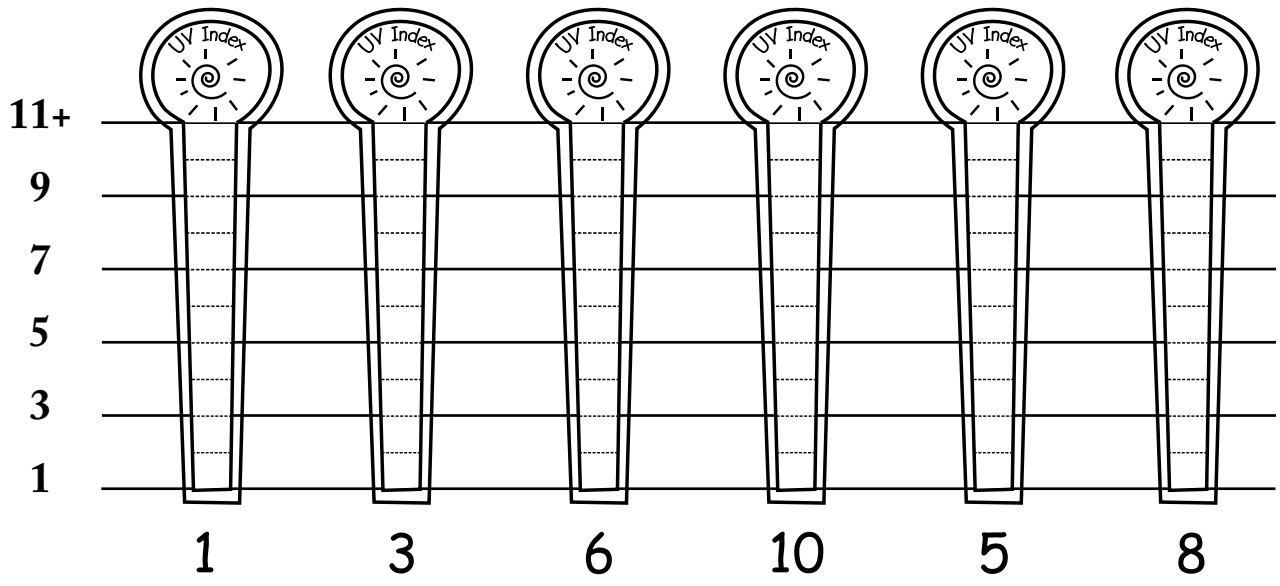
The children are checking the UV Index. The UV Index is a forecast of how strong the UV rays will be. It is reported on a scale of 1-11+. The higher the number, the stronger the rays will be, and the more we need to protect ourselves.

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



UV Index

Index Number	Exposure Level
2 or Less	Low
3–5	Moderate
6–7	High
8–10	Very High
11+	Extreme



Color in each UV Index to match the number below it.
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 Web site to find it! The Web site URL is **www.epa.gov/sunwise**.

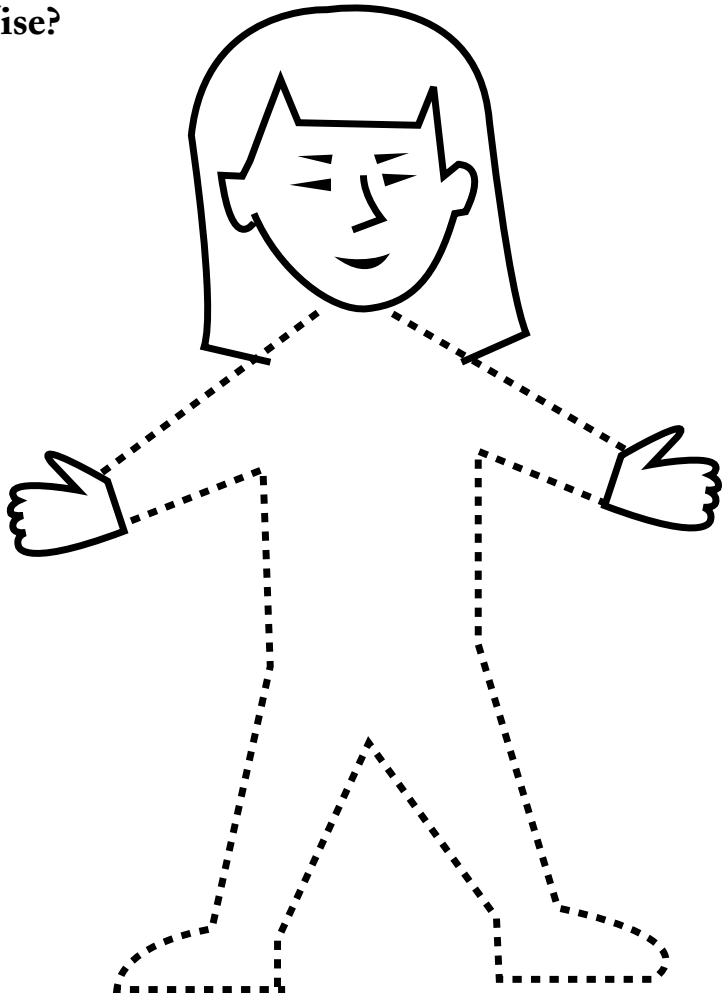
Carlos is trying to decide what to wear today. He wants to be SunWise, but he needs your help! What clothes should he wear to be SunWise?

Circle the best choices.

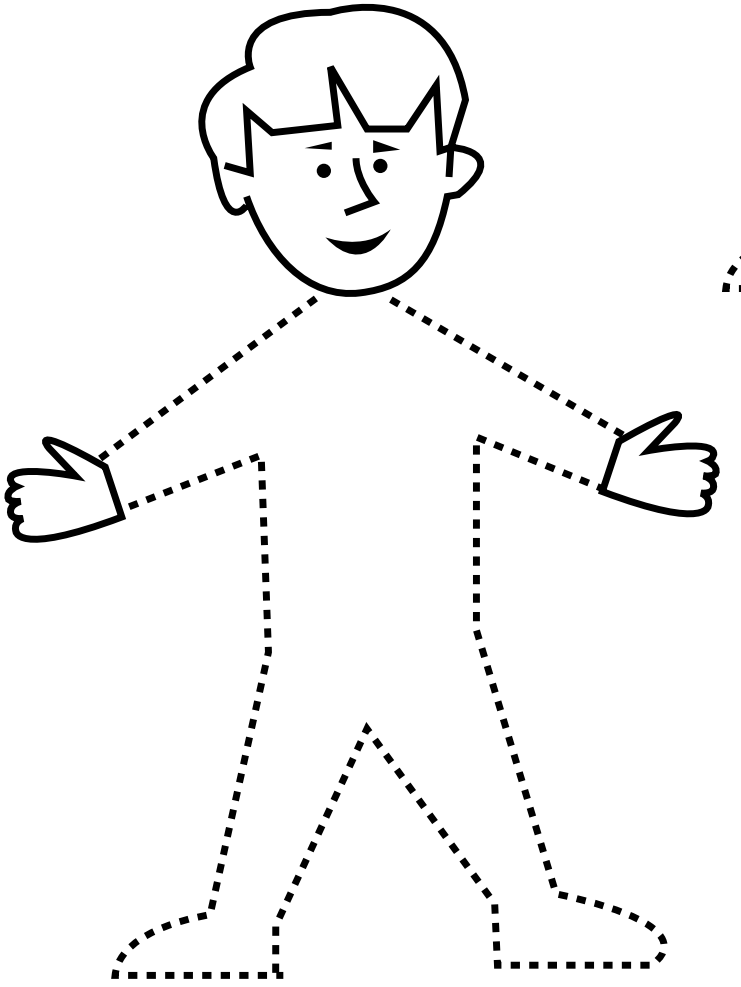


What would you wear to be SunWise?

Draw your own SunWise outfits on Carlos and Lisa.



Lisa



Carlos

SLOP on Some Sunscreen to be SunWise!

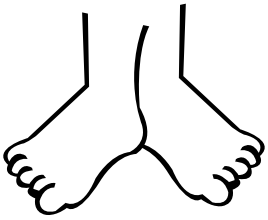
Sunscreen is a lotion you spread on your skin. Sunscreen helps block UV rays. Some sunscreens are more SunWise than others. Remember, you should always use sunscreen that is number 15 or higher.

Circle which sunscreen is SunWise.



Do You Put Sunscreen on....

Circle Yes or No



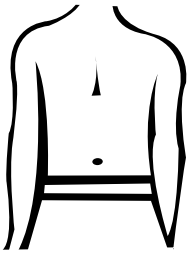
bare feet

YES NO



bare leg

YES NO



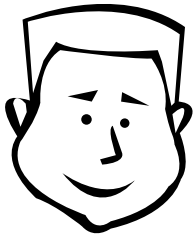
bare tummy

YES NO



bare arm

YES NO



smiling face

YES NO



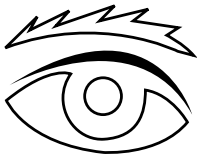
ear

YES NO



shoe

YES NO

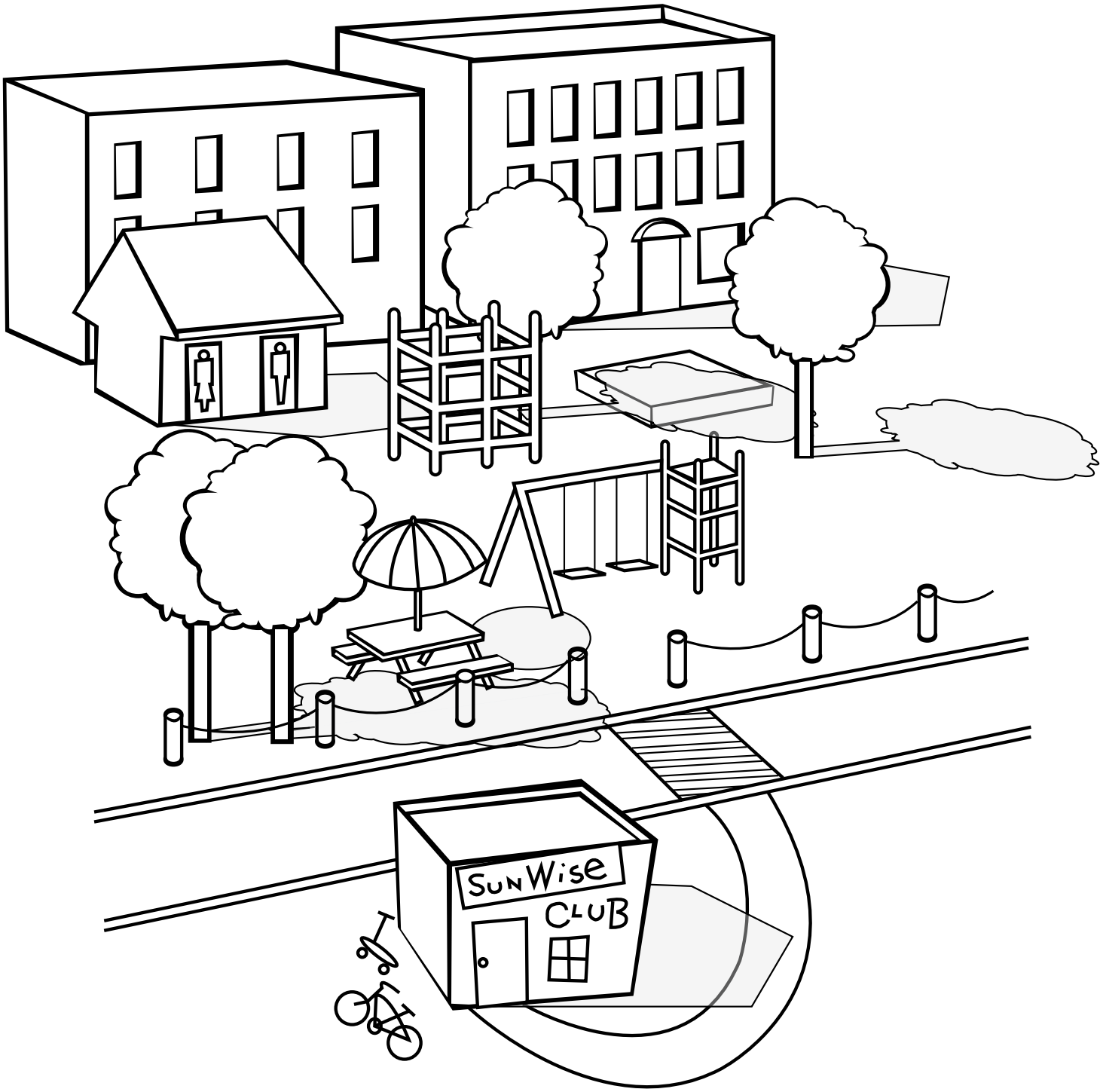


eyes

YES NO

Remember, when you're playing outside, try to play in the shade.

Circle the shady places in this picture.



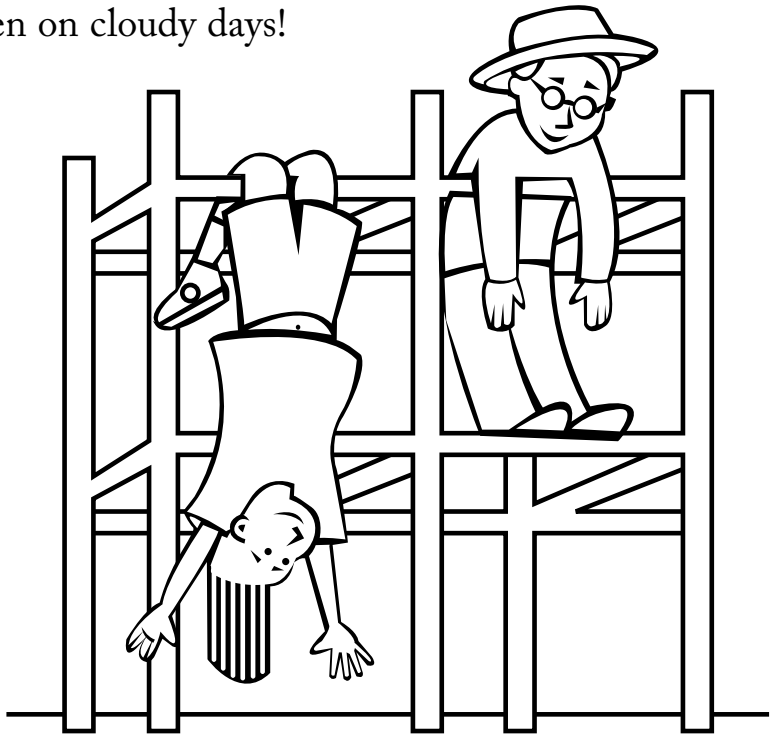
Are these children SunWise?

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.

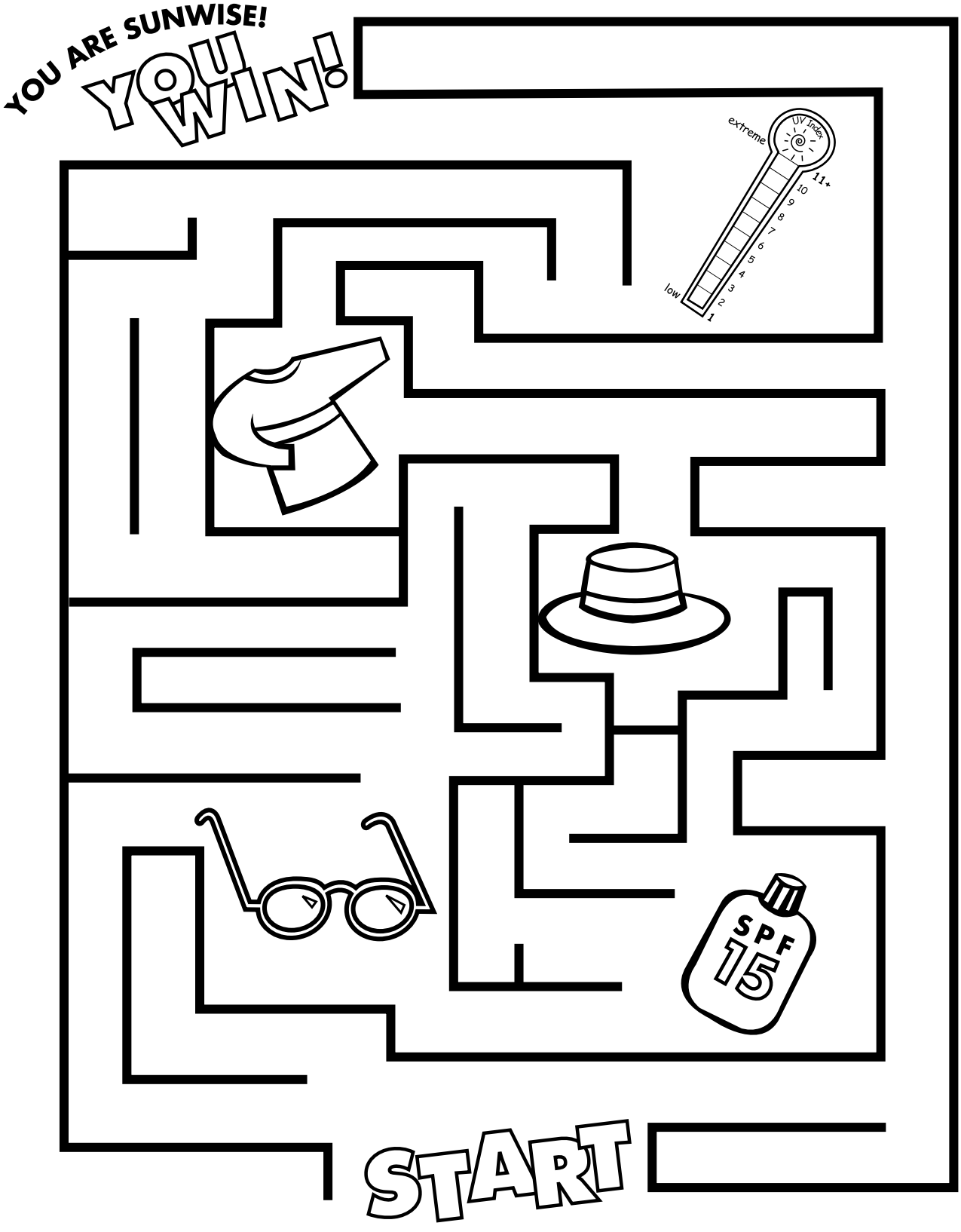
Remember to be SunWise even on cloudy days!











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 letters:	*Missing words:*
su**n**	star
oz**o**ne	cloudy
e**a**r**t**h	eyes
r**a**ys	sunburn

Unscrambled message:
The Ozone Layer Helps Block UV Rays.

The SunWise 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

Office of Air and
Radiation (6205J)

EPA 430-K-09-002
April 2010
www.epa.gov/sunwise

Are YOU SunWise?

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

