



SUN SAFETY

A sunny day feels great, especially when enjoyed with friends, family, or teammates when you're on the playground, at the pool, or on a sports field. But with fun in the sun comes responsibility. The following information and activities will educate you about how to be responsible and keep yourself sun safe!

Activity Requirements

The patch program activities are separated into three themes:

- Sun Savvy - activities introducing sun safety concepts
- Sun Protection - activities applying sun safe knowledge
- Sun-Sational - activities promoting positive sun aspects

The program concludes with a required Sun Safety Pledge.

In addition **to the Sun Safety Pledge...**

Girl Scout Daisies must complete any two activities (3 activities total)

Girl Scout Brownies must complete one activity from each of the themes (4 activities total)

Girl Scout Juniors must complete five activities, with at least one each theme (6 activities total)


Once you complete the program you will earn the Sun Safety patch and your troop leader will order the patch for you.

You will be outside for some of the patch activities so be sure to protect yourself from the sun by wearing sunscreen. Remember, even when it is cloudy or cold outside, the sun can be harmful—some rays can filter through clouds, and reflect off snow, water, concrete, or other surfaces onto your skin.

This sun safety patch program was developed in partnership with Melanoma Know More and endorsed by the Ohio Partners for Cancer Control.




SUN SAVVY

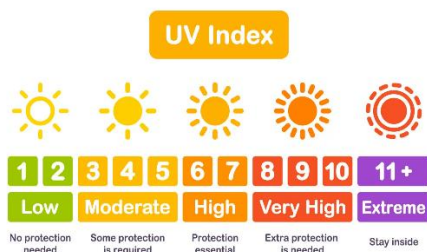
 **Disappearing Shadows:** the sun is highest between the hours of 10:00am and 4:00pm each day. Though you should always practice good sun safety, during those hours you should limit the amount of time you spend outside and if you are outdoors, be sure to protect your skin with sunscreen, sun protective clothing, and seeking shade. One way to determine if the sun is in a harmful position is to look at the length of your shadow when you are outside. If your shadow is shorter than you are, be sun savvy!


Activity – you will need a partner for this activity as well as a stick of sidewalk chalk. On a sunny day go outside and lay down on pavement (sidewalk, driveway, etc.) and have your partner trace you from feet to head. Then stand next to your outline (feet to feet) and have your partner trace your shadow. Try and do this at different times of the day – 10am, 12pm, 2pm, and 4pm are key times to try. Look at the differences in your shadow length and identify the times of day that your shadow is shorter than you are tall. At what times of the day is it most important to protect your skin from the sun?



 **Rate the Rays:** The UV Index is a scale that measures the intensity of ultraviolet (UV) rays. If skin is exposed to too much UV light, it may get sunburned, become wrinkled, or even develop skin cancer. In the UV Index, each intensity level uses numbers and colors to tell how risky it is to be outside.

Activity – Find a chart that shows what each color and number in the UV Index means, such as the one below. Use construction paper, markers, or other materials to create UV color cards — one card for each color. For five days, find out what the UV rating is for the day (you can find this by looking online or watching a local weather report) and display the right cards to tell people the UV report; make sure you put the explanation chart next to the card on display. Maybe you can post the chart and the cards on your family 's refrigerator or ask the school principal if you can use the school door or bulletin board.



 **Sunscreen Science:** All sunscreens have an SPF, or Sun Protection Factor, number on their label. How strong a sunscreen is depends on its SPF. The higher the number, the longer it takes your skin to burn when wearing it properly.


Activity - test the strength of various sunscreens by getting 3-4 bottles of sunscreen with different SPF's as well as some clear zipper sandwich bags. Write the SPF number of each sunscreen on a sandwich bag and then wipe that sunscreen on the outside of the bag. Add a small scoop of UV sensitive plastic beads to each bag. Make sure the bags are securely closed and coated with a thin layer of sunscreen. Also put a scoop of beads in a sandwich bag with no sunscreen on it. Take the bags outside and into the sunlight and observe how the beads change. Do the beads protected by the lotion change as quickly as the beads in the bag with no sunscreen? Are the colors as bright? Which sunscreen SPF took the longest for the beads to change colors? What does this mean?

Think about how the beads are like your skin because they both change colors when exposed to UV rays from the sun (skin changes color when it tans or burns), though the beads change color a lot faster than our skin does. Remember, everyone should wear sunscreen with an SPF of 30 or higher.

You can also use the UV beads and string and make bracelets to wear. When you have the bracelet on outside and see the colors changing, it's a good reminder to be sun safe. Make a bracelet for a friend and share what you know about protecting your skin!



SUN PROTECTION


 **Sun Safety Relay Race:** One way you can protect yourself from the sun's harmful UV rays is to wear clothing that shields your skin from sunlight. Long sleeved shirts and pants cover a lot of skin, so those areas won't get burned. It is also important to take steps to protect your eyes by wearing sunglasses or a hat with a brim.

Activity 1- Get your troop together and divide yourselves into two teams to play the Sun Safety Relay Race. Gather two sets of sun protection clothing — each set should have a pair of pants, a long-sleeved shirt, a hat with a brim and a pair of sunglasses. Put a set of the clothes in a pile next to each team and several feet in front of each team set out a finish line marker, such as a chair.

At the start of the race, the first girl on each team should dress as quickly as possible in all the clothing and then run to and around her teams' marker before running back to her team. Once back with her team, the girl should take off the protective clothes and pass them to the next girl on her team who puts the clothes on and runs around the marker. This continues until all the girls on the teams have gotten dressed and run. The team that has everyone dress and complete the race first wins. Repeat the race a few times and see how fast you can get dressed. Try switching up the teams. Can your troop think of other protective props you can add?


Activity 2 – create a poster showing people wearing sun protective clothing and accessories. Draw pictures, print images from online, or cut out pictures from magazines to include.



 **Question & Answer:** You can cut down your risk of skin cancer from the sun if you take the right steps to protect your skin. If skin cancer develops and you catch it early enough, doctors can usually treat it.


Activity - Invite someone who has dealt with skin cancer to come talk to your troop about their experiences. Maybe a friend or relative is a doctor or nurse who helps take care of people who have problems because of the sun. Before the person arrives, your troop should brainstorm some questions to ask. You might want to ask them how they help people with skin problems and share some sun safety information you have learned.



 **How Sun-Usual:** People aren't the only ones who need to stay safe in the sun. Animals also must be careful, especially because many of them live outside. Can you think of any ways that you have seen animals beat the heat?

Activity - Look at the animals below and read about how they stay sun safe. Find two other animals and learn how they practice sun safety. At least one should be an animal you can observe for a few minutes on a hot day such as a family pet or a resident at the local zoo or animal refuge.




 **Toast So You Don't Roast:** What you put in your body is also important to help you be safe in the sun & heat. When it is hot outside or you play a lot during recess, do you notice that your skin starts to sweat? Sweating is your body's way of cooling off. Sweat comes from inside your body through your skin, so if your skin becomes sunburned it makes it difficult for your body to cool itself.

Generally, you should drink half your body weight in ounces of water each day. For example, if you weigh 100 pounds it is recommended you drink 50oz of water a day. If you are exercising or it's a hot day, that number goes up.

Activity - Use a measuring cup to pour out 10 oz of water and put it into your favorite cup so that you can see how much it is. Think of creative and fun ways to keep track of the water you drink. Try a reusable water bottle and create a special chart to keep track of your water goal each day.




SUN-SATIONAL

 **Sunflower Power:** Not only do sunflowers look like mini suns because of their large centers and bright yellow petals, as they grow, their heads turn to face the sun and follow its course through the sky.


Activity - In honor of this solar-powered flower, learn one fact about sunflowers or find one product that can be made from them. Then try this tasty sunflower-inspired snack: Spread some peanut butter evenly on one side of a piece of bread and then use a flower-shaped cookie cutter to cut out a flower from the bread. Sprinkle a few actual sunflower seeds (with shells removed) onto the center of your mini sunflower and enjoy your treat.



 **Making Light of Art:** You can use sunlight to make artwork.

Activity - Find a dark colored piece of construction paper and put it in a spot that receives a lot of sun. Find some objects with interesting shapes and put them in different places on the paper. Let the paper and objects sit undisturbed for several days then remove the objects and check to see what sun prints were made on your paper.

There is also special sun-sensitive paper you can buy which will make the change in just a few minutes.

 **Baking Bonanza:** The sun's heat can be used to make energy that powers things you can use.

Activity - Make your own solar-powered oven by covering one side of a piece of white typing paper, completely with aluminum foil and gluing it in place. Roll the paper into a cone – foil side in – and use tape to hold it together. Try using the solar cone oven to make a Girl Scout S'more treat. Place half of a graham cracker into the cup of the cone so it sits firmly in place and makes a ledge. Add chocolate and marshmallows on top of the cracker and then cover the cone opening with clear plastic wrap and secure it with a rubber band. Put your oven in a tall drinking glass and set it outside in a place that gets a lot of direct sun. Wait for the chocolate and marshmallows to melt a bit and then take everything out and put the other half of the graham cracker on top. Enjoy your treat!



SUN SAFETY PLEDGE

My Sun Safety Promise Complete the patch requirements by making a Sun Safety Pledge. A pledge is a promise to do—or not to do—something. Think about what you learned by working on this patch program — what will you do to keep yourself and your friends and family sun safe? Maybe you can promise to make sure you find shade in the middle of the day, or to wear sunscreen every day, even if it's cloudy outside. Write down or draw a picture of your pledge and be sure to share it with others. Read the words of the Girl Scout Promise and the Girl Scout Law to help you.

My Sun Safe Promise

I will continue to practice Sun Safety and help my friends and family be sun safe, too!

I, _____, PLEDGE TO...

girl's name

Signature (girl)

Date

Signature (leader/parent)

Date



A sample of a pledge card you can fill out to make your sun safety promise, or make one of your own.

Sun Safety Patch Order Form

Troop Age Level: [] Daisy [] Brownie [] Junior [] Cadette [] Senior [] Ambassadors

Troop Leader's Name: _____

Address: _____

City/State/ZIP: _____

Phone: _____ **Email:** _____

__ # of Patches

Send Patch Order Request to: info@melanomaknowmore.com or mail to:

Melanoma Know More
1916 Central Parkway
Cincinnati, OH 45214

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Sun Safety Patch Program

Troop Age Level: [] Daisy [] Brownie [] Junior [] Cadette [] Senior [] Ambassadors

Troop Leader's Name: _____

Address: _____

City/State/ZIP: _____

Phone: _____ **Email:** _____

1. How did your girls take action while earning this patch?

2. What activities did your troop/group enjoy the most?

3. Did you change or adapt any activities? In what way?

4. Would you suggest any changes to this patch program? Please include any additional comments.

Please send evaluations in with your patch order form. Thank you!

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