Lesson Plans

For more information
call 1-800-367-2229
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Dear Early Childhood Professional:

We are pleased to offer you the **BE SUN SMART** training module. This module was developed as a collaborative project of the North Carolina Cancer Control Program and the Healthy Child Care North Carolina Campaign. We hope you will find the materials useful with preschoolers and their parents and siblings.

All of the materials in this module have been tested in focus groups comprised of child care providers from around the state. A team of dermatologists have also reviewed the materials for medical accuracy. The materials are free to child care programs that teach preschoolers, ages four to five. Because we are interested in your comments, we ask that you respond to a survey in a few months.

We hope that you share our enthusiasm for these materials and see many ways that they can benefit you in your important work with young children. If you have questions about the materials or need additional information, please contact the North Carolina Child Care Health and Safety Resource Center at **1-800-367-2229**

Yours Truly,

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Sun Burns

Objective:
To encourage children to wear hats when they play outside in the sun.

Introduction:
Let the children know that they will be learning about safe fun in the sun. Remind the children that playing outside on nice days is great fun, but they must learn to protect their skin from too much sun! Tell the children that today they will make some fun hats to wear when they play outside. Teach that a sun safe hat covers their ears, and face, and hair!

Activity Suggestion (15 – 20 minutes)
"Hat Day" and Songs

Materials needed:
hats, fabric markers, puff paints, songs

Here’s How:
1. Allow each child to select a hat from the box of acceptable choices.
2. Ask the children to use their imaginations and think of how they would like to decorate their hats (teaches planning skills).
3. Let the children select puff paints, fabric markers, and fun objects to decorate their hats.
4. Play the song tape and begin to teach the words to the children. ["The Sun is Climbing Up,” “When The Sun Climbs Way Up High,” “The Sun Screen Song”]
5. Take a picture of each child in their sun smart hat and display the pictures in the room.
6. Use the hats when the children play outdoors!

Review
Remind the children to put on a hat every time they go out to play!
Objective:
To encourage children to ask caregivers and parents to help them use sunscreen.

Introduction:
Tell the children that at circle time you will be reading a special story about some animals that like to be SUN SMART.

Activity Suggestion (10 minutes)
"SUN SMART FRIENDS" Storybook and Songs

Materials needed:
song tape with finger actions, large-size storybook, and a box of different sunscreens to show and tell

Here's How:
1. Read the story aloud to the children.
2. Show the children the many different types of sunscreens.
3. Let the children tell you about their experiences with sunscreen.
4. After reading the story, let the children listen to the song tape and encourage them to sing along!

Review:
Remind the children that they now know three ways to be SUN SMART: Wear a hat and a long sleeve shirt whenever you play in the sun for a long time. Play in the shade whenever possible. Use sunscreen to protect your skin.
Objective:
To encourage children to choose SUN SMART clothes when playing in the sun.

Introduction:
Let the children know that today they will tell a story about SUN SMART FRIENDS. Ask them to remember what the SUN SMART FRIENDS did to play safely in the sun.

Activity (10 minutes)
“Dramatic Play with Felt Friends”

Materials needed:
Storybook, felt board, felt characters

Here’s How:
1. Show the children a copy of the SUN SMART FRIENDS Storybook.
2. Ask the children to name the SUN SMART FRIENDS.
3. Using the felt characters, have the children retell the SUN SMART STORY.
4. Point out SUN SMART choices!
5. At the end of the dramatic play, sing the SUN SMART songs. Practice singing the songs.
6. Let the children take turns playing with the felt characters and storyboard throughout the day.

Review:
Ask the children to name the ways that they can be SUN SMART. Wear a hat and cover up with long sleeves whenever you play in the sun for a long time. Play in the shade whenever possible. Use sunscreen to protect your skin.
Sun Burns

Tip:
Wear your T-Shirt and ask the children, "I’m SUN SMART, Thanks — and You?"

Objective:
To encourage children to share their new knowledge about being SUN SMART with their family.

Introduction:
Tell the children that parents need to know how to be SUN SMART. Remind the children that today they will take home their very own storybook about SUN SMART FRIENDS. Encourage them to read the book with their parents.

Activity Suggestion (10 minutes)
“SUN SMART Role Play”

Materials needed:
Props that make a teacher look like a preschooler such as a big bow, big doll, big ball and SUN SMART STORYBOOKS

Here’s How:
1. Tell the children that you are going to pretend to be a kid!
2. Dress up like a kid and pretend to be coming home from preschool.
3. When you get home, show your parents your new book and tell them about all the wonderful ways you have learned to be SUN SMART.
4. End the role play by putting on your SUN SMART hat and reading your SUN SMART Storybook with your parents.
5. After the activity, be sure to give each child a copy of their very own storybook to read with their parents. Include the brochure designed for parent information.

Review:
Sing the SUN SMART songs!
The Sun Is Climbing Up

Lightly

sun is climbing up so high high high high.

Now it's time to come inside inside inside.

Where it's nice and cool we'll stay stay stay.

Then we'll go back out to play play play!
When The Sun Climbs Way Up High

When the sun climbs way up high, shining brightly in the sky,

Play inside then, that is best. Get a cool drink, take a rest.

When it's later in the day, We'll go back outside to play!
The Sun Screen Song

It’s time to put on sun screen (Look at wrist, as if looking at watch)
I’m going out to play (Point over shoulder with thumb, in time with music)
I rub it in (Right hand rubs up, then down the left arm)
On my skin (Left arm rubs up, then down the right arm)
Every single day! (With right pointer finger, point at each of the five fingers on the left hand as if counting, keeping time with each syllable of the last line.)
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