



# SunSmart



## Word Search

S E V S T N Z T E B R B V H T S  
D L L L A O H A P O A U T A N U  
R A O G H I N H V Q D C D T X N  
P X Z P E T I D R S I K C E G S  
A T P L R C K E J L A E L A X C  
B Z Z T I E S M Z I T T O T J R  
O W T E A T R M K P I H T H J E  
S N J L N O Y I S C O A H R I E  
R K V O N R T R E U N T I E T N  
U K O I O P T B W L N A N E C C  
O K Y V I R W D K S E B G L A Y  
H N R A G O E A F T O V U T N R  
S U N R E I N O V H I S E R X P  
I J J T L Z T R E D A H S N N R  
R L F L E A Y B S E T U N I M E  
W S G U S E S S A L G N U S L P

### *Find these words*

BROADBRIMMED HAT

ELEVEN

MINUTES

SHADE

SLIP

SUNBURN

TAN

TWO

BUCKET HAT

HOURS

PROTECTION

SKIN

SLOP

SUNGLASSES

THREE

ULTRAVIOLET

CLOTHING

LEGIONNAIRE HAT

RADIATION

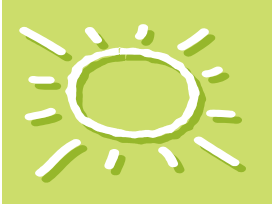
SLAP

SUN

SUNSCREEN

TWENTY





# Fill in the

Use some of the words from the Word Search to fill in the gaps...

\_\_\_\_\_ (UV) radiation from the sun can damage the skin. You can't see it or feel it.

To help protect you from UV radiation, try to avoid being outside between \_\_\_\_ am and \_\_\_\_ pm during daylight saving (10am – 2.00pm normal time).

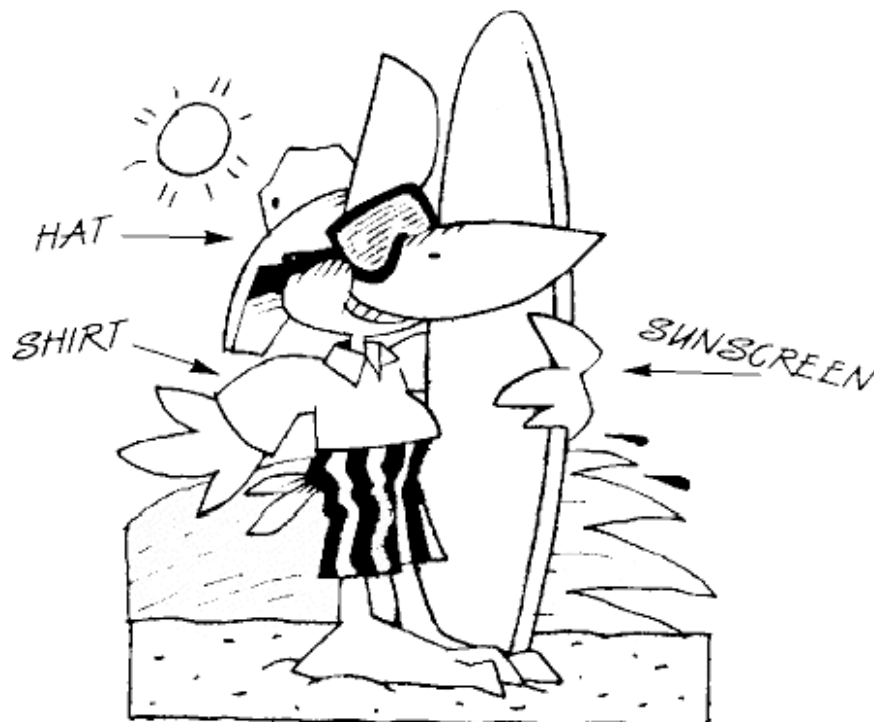
If outside during these times, it is best to try and play in the \_\_\_\_\_.

The best types of hat to protect you from the sun are \_\_\_\_\_, \_\_\_\_\_ or legionnaire hats.

It is important to wear 30+ broad-spectrum, water-resistant \_\_\_\_\_.

Make sure you apply sunscreen at least \_\_\_\_ minutes before going outside and reapply it every \_\_\_\_ hours.

Two things you want to avoid are \_\_\_\_\_ and a \_\_\_\_\_.



**COLOUR IN SID SLAGULL**