



## Grade 2 Lesson Plan: Unit 5– Sun Safety

### **SOLs (Health Standards of Learning)**

- 1.3 h

### **Objectives/Goals**

- Students will be able to identify risks of prolonged sun exposure
- Students will be able to identify ways to protect skin and eyes from sun exposure

### **Materials**

- Power Point (in handout section)
- Yellow Gator Balls- (3 per 20 students)
- 1 pair of (cheap) sunglasses per 20 students
- 4 hula hoops per 20 students
- 1 tube of sunscreen per 20 students

### **Procedure**

#### *Step 1- Power Point*

- Show the power point about sun safety
- Answer any student questions

#### *Step 2- Sun Safety Tag*

- Sun Taggers represent UV rays from the sun. They will carry yellow gator balls so others can identify them. Gator balls are to tag students with, not to throw at students.
- 4 hula hoops are spread throughout the gym. They represent shady areas. Students are safe for 10 seconds when standing in a shady area. 2 students at a time are allowed in 1 hula hoop.
- When a student is tagged, they are “sunburned”. “sunburned” students kneel down with hands raised until they get help to protect from sunburns.
- Release sunburned students by giving them sunscreen or sunglasses. Any student carrying these items is safe from UV rays and can’t get tagged. It is important for students carrying sunglasses and sunscreen to pass these items on to others that need help.

#### *Step 3- Class Discussion*

- What are some of the harmful effects of too much sun? (sunburn, skin aging, skin cancer, eye damage)

- How can we protect ourselves from the sun? (sunscreen, sunglasses, hat, shade)

### Assessment Idea

- Class Discussion Questions
- Exit Slip
- Cumulative Verbal Assessment: Questions included on handouts for all lessons in this unit

### References

- Kids Health: <https://kidshealth.org/en/parents/sun-safety.html>
- CATCH: [https://catchinfo.org/ray-sunbeatables-sun-safety-curriculum-now-available-free-online/?gclid=Cj0KCQjw9JzoBRDjARIsAGcdIDX1j54K2Km\\_LJCy6UI0m5VyKw1mIMWH\\_FJmF3aC1g\\_xqRiU5WqGM7ycaAIEXEALw\\_wcB](https://catchinfo.org/ray-sunbeatables-sun-safety-curriculum-now-available-free-online/?gclid=Cj0KCQjw9JzoBRDjARIsAGcdIDX1j54K2Km_LJCy6UI0m5VyKw1mIMWH_FJmF3aC1g_xqRiU5WqGM7ycaAIEXEALw_wcB)

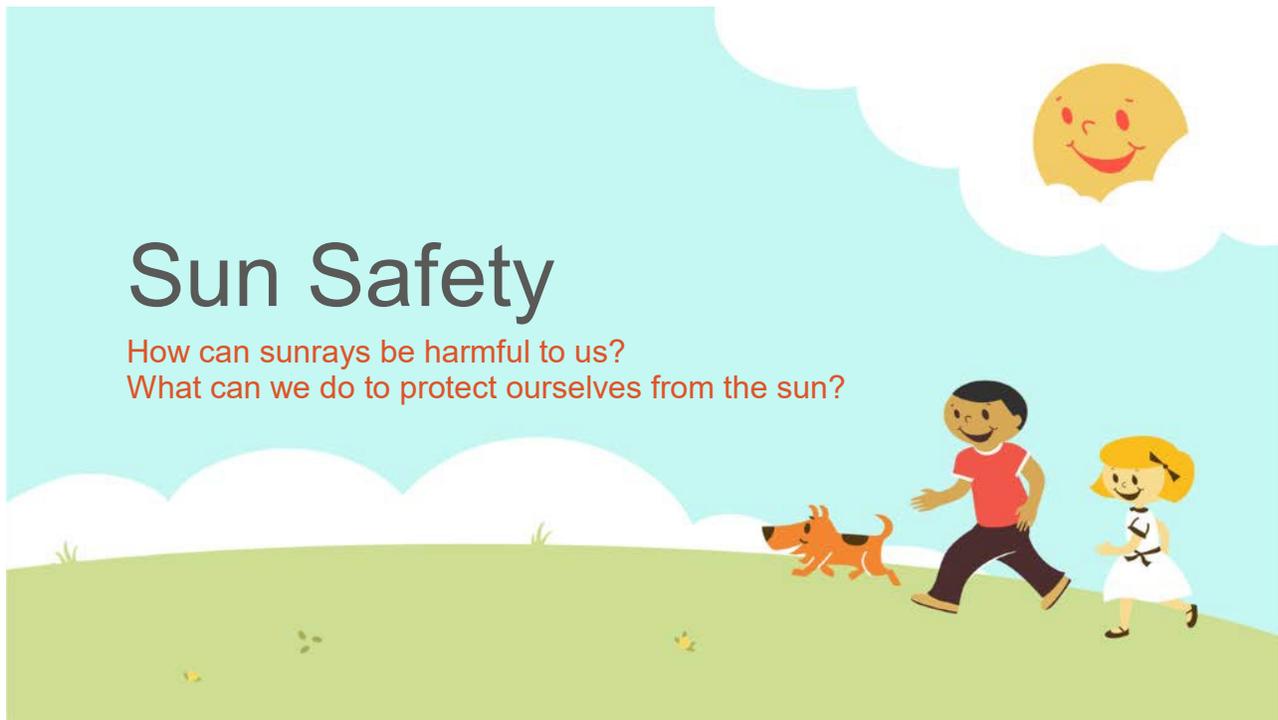
### Handout

The next pages include:

- Sun Safety Power Point
- Sun Safety Tips Handout
- Exit Slip
- Cumulative Verbal Assessment

# Sun Safety Power Point

Click on the slide below to access the presentation



## Sun Safety Tips

### **Always Wear Sunscreen:**

- SPF 30 or higher with resistance against UVA and UVB rays
- Use water resistant sunscreen if you might get wet

### **Wear Sunglasses:**

- Sunglasses with UV protection can help us protect our eyes

### **Find Shade:**

- Pop up tents, umbrellas, and play spaces under tree covering are all good ways to limit sun exposure
- Covering skin with sleeves or long pants also help if not too hot outside
- Wear a hat

### **Limit Sun Time when Rays are Strongest**

- Sun rays are strongest from 10 AM to 4 PM
- Limit time in direct sunlight during these times

## Exit Slip

**Name 2 things you can do to keep safe from the sun:**

You can either write your answer in the blanks, or tell your teacher on the way to get in line

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## Cumulative Verbal Assessment

Teacher should ask these questions to each student verbally in a 1 on 1 setting

- 1) Name 2 things you can do to protect yourself from the sun**
  
- 2) What are the 2 things we need to do every day to take care of our teeth?**
  
- 3) How many hours of sleep should we get each night?**
  - A) 6
  - B) 8
  - C) 10
  - D) 24
  
- 4) Why is soda an unhealthy hydration choice?**
  
- 5) To prevent getting sick, what should always we do before eating, after using the bathroom and after touching anything that might have germs on it?**