



Sun Safety

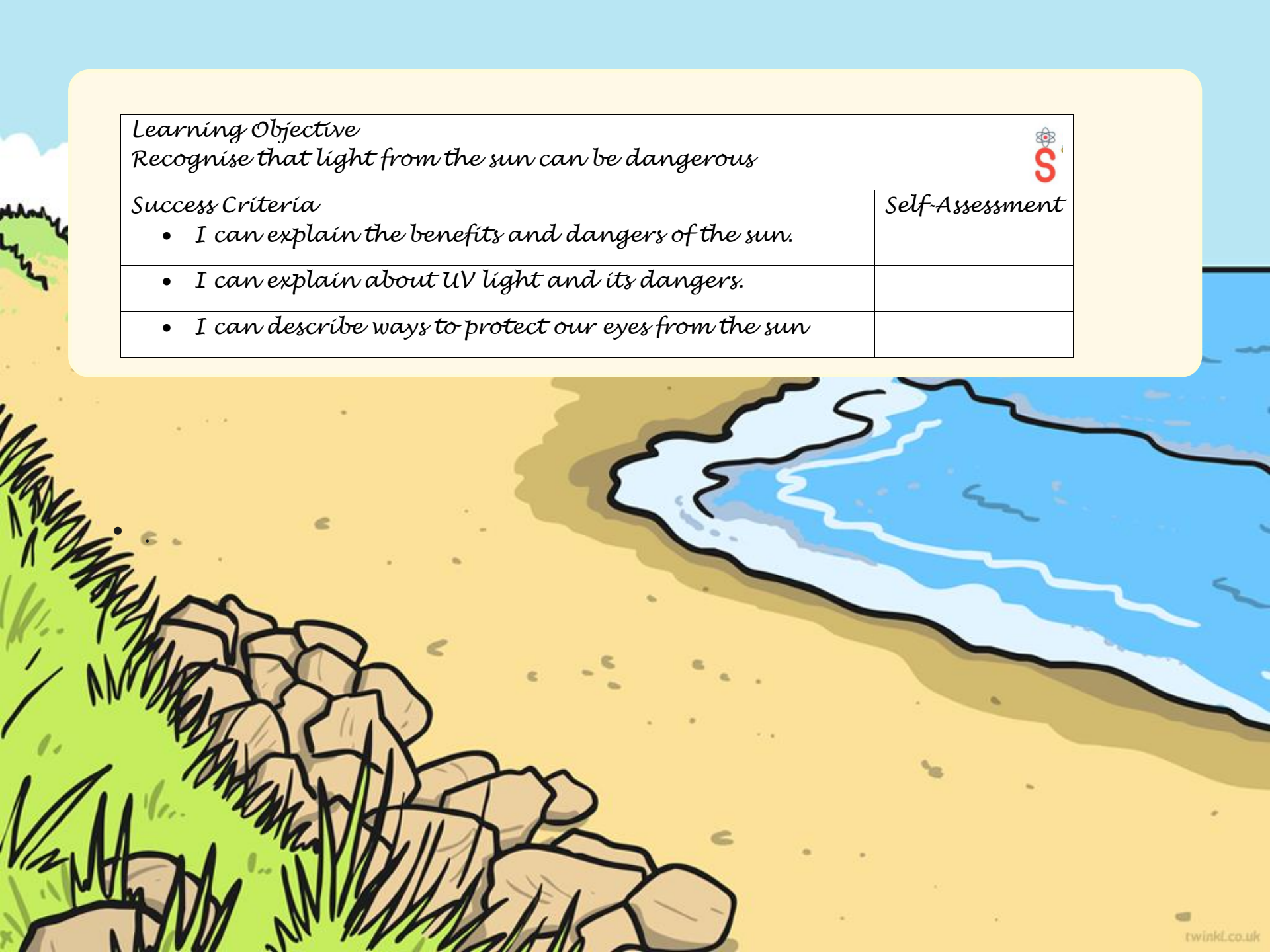
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Learning Objective

Recognise that light from the sun can be dangerous



<i>Success Criteria</i>	<i>Self-Assessment</i>
<ul style="list-style-type: none"><i>I can explain the benefits and dangers of the sun.</i>	
<ul style="list-style-type: none"><i>I can explain about UV light and its dangers.</i>	
<ul style="list-style-type: none"><i>I can describe ways to protect our eyes from the sun</i>	



The Sun: Hero or Villain?

The statements below are all things that the sun does. Put the statements below into 2 categories then answer the question:

Is the sun good or bad?

Causes sunburn.

Helps people make
Vitamin D.

Provides warmth.

Causes wrinkles.

Helps plants make
food.

Makes people feel
happier.

Damages the eyes.

Can cause skin
cancer.

Is a source of light.

UV Light

The sun emits (gives out) rays of light.

We can't see all the types of light that come from the sun.

The visible spectrum is the name for the light that we can see, and is made up of the colours of the rainbow:



Another type of light that the sun emits is called UV light.

UV light is invisible to humans, but we can see and feel its effects.

UV Light

Some UV rays are blocked by the ozone layer, but most of the UV light from the sun reaches us on earth.

The amount of UV light that reaches us depends on different things.

It is stronger at midday and in the summer.

If there are no clouds there is more UV light.

It also gets stronger nearer to the equator.

The location can make a difference too - water, sand and snow all reflect UV light, making it stronger.

UV light causes sun burn, wrinkles and skin cancer, damages the eyes and can change the colour of some materials.

'Seeing' UV Light

Work to set up an investigation to see the effects of UV light.

1. Cut out several shapes from black card.
2. Place them on a piece of coloured paper, and position them in a sunny spot for a week.
3. When you take the shapes off, you should see that the paper around the shapes has changed colour slightly.
4. The paper under the shapes will still look the same.
5. The UV light could not get to the paper under the shapes, so the paper under the shapes has not been damaged by the UV rays.

Protecting Your Eyes

To protect your skin from UV rays, you can cover up or wear sun cream.
But what can you do to protect your eyes?

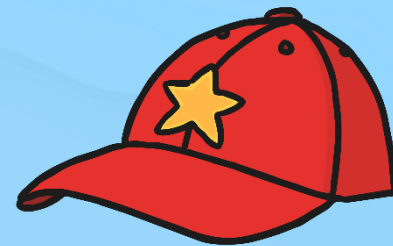
There are several things you should do to protect your eyes from the sun or other bright lights.

- You should wear sunglasses when out in the sun. Sunglasses have a UV rating to show how well they block UV rays. Make sure you get sunglasses with a high UV rating.
- Some sunglasses don't have a UV rating - these are really just toy sunglasses and don't protect your eyes. In fact, because they have dark lenses but no UV filter, the pupil opens wider, actually letting in more UV rays!

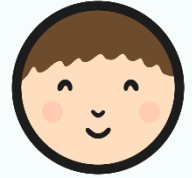


Protecting Your Eyes

- Wrap around sunglasses are best, as they cover more of the eye.
- You can also wear a hat with a wide brim to shade you eyes.
- Make sure you have regular eye tests to check your eyes.
- Even if you are wearing sunglasses and a hat, you should still never look directly at the sun.



Design Your Own!



Now you know how the sun can damage your eyes, and how to protect your eyes.

Your task is to create a leaflet explaining what a younger child needs to do.

Tell them why they need to wear sunglasses and/or a hat.

Explain about the effects of the sun, and how your sunglasses or hat can help protect against them.

