

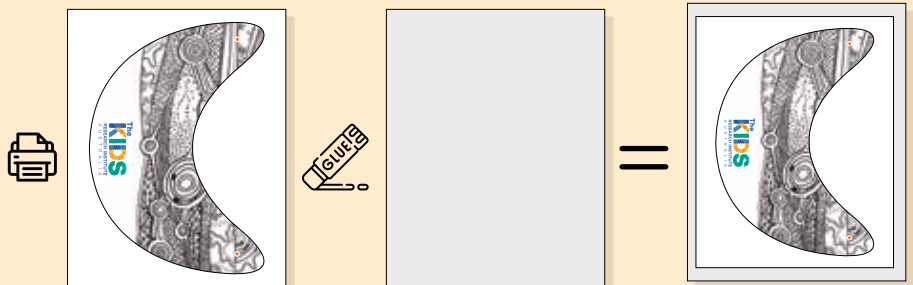
Being sun safe!

It's fun to play outside in the sun, but we need to be careful about protecting our skin from the sun's rays. We need a little bit of sun (it's great for Vitamin D!) but too much sun can damage our skin and cause health problems.

Our researchers at The Kids study how much we can expose our skin to the sun before it starts causing damage. Getting enough sunshine is also important for healthy bodies and our researchers are looking at what is the safest amount of sun, so that it is helpful and not harmful for us.

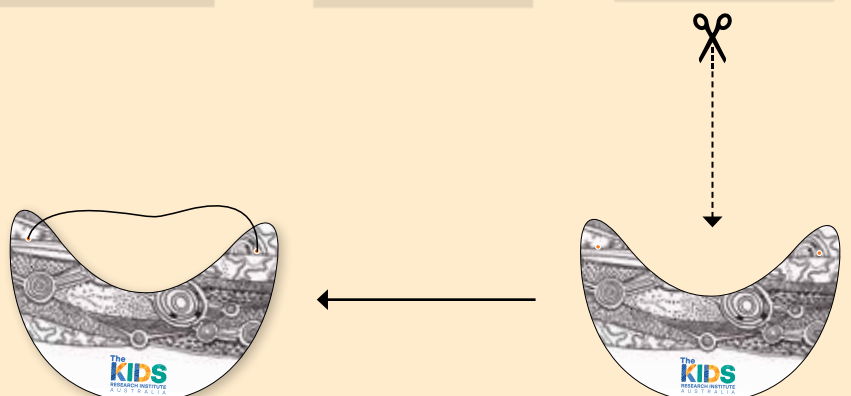
Follow the steps below to make a sun visor and always remember to wear a hat when you go out to play in the sun!

- 1) Print and stick the visor pattern to some cardboard (the side of a cereal box works well).



- 2) Colour it in or decorate it and then cut it out.

- 3) Punch out the two orange holes (you can use a hole punch) and attach some elastic or string.



Ask a parent or older sibling if you need help cutting or tying the elastic or string to the visor.

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