

Things you can do to be

SunSmart

Cover Up

Try to wear a hat and sunglasses when you're outside in the sun. Keep your shoulders covered with clothing too!



Find Shade

When you're outdoors why not find some shade to play under when your shadow is looking short?

Stay
COOL
in the
sun!



Wear Sunscreen

If you can, bring a bottle of sunscreen to school (at least factor 15). Every now and then, put plenty on to make sure your skin's protected.

SunSmart

www.sunsmart.org.uk

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