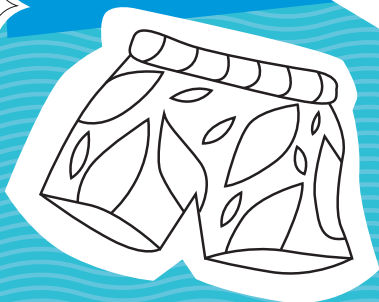


NATIONAL SUN AWARENESS WEEK

It feels like we've had an endless amount of rain this year, but very soon it's going to be the summer and it's probably going to get hot! Since next week (6-12 May) is National Sun Awareness Week, we thought we'd share some 'sun-believably' good advice on what you should do if you're going out on a sunny day. Have fun colouring in the designs below as you learn more about staying safe in the sun.

SLIP

Slip on light, loose clothes that cover as much of your skin as you can.



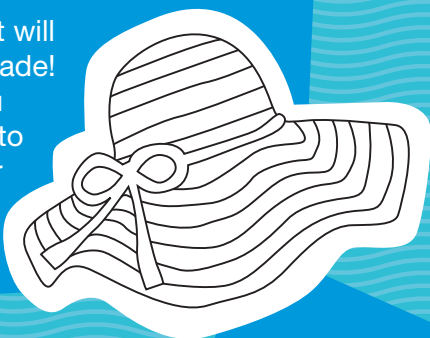
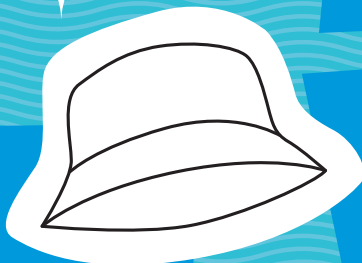
SLOP

Slop on plenty of SPF30 or higher sunscreen 30 minutes before you go out! Make sure that you put sunscreen on any parts of your skin that aren't covered by your clothes. Also, make sure that you put more sunscreen on every two hours, or every time after you've gone swimming.



SLAP

Slap on a hat that will provide lots of shade! Whatever hat you choose, it needs to provide shade for your face, nose, neck and ears.



SEEK

Seek shade, especially when the sun is at its strongest! Between the hours of 11am and 3pm, it's a good idea to not spend too much time in the sun. Instead, if you're at the beach you could sit under an umbrella. Or if you're in the park you could sit under a tree.



SLIDE

Slide on some sunglasses. This isn't just so that you look cool (although you definitely will)! Sunglasses help to protect your eyes from the sun! The best sunglasses for your eyes have wrap-around lenses, so ask your parents or carers to help you find a pair.



SLIP! SLOP! SLAP! SEEK! SLIDE! FOLLOW THESE TIPS AND HAVE AN AWESOME TIME PLAYING OUTSIDE!

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