



Splash Into Summer

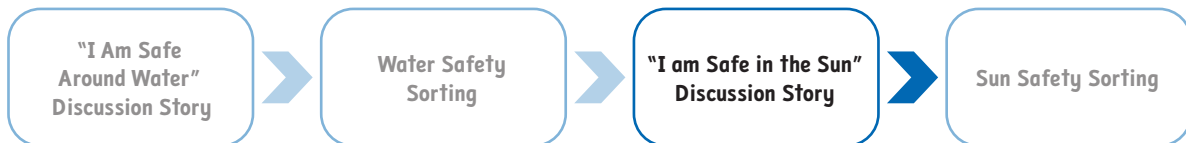
Social and Life Skills: Lesson 3 – “I Am Safe in the Sun” Discussion Story

Activity Goal:

Students identify ways to ways to be safe in the sun and hot weather.

Teaching Sequence:

This lesson is part of a four-lesson series, which is intended to be taught in the following order:



Materials:

Provided:

- “I Am Safe in the Sun” discussion story
- Response cards

Needed:

- Stapler or hole punch
- Ring for binding purposes (optional)
- Scissors

Preparation:

- I. Prepare the discussion story pages:
 - a. Print and laminate one set of the pages.
 - b. Assemble the story pages in order.
 - c. Staple the pages together, or hole-punch the top left corner of the pages and secure them together with a ring.
2. Print, laminate, and cut out the response cards.

Helpful Learning Tools

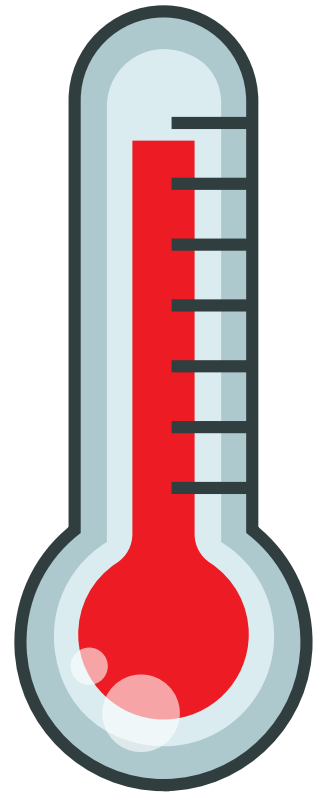
- Use the corresponding digital REEL as an alternative or complement to the printable materials.
- Review the Learning Differentiation Guide to individualize this lesson for each student’s learning level.

Instructions:

- I. Read the discussion story to the class:
 - a. Present each response card after reading the corresponding story page discussing ways to be safe in the sun and hot weather.
 - b. Have the students point to the picture and/or discuss sun safety.
Note: Use the response cards to elicit responses, and encourage students to give personal examples.
2. Repeat Step I until you have read all pages and students have discussed all ways ways to be safe in the sun and hot weather.



I Am Safe in the Sun

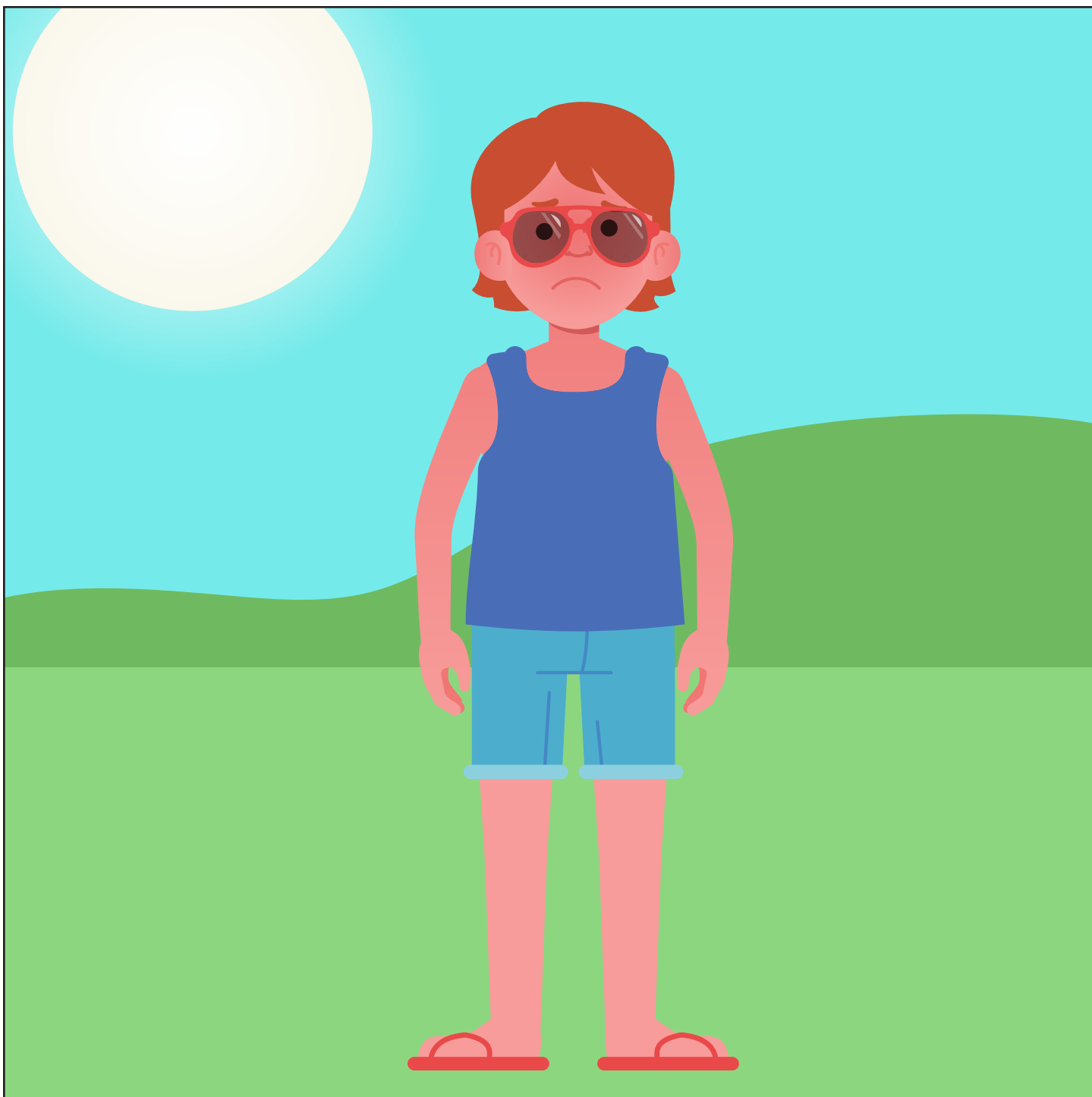


Many places have sunny or hot weather.

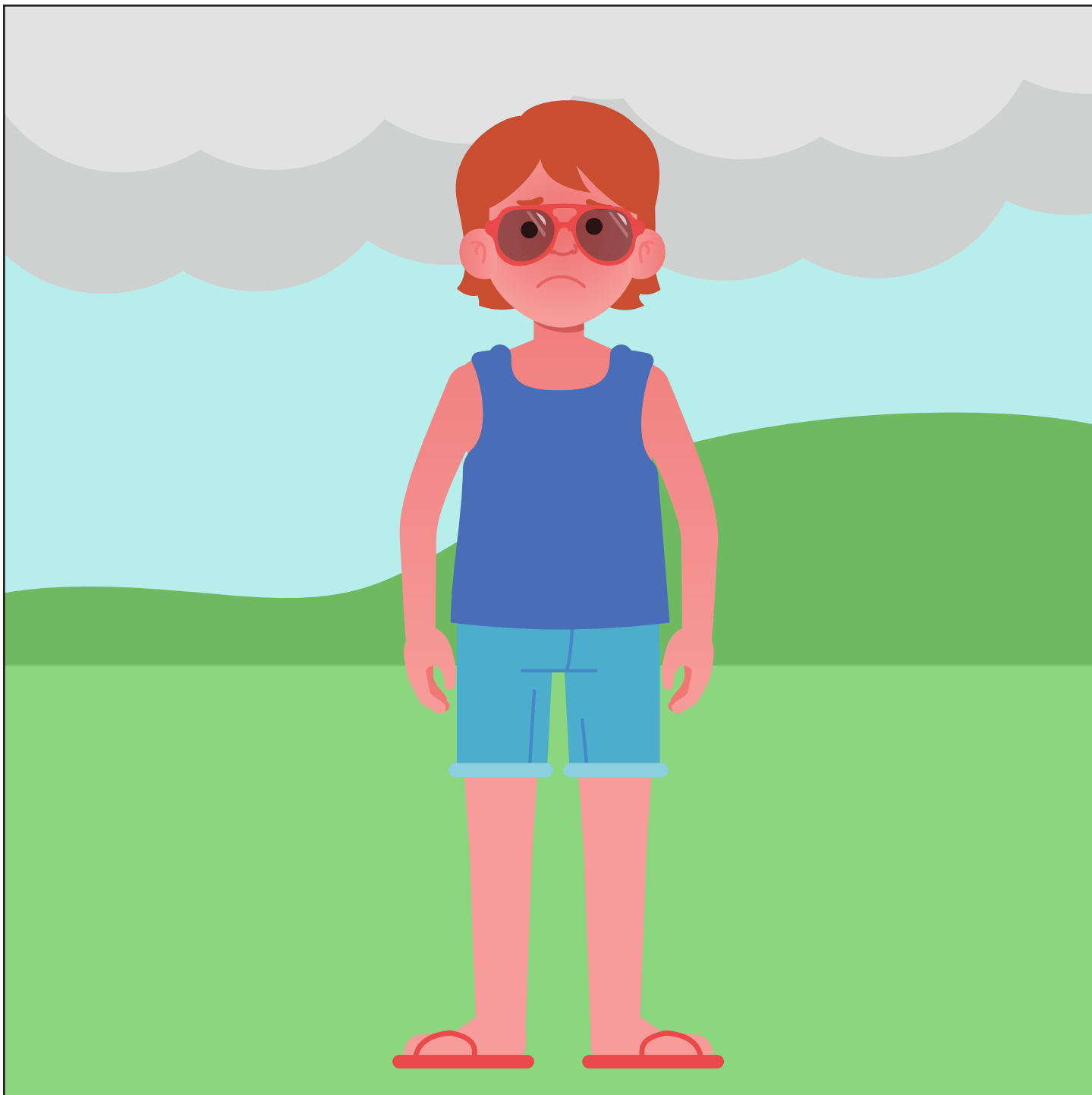




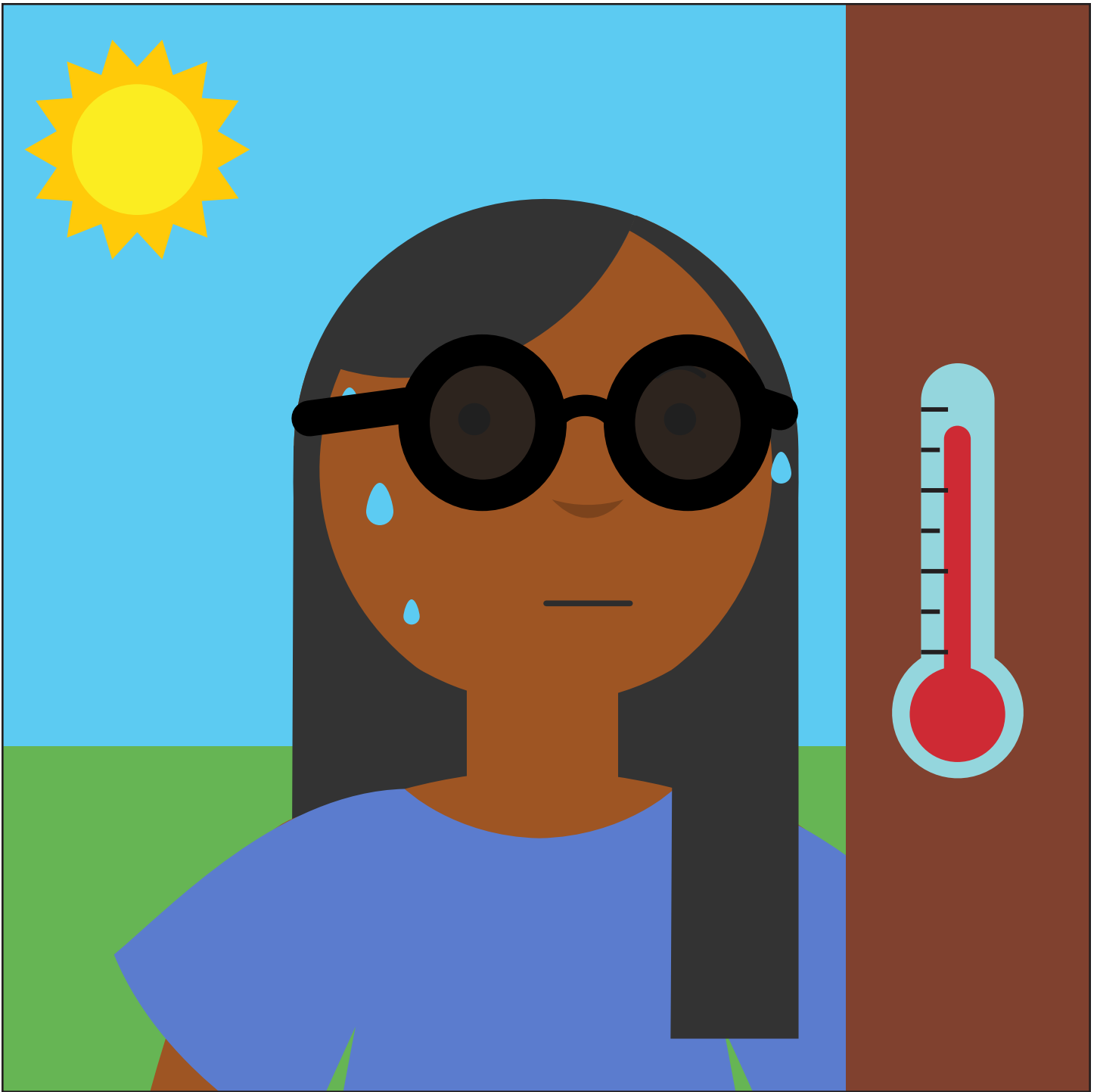
Being outside on a sunny or hot day can be fun! But it can also be dangerous.



The sun shines a powerful light that can hurt your eyes and skin. It can make your skin turn colors, become dry, and even make blisters. When these things happen to your skin, it is called a sunburn.



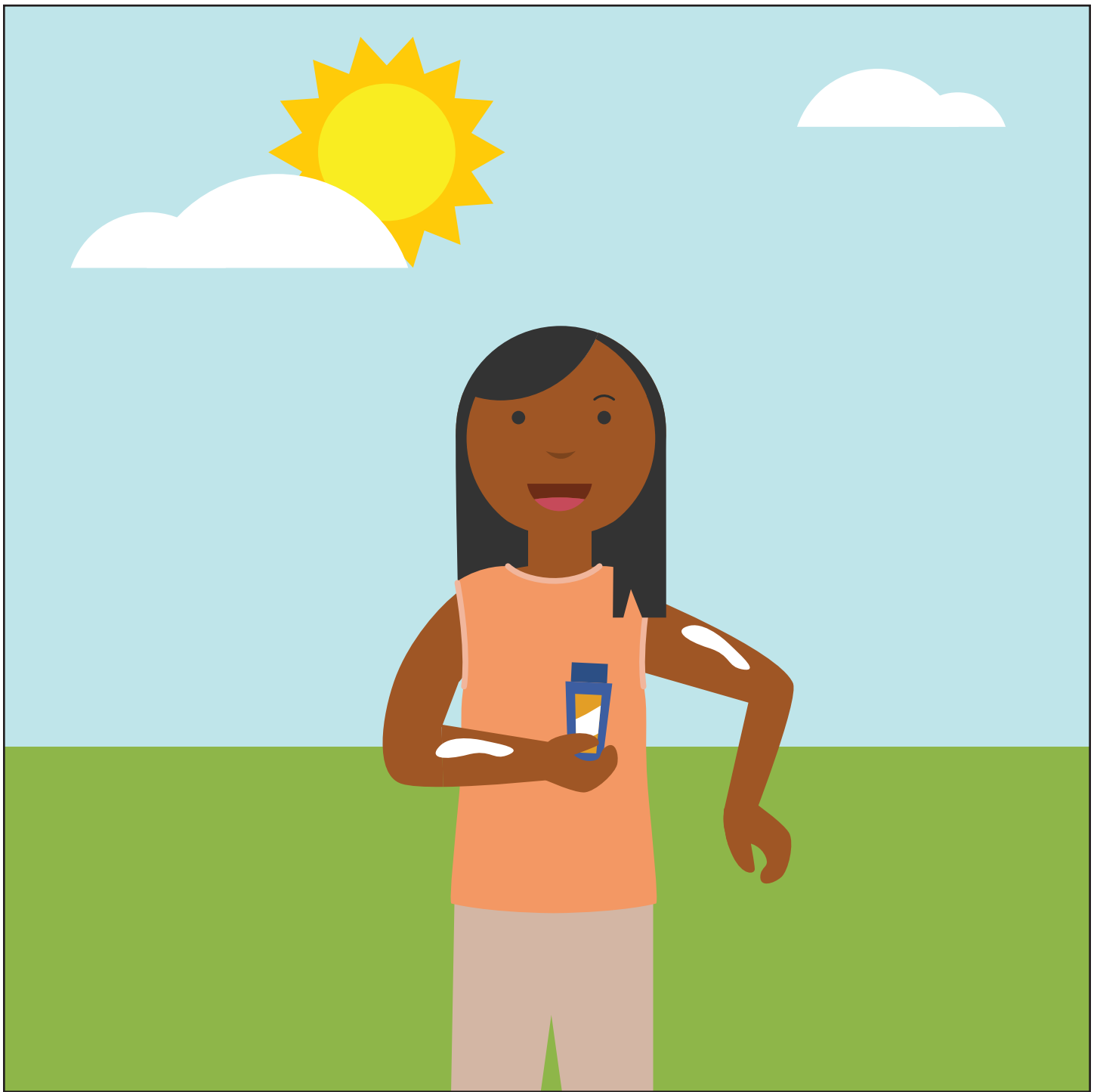
But the sun can also hurt your eyes and skin on days when it's not sunny!



Hot weather can hurt your body, too. Your temperature can get high, sort of like a fever, and it can be hard to breathe or make you dizzy.



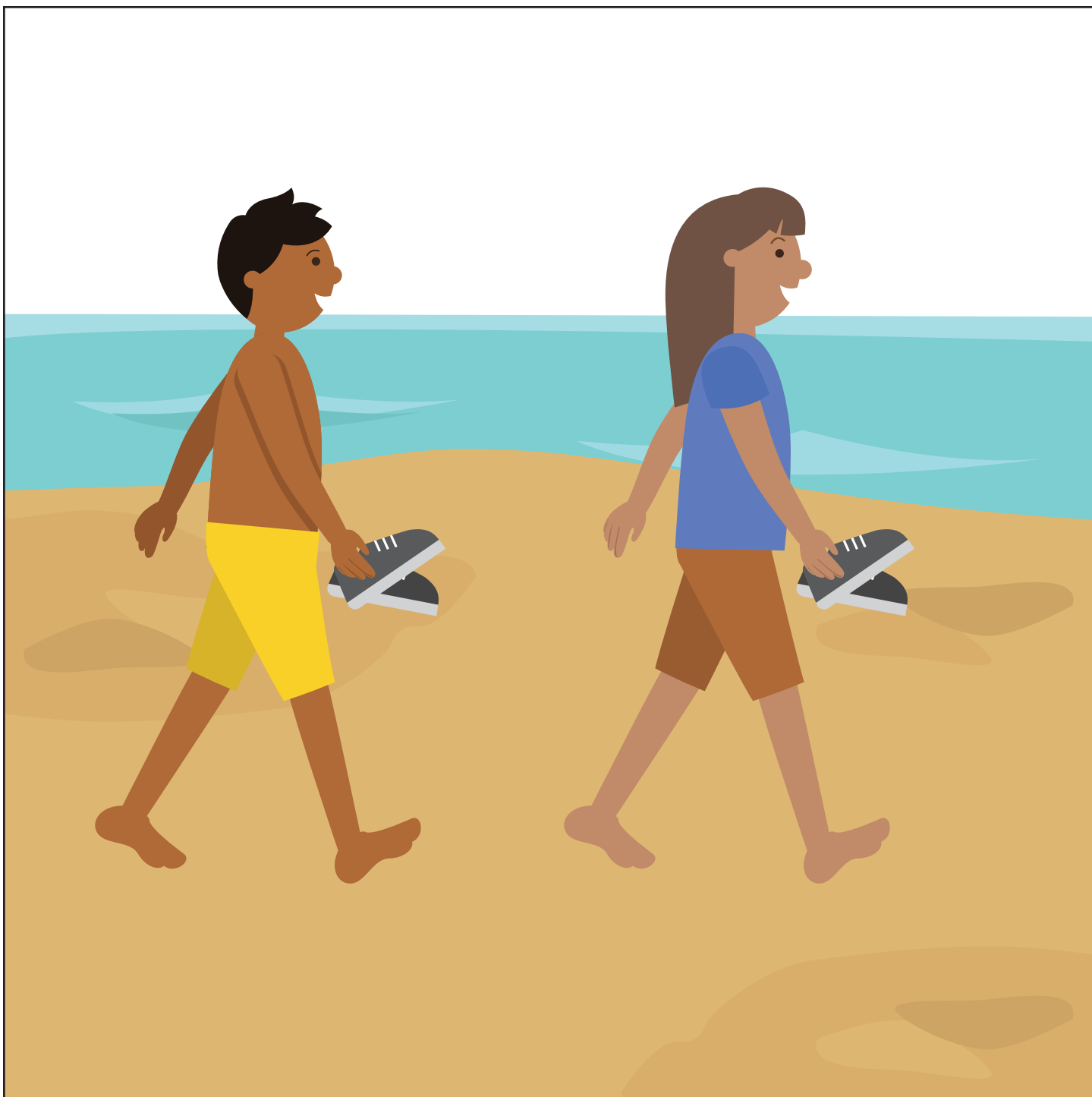
So, it is very important to be safe when you are in the sun and in hot weather.



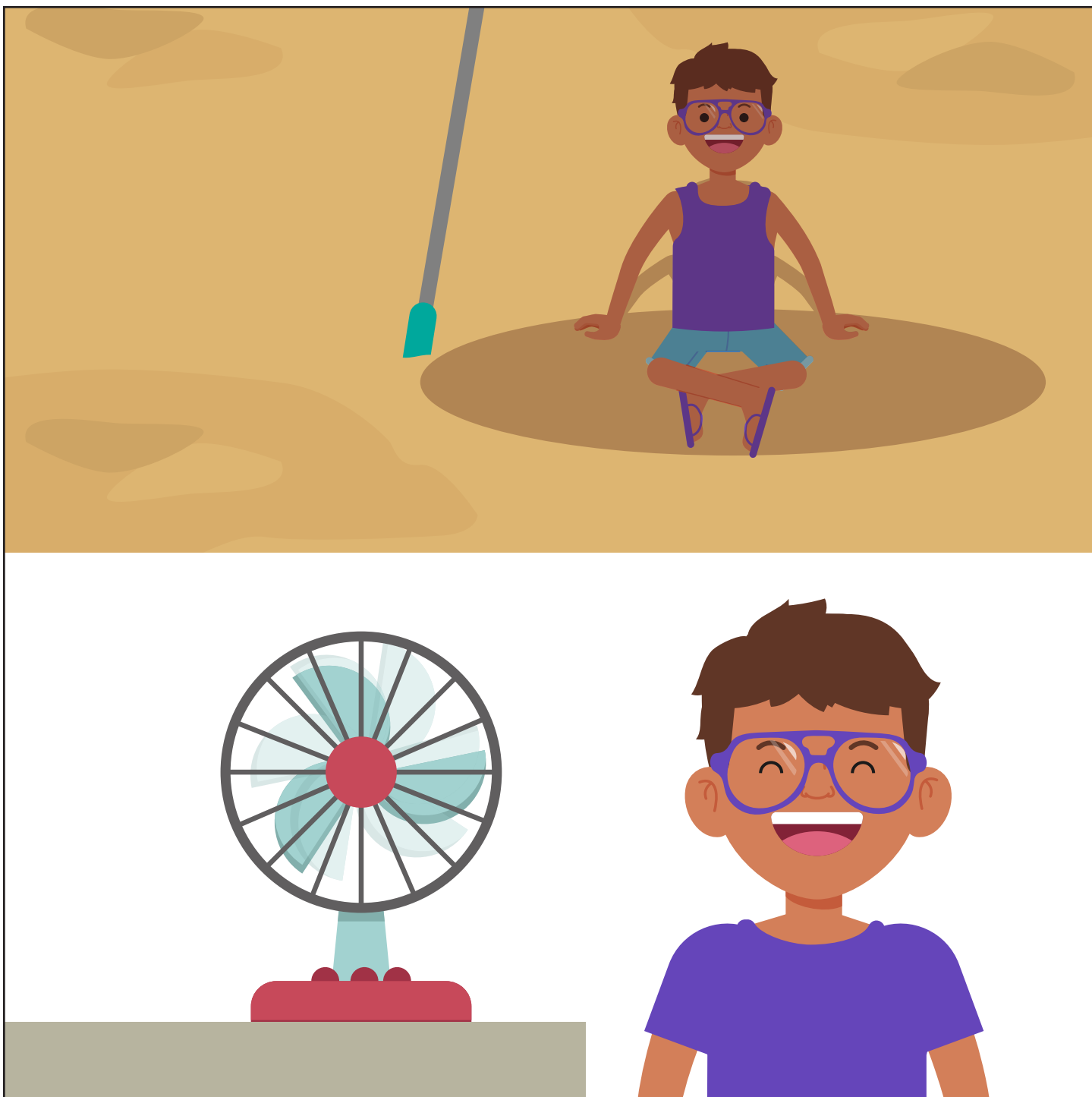
To stay safe in the sun, you should put sunscreen on your skin.



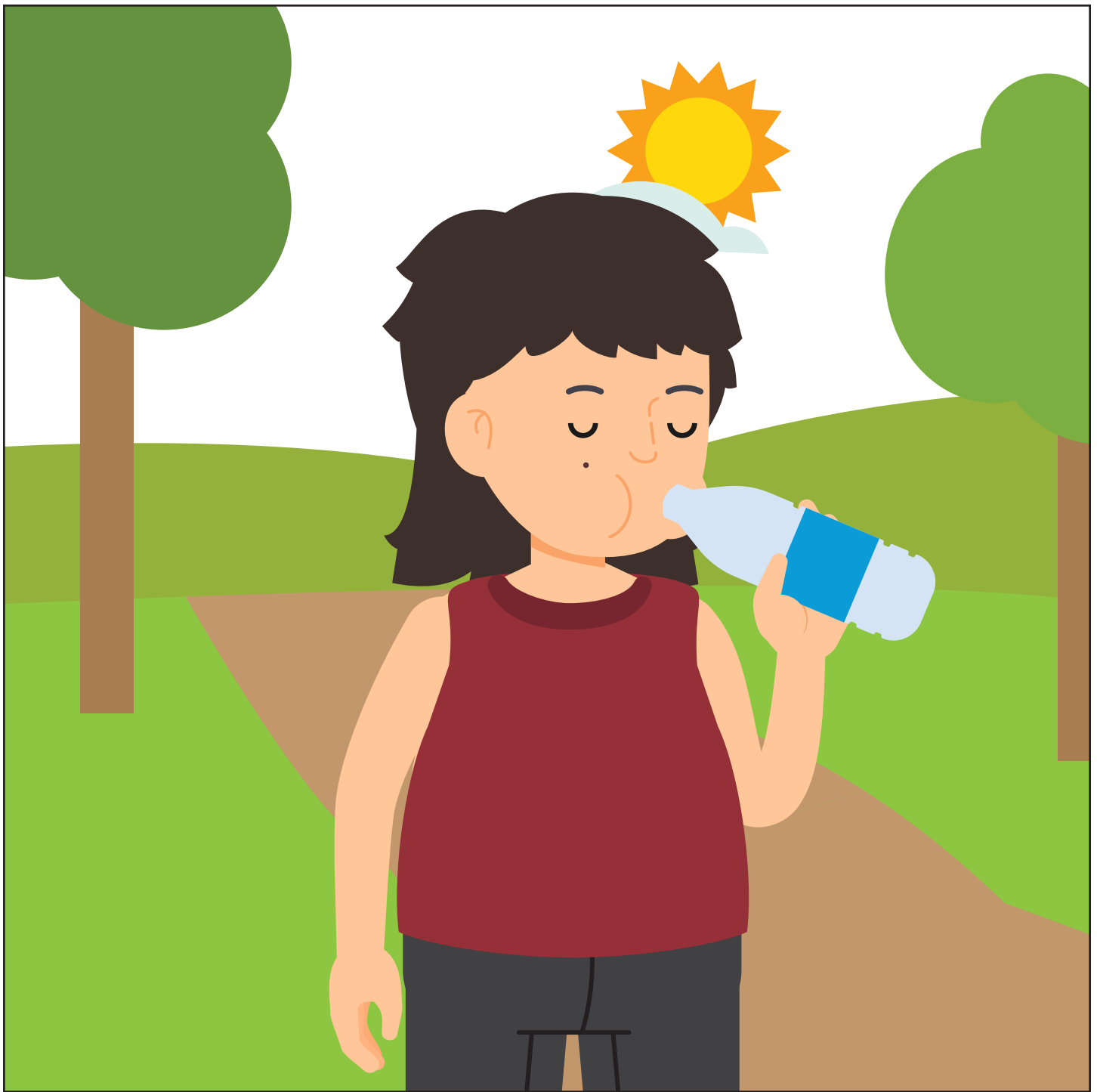
You should also wear a sun hat or sunglasses and dress in summer clothes like shorts and a tank top.



If you are going to play or exercise outside, you should do light exercise, like walking.

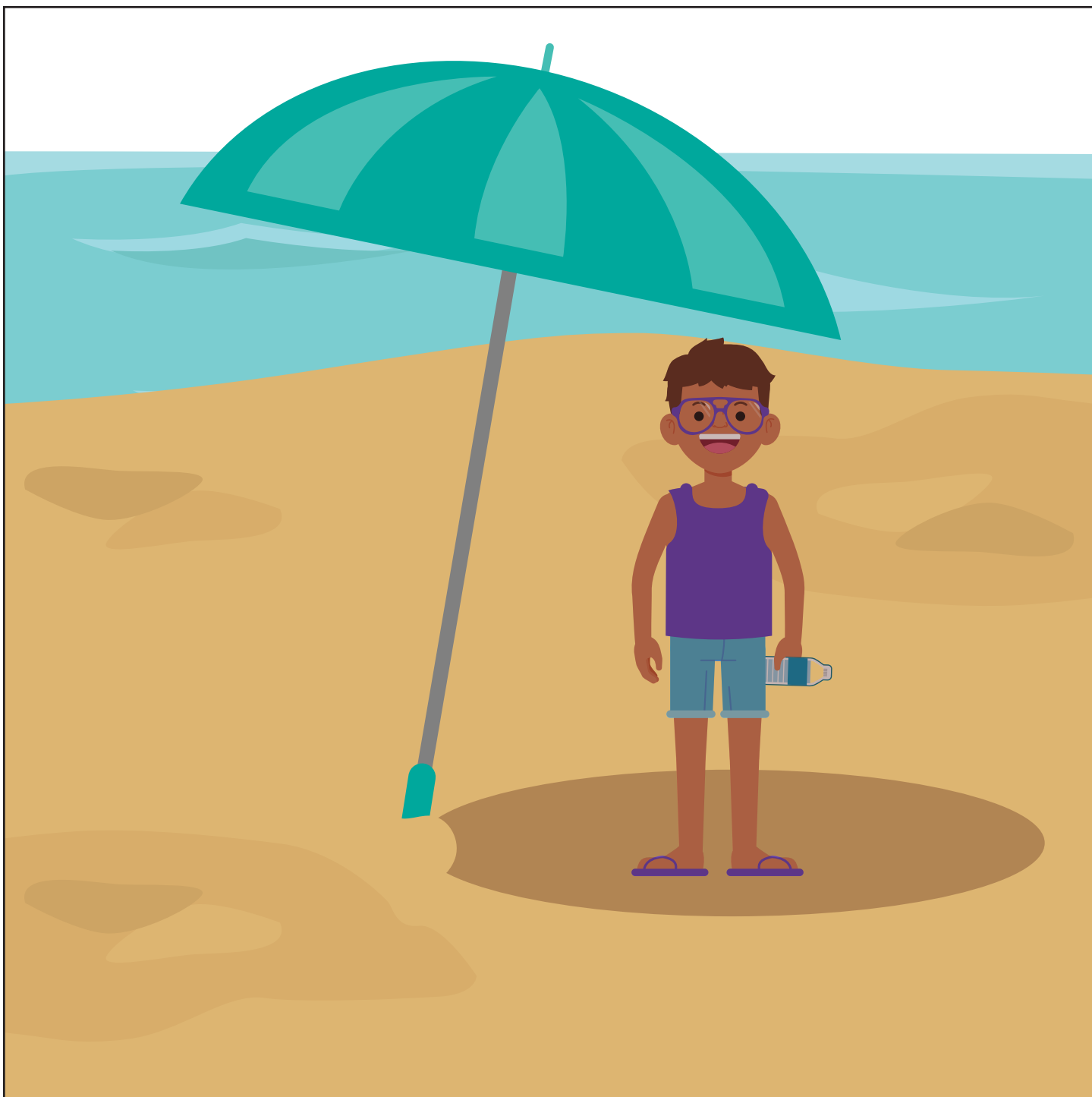


And you should take a lot of breaks in the shade or near a fan.



It is important to drink lots of water, too.





Now you're ready to be safe in the sun!



**Does it get hot and sunny
where you live?**

yes



no



I don't know

?



Can the sun be dangerous?

yes



no



I don't know

?





What should you put on your skin to keep it safe from the sun?

bug spray



sunscreen



deodorant

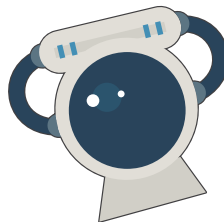


What should you wear to keep your eyes safe from the sun?

goggles



helmet



sunglasses





How else can you stay safe in the sun?

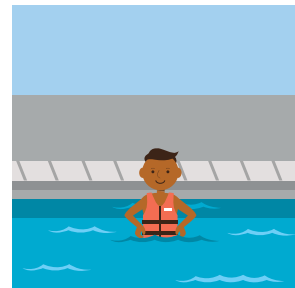
sit in the shade



play in a sprinkler



wear a life jacket



Is it important to drink water on hot days?

yes



no



I don't know

?

