SunSmart Activity Book
for kids
sunsmart.org.au
Hi everyone,
My name is Sid Seagull and my job is to help people just like you to protect their skin from becoming damaged by ultraviolet (UV) radiation from the sun.

Did you know that UV can damage your skin on cool and cloudy days as well as hot days? UV radiation is very different to temperature and weather, so make sure you don’t rely on these to guide you on when to protect your skin.

Instead, check when you need to protect your skin on the free SunSmart app or by visiting the Bureau of Meteorology website: www.bom.gov.au/sa/uv.

Remember!
When the UV is 3 and above protect your skin in five ways:

- **SLIP** on clothes that cover your arms and legs
- **SLOP** on SPF 30 or higher broad spectrum sunscreen. Remember to reapply every 2 hours
- **SLAP** on a broad brimmed hat, or one that covers your face, neck and ears
- **SEEK** shade
- **SLIDE** on close fitting, wraparound sunglasses.
Make a SunSmart hat

Protect your face, neck and ears with a broad brimmed, bucket or legionnaire hat when the UV is 3 and above.

1. Trace, or draw a circle from something in your room.
2. Cut the circle out.
3. Fold it in four.
4. Cut along one fold.
5. Decorate it.
6. Overlap the cut edges to form a cone.
7. Staple, or glue in place.
8. Attach a chin strap if desired.

Acknowledgment given to Cancer Council Victoria, SunSmart and VicHealth for original development of this activity.
Be SunSmart with Sid Seagull

Working at home
Maze champion

Help Sid Seagull find his way to the playground, beach, park and backyard. Collect the five SunSmart items along the way!

SLIP on clothing that covers your skin.
SLOP on SPF 30 or higher broad spectrum sunscreen before going outside. Remember to pack your sunscreen each day and get a buddy to help you reapply!
SLAP on a hat that shades the head, face, eyes, ears and neck. Don’t forget your hat each day so you can play outside in a sun-safe way.
SEEK shady spots in the playground.
Be SunSmart with Sid Seagull

Working in the garden
Can you solve the SunSmart crossword with the clues below? Don’t include spaces for answers with two words.

**Across**

4. Sunscreen should be applied generously. A _ _ _ _ _ _ _ _ (8) of sunscreen should be applied to the face, neck and ears and the same for each leg and arm, and the front and back of the body.

6. _ _ _ _ (5) on some sunglasses!

8. A _ _ _ _ _ _ _ _ (7) is redness, inflammation and blistering of the skin caused by overexposure to UV radiation.

11. Cancer Council recommends applying an SPF 30 or higher, _ _ _ _ / _ _ _ _ _ _ _ _ (5, 8) and water resistant sunscreen.

13. _ _ _ _ (4) shade!

**Down**

1. Sunscreen must be used within its expiry _ _ _ _ (4) and stored at a temperature less than thirty degrees.

2. UV radiation can’t be seen or felt and can still damage our skin on cool, _ _ _ _ _ _ (6) days. Don’t rely on temperature to guide your skin protection.

3. _ _ _ _ (4) on a shirt!

4. UV radiation levels are not related to _ _ _ _ _ _ _ _ _ _ _ _ _ (11) so even on cool days UV can still damage your skin.

5. _ _ _ _ (4) on a hat!

7. Ultraviolet (UV) radiation from the _ _ _ (3) can lead to wrinkles, skin blotches, skin damage, and skin cancer.

8. _ _ _ _ (4) on some sunscreen!

9. The _ _ _ _ (4) way to keep your skin protected is to use a combination of the five sun protection practices.

10. Sunscreen should be applied every _ _ _ _ (3) hours, and more frequently if swimming or perspiring. Don’t wait the 4 hours that is mentioned on the sunscreen bottle.

12. There is no such thing as a _ _ _ _ (4) tan! A tan is your body’s reaction to damaging UV radiation.

Answers on page 20
Be SunSmart with Sid Seagull

Surfing
SunSmart code detectives

Use your best detective work to solve the secret message below.

Clues

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Answers on page 20
Be SunSmart with Sid Seagull

At the beach
Create a portrait of yourself being SunSmart. Add your face, hair and anything else you like! Write your name on the banner to finish.

Acknowledgment given to SunSmart Victoria for original development of this activity.
Whenever the UV is 3 and above remember to:

- **Slip** on covering clothes
- **Slop** on SPF 30 or higher broad sunscreen
- **Slap** on a broad brimmed hat
- **Seek** shade
- **Slide** on some sunglasses.

Acknowledgment given to SunSmart WA for original development of this activity.
Spot the difference

Whenever the UV is 3 and above remember to:

- Slip on covering clothes
- Slop on SPF 30 or higher broad sunscreen
- Slap on a broad brimmed hat
- Seek shade
- Slide on some sunglasses.

Picture B

Answers on page 21

Acknowledgment given to SunSmart WA for original development of this activity.
Be SunSmart with Sid Seagull

Enjoying the day
Be SunSmart with Sid Seagull

Roller skating
Word find

P S P L Y T E H T A L E T J S
I R E A R D O S M A I I A K K
L N O E R N U O O C C S H T I
S L E T K W N O H N N E E U N
S I D S E A G U L L U L S M C
C H M G L C C J R C O K K B A
O K A E N O T A L I C C S R N
O G M D V I D I V T R E I E C
L Q W E E I H A O T E R R L E
X K R M A P R T R N C F Z L R
D U O T O T L I O Z N V E A Z
P L I L L U H M A L A S L A P
E O S U D S N E E R C S N U S
N S U N S M A R T S L I D E I
S E I N N U S K C E N Y X C W

CANCER COUNCIL
CLOTHING
CLOUDY
COOL
COVERUP
FRECKLES
HAT
MELANOMA
MOLE
NECK

NOSE
PROTECTION
RADIATION
RISKS
SEEK
SHADE
SHIRT
SID SEAGULL
SKIN CANCER
SLAP

SLIDE
SLIP
SLOP
SUNNIES
SUNSCREEN
SUNSMART
TREE
ULTRAVIOLET
UMBRELLA
WRAP

Answers on page 22

Acknowledgment given to Cancer Society New Zealand for original development of this activity.
Be SunSmart with Sid Seagull

Riding a bike
The SunSmart game

Place your button or counter at the start. Roll the dice and shift the number of places shown. If you land on ‘SunSmart’ or ‘Uncool’ read the reason and move the number of places. The first person to finish is the winner.

Acknowledgment given to Cancer Council Queensland for original development of this activity.
Be SunSmart with Sid Seagull

Playing in the shade
Complete the crossword by using the picture to help find the answers.

Acknowledgment given to Cancer Society New Zealand for original development of this activity.

Picture Puzzle

Answers on page 22
Crossword puzzle

1. DATACL
   2. TEASPOON
   3. SLAT
   4. TEAS
   5. SLIDE
   6. SLIDE
   7. SLEEP
   8. SUNBURN
   9. LEEAST
10. TWOS
11. BROADST
12. SPECTRUM
13. SEEK

SunSmart code detectives

We can’t see or feel UV radiation from the sun.

Use the daily sun protection times to find out when you need to protect your skin during the day.

When the UV is 3 and above slip, slop, slap, seek and slide!
Spot the difference

Missing 5 hats in B
Missing 2 sunnies in B
Missing 5 long sleeves in B
Missing an extra tree on the left in B
Missing an extra tree on the right in B

Missing 2 sunscreen tubes in B
Missing the fish toy in B
Missing the star fish toy in B
There’s an extra cup on the picnic blanket in B
The Sun has a sad face in B

Whenever the UV is 3 and above remember to:
- **Slip** on covering clothes
- **Slop** on SPF 30 or higher broad sunscreen
- **Slap** on a broad brimmed hat
- **Seek** shade
- **Slide** on some sunglasses.
Answers

Word find

Across: Shade, Sunglasses, Umbrella, Hat, Cricket
Down: Sunscreen, Sun, T-Shirt, Ball

Picture puzzle

Across: Shade, Sunglasses, Umbrella, Hat, Cricket
Down: Sunscreen, Sun, T-Shirt, Ball
What is a cancer screening test?
A cancer screening test is designed to look for early signs of changes in the body before a cancer has developed or to find cancer in the early stages before symptoms appear. A cancer screening test is done by people who are symptom-free. If changes are found early, there is a greater chance of successful treatment than if the disease was diagnosed at a later stage.
A positive test result usually means further investigation is required to determine the presence or absence of cancer.

The Australian Government offers three national cancer screening programs to assist in the detection of early signs of bowel, breast and cervical cancer.

For information and support about cancer:
- **call** Cancer Council 13 11 20
- **chat** online at cancersa.org.au
- **email** askanurse@cancersa.org.au.

This is a free and confidential service available Monday to Friday 8:30 am – 5:30 pm
Free translating service is available at 131 450 Translating and Interpreting Service.