

SUN CATCHER

Are you a SunSmart Superstar?

Test your friend's and family's knowledge of sun safety with this fun sun catcher!

Cut out the printed sun catcher below around the dotted lines and follow the instructions overleaf.

5 Q: What does UV stand for?
A: Ultraviolet radiation

10 Q: What do we 'slap' on?
A: A brimmed hat

Q: What do we 'slide' on?
A: Sunglasses

Q: What do we 'slip' on?
A: A shirt

Q: What do we 'seek'?
A: Shade

Q: True or false: a cap is good protection from the sun.
A: False

Q: What do we 'slop' on?
A: SLIP, SLOP, SLAP, SEEK, SLIDE
A: Sunscreen

Q: What are the five SunSmart S's?
A: SLIP, SLOP, SLAP, SEEK, SLIDE

8 Q: What do we 'slop' on?
A: Sunscreen

7 Q: What are the five SunSmart S's?
A: SLIP, SLOP, SLAP, SEEK, SLIDE

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Instructions and how to play:

How to fold your sun catcher

Once you have cut out your sun catcher around the dotted line to make a square, place it face down in front of you and follow the set of instructions from 1 to 9 below.

<p>1. Crease the paper by folding in half vertically and horizontally. Then unfold with the pictures face down.</p>	<p>2. With the pictures face down, fold all 4 corners into the centre of the paper.</p>	<p>3. Your sun catcher should now look like this:</p>
<p>4. Turn the paper over so the folds you have just made are face down.</p>	<p>5. Fold the corners in again so the points meet in the middle.</p>	<p>6. Your sun catcher should now look like this:</p>
<p>7. Now fold your paper in half vertically and horizontally.</p>	<p>8. Work your index fingers and thumbs into the 4 corners to form 4 points.</p>	<p>9. Your sun catcher is now finished and should look like this:</p>

How to play:

1. Find a friend, neighbour, family member or teacher and ask them to pick a number from one of the top flaps.
2. With your thumbs and index fingers in all 4 corners of your sun catcher, move the flaps in and out and from side to side the number of spaces your friend has picked.
3. Stop on the last number and ask your friend to pick one of the 4 SunSmart words that are shown.
4. In the same way as step 2, move the flaps in and out and side to side, spelling each word in the picture. For example, S-U-N-S-C-R-E-E-N = 9 MOVES.
5. Stop on the last letter and ask your friend to pick another picture.
6. Open up the chosen flap and ask the question hidden underneath.
7. If your friend gets it right, they get another turn.