



# SunSmart Activity Book

for kids

[sunsmart.org.au](http://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](http://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.



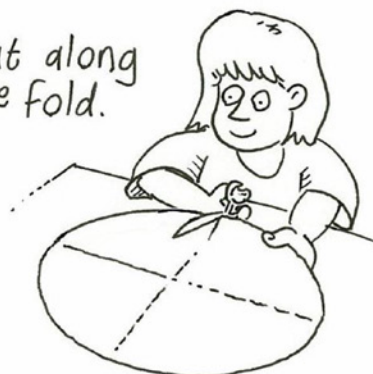
- ② Cut the circle out.



- 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.



# 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.  
**SLIDE** on sunglasses labelled AS 1067:2003.

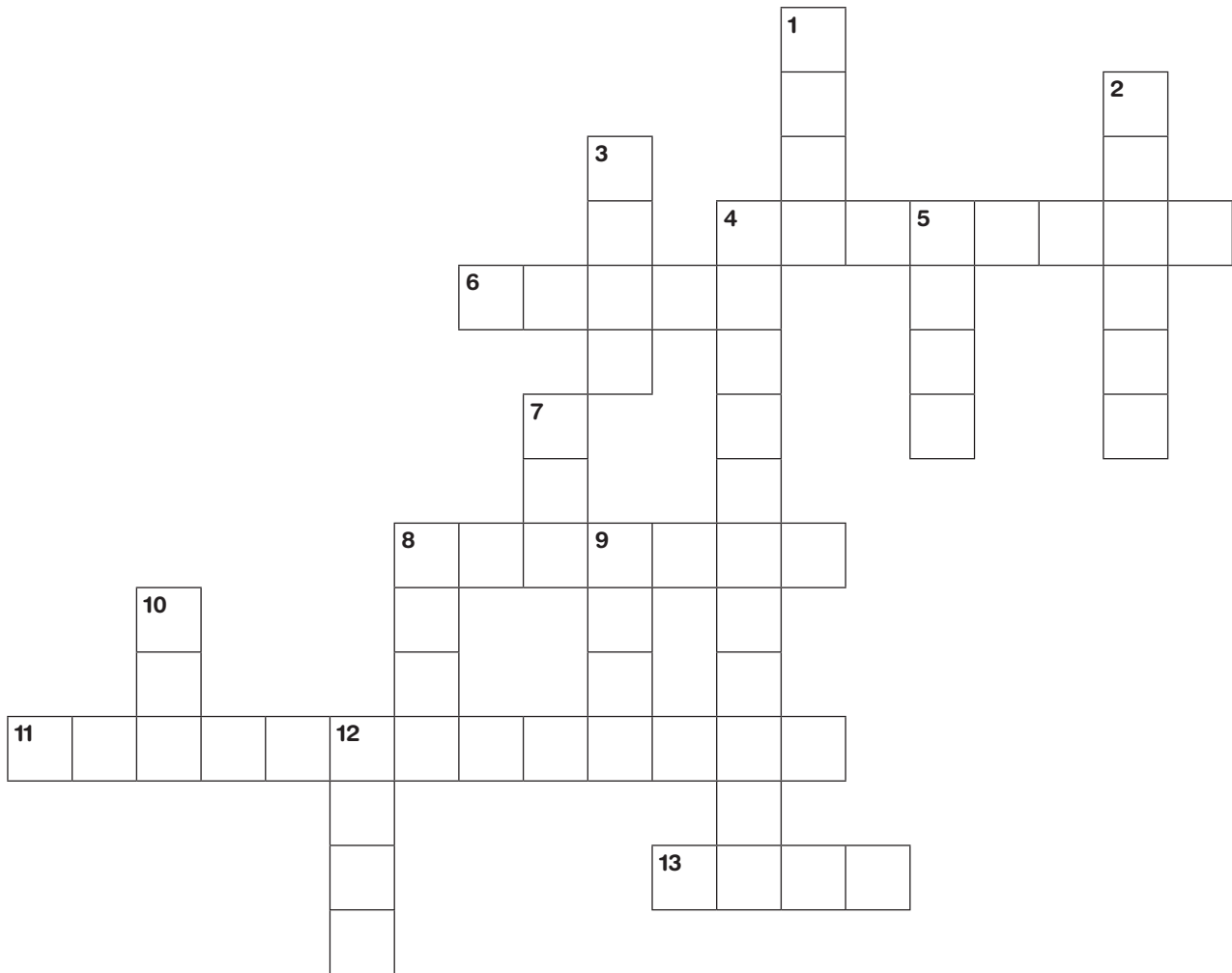


# Be SunSmart with Sid Seagull



Working in the garden

# Crossword puzzle



**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.**

$\odot \mathbb{M}$     $\mathfrak{M} \mathfrak{S} \blacksquare' \blacklozenge$     $\blacklozenge \mathbb{M} \mathbb{M}$     $\square \square$     $\bowtie \mathbb{M} \mathbb{M} \bullet$     $\blacklozenge \otimes$     $\square \mathfrak{S} \mathfrak{S} \mathfrak{H} \mathfrak{S} \blacklozenge \mathfrak{H} \square \blacksquare$

♂ □ □ ○    ♦ ⚡ ♀    ♦ ♦ ■ .

◆◆♭ ◆◆♯♭ ♯♭⊕⊗⊙⊠ ◆◆◆ ◆◆◆◆◆♭♭♭◆◆♭⊕⊗⊙⊠

◆ ⋈ ○ ♀ ◆   ◆ □   ⚡ ⋈ ■ ♀   □ ◆ ◆   ◆ ⚡ ♀ ■   ☒ □ ◆   ■ ♀ ♀ ♀

◆□ □□□◆♣♠◆ ♠□◆□ ♠↗♠■ ♠◆□♠■♣ ♠♣♣ ♠♣♣♠.

$\odot \approx \mathfrak{M} \blacksquare$     $\blacklozenge \approx \mathfrak{M}$     $\blacklozenge \otimes$     $\bowtie \blacklozenge$     $\blacklozenge \approx \square \mathfrak{M} \mathfrak{M}$     $\circlearrowleft \blacksquare \underline{\mathfrak{M}}$     $\circlearrowleft \square \otimes \mathfrak{M}$

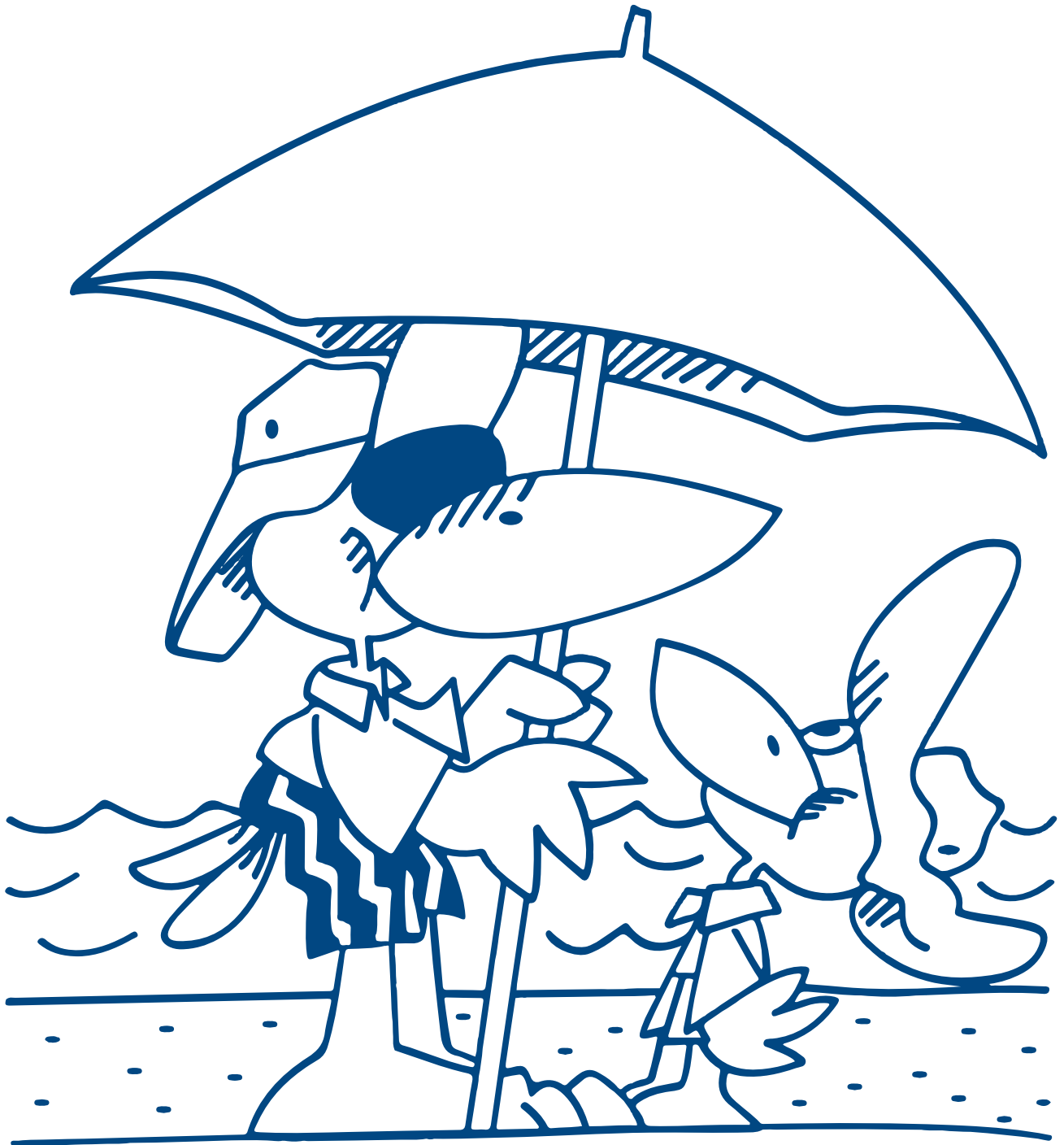
◆●✕□, ◆●□□, ◆●☉□, ◆♁♁↗ ☉■⚡ ◆●✕⚡♁!

## Clues

<b>a</b>	<b>e</b>	<b>i</b>	<b>o</b>	<b>u</b>	<b>s</b>	<b>n</b>	<b>c</b>	<b>t</b>	<b>r</b>
ᐃ	ᐅ	ᐇ	ᐊ	ᐆ	ᐄ	ᐅ	ᐇ	ᐆ	ᐊ

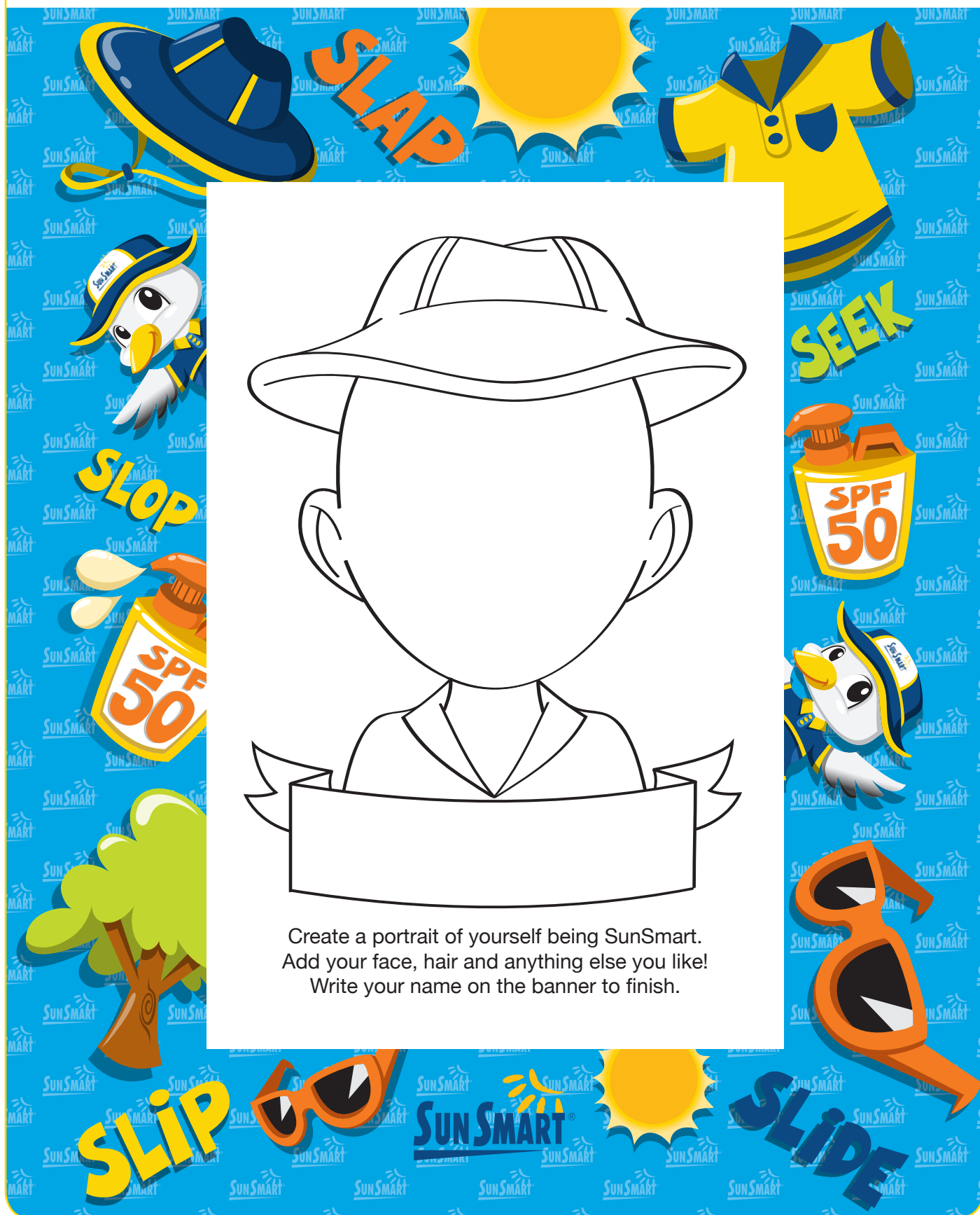
**Answers on page 20**

# Be SunSmart with Sid Seagull



At the beach

# SunSmart portrait



Acknowledgment given to SunSmart Victoria for original development of this activity.

# Spot the difference

There are 19 differences between picture A and picture B – can you find them all?



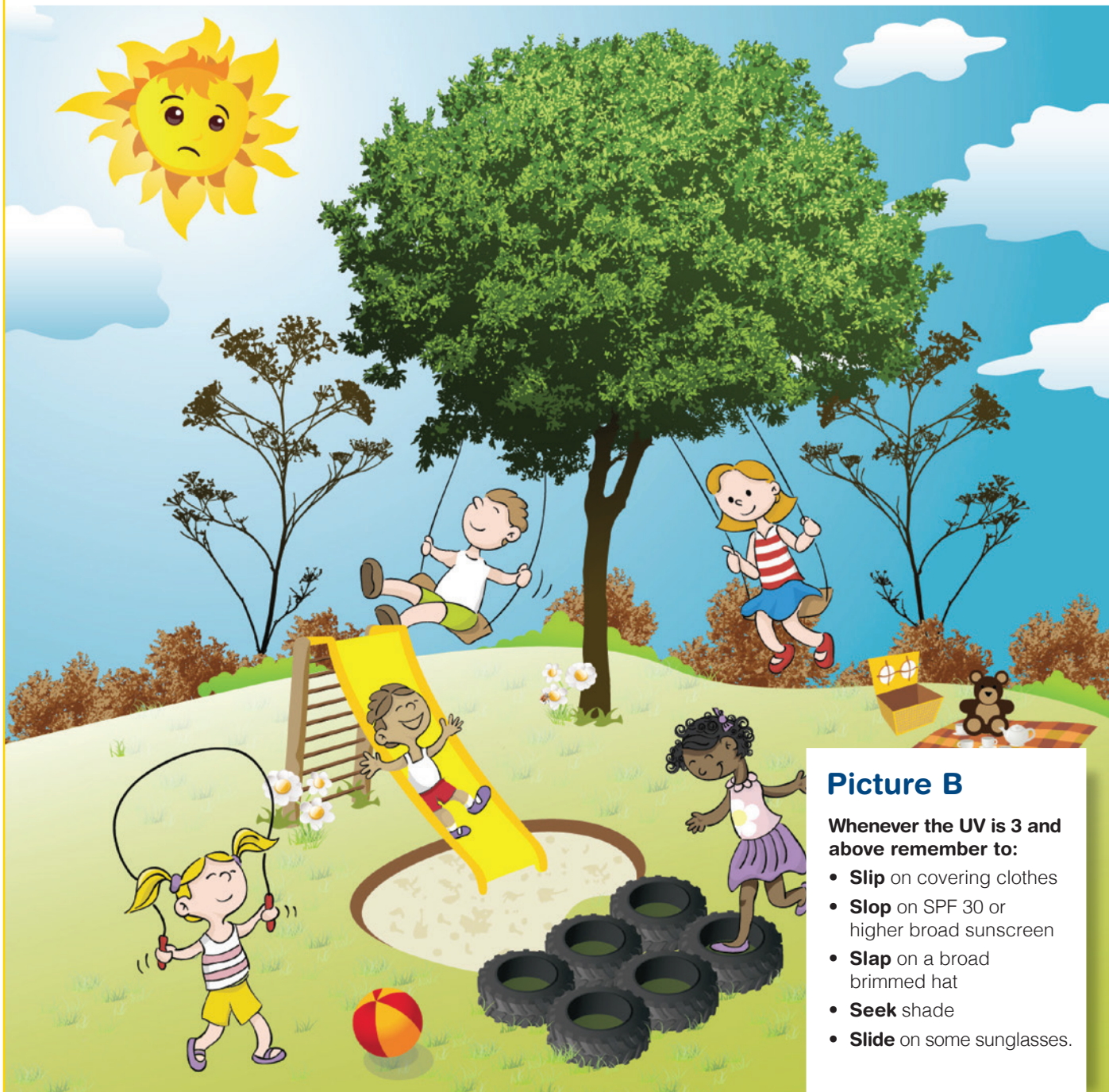
## Picture A

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



## Picture B

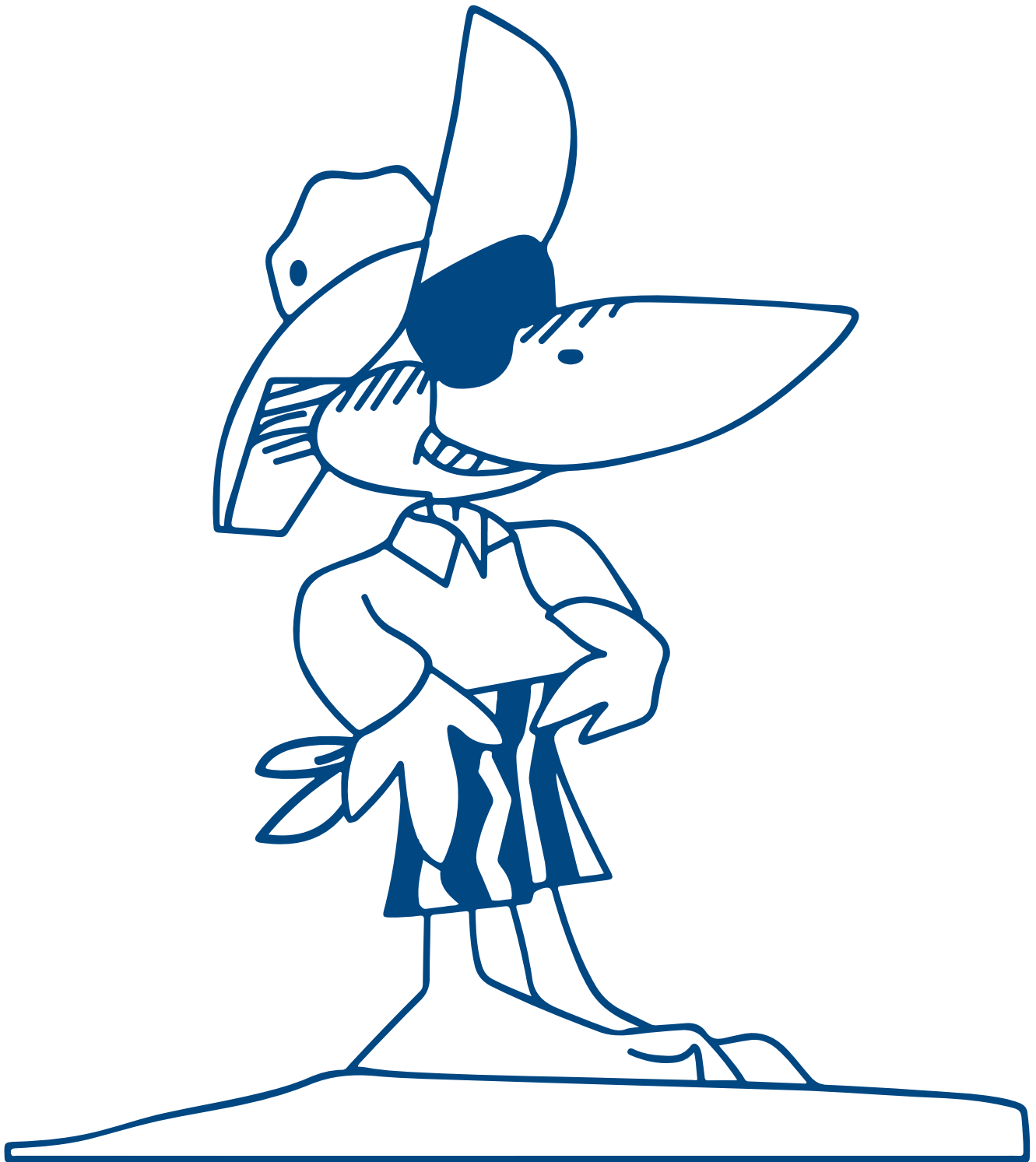
Whenever the UV is 3 and above remember to:

- **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 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

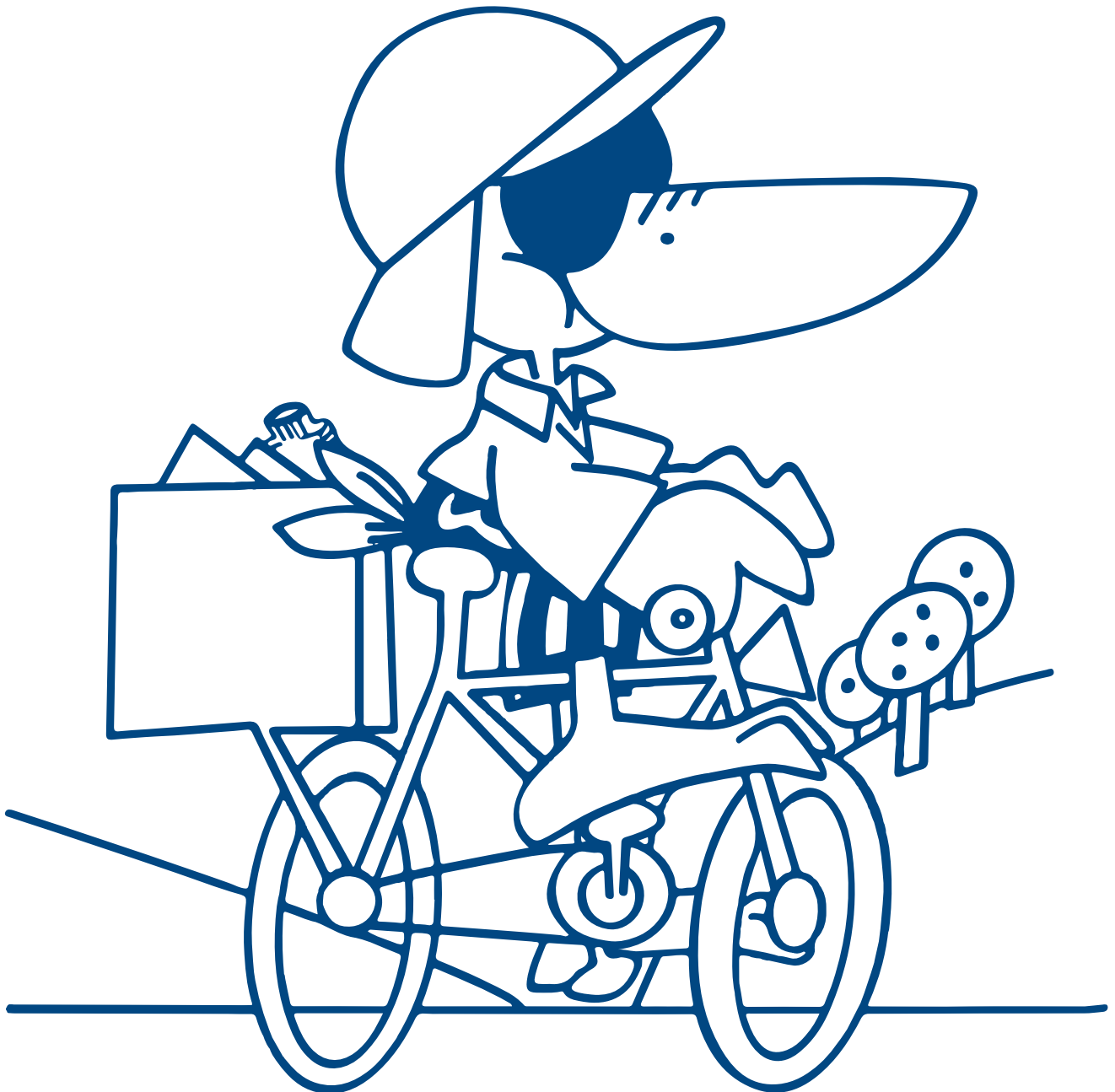
ULTRAVIOLET

UMBRELLA

WRAP

Answers on page 22

# 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

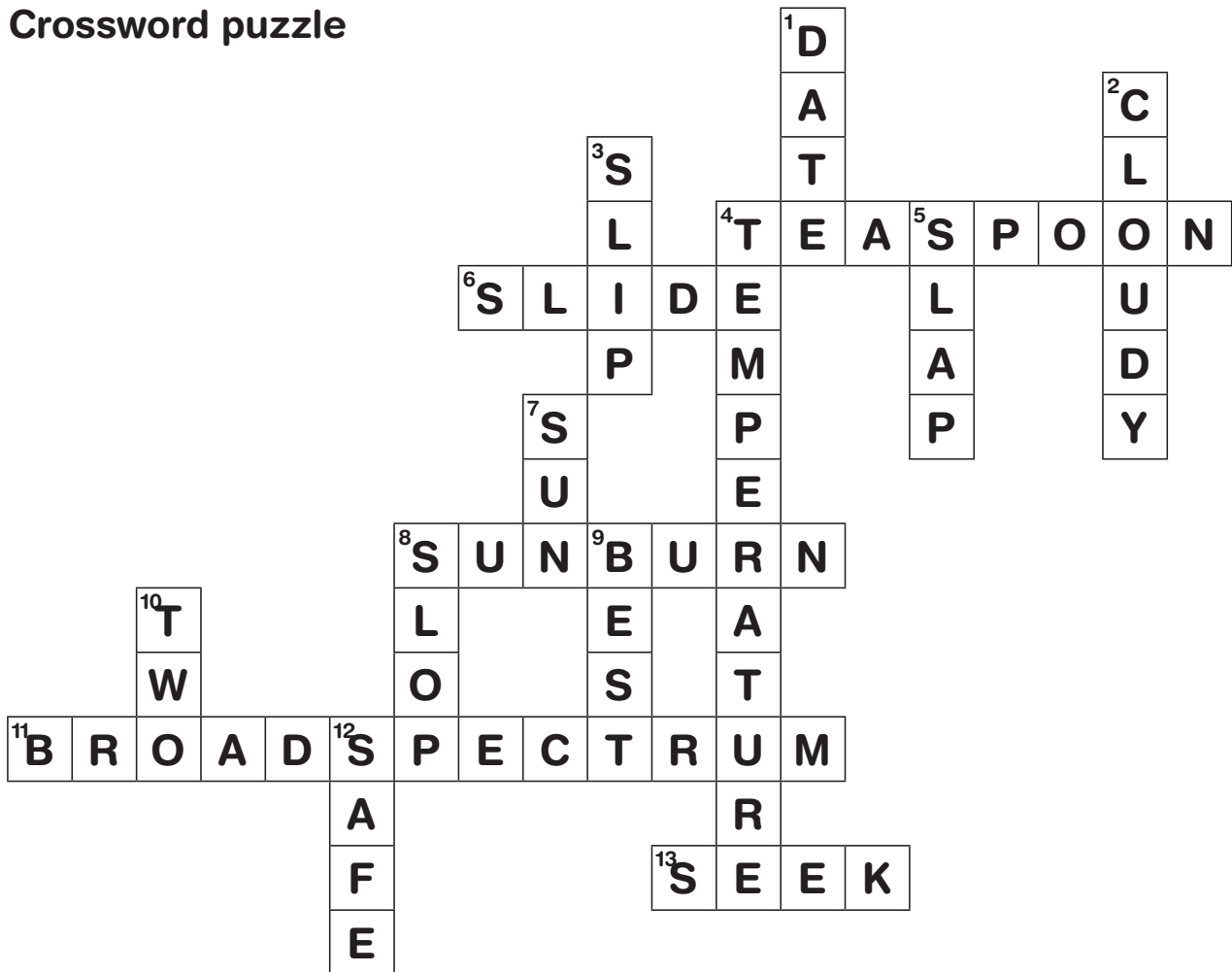


Playing in the shade

**Answers on page 22**

# Answers

## Crossword puzzle



## SunSmart code detectives

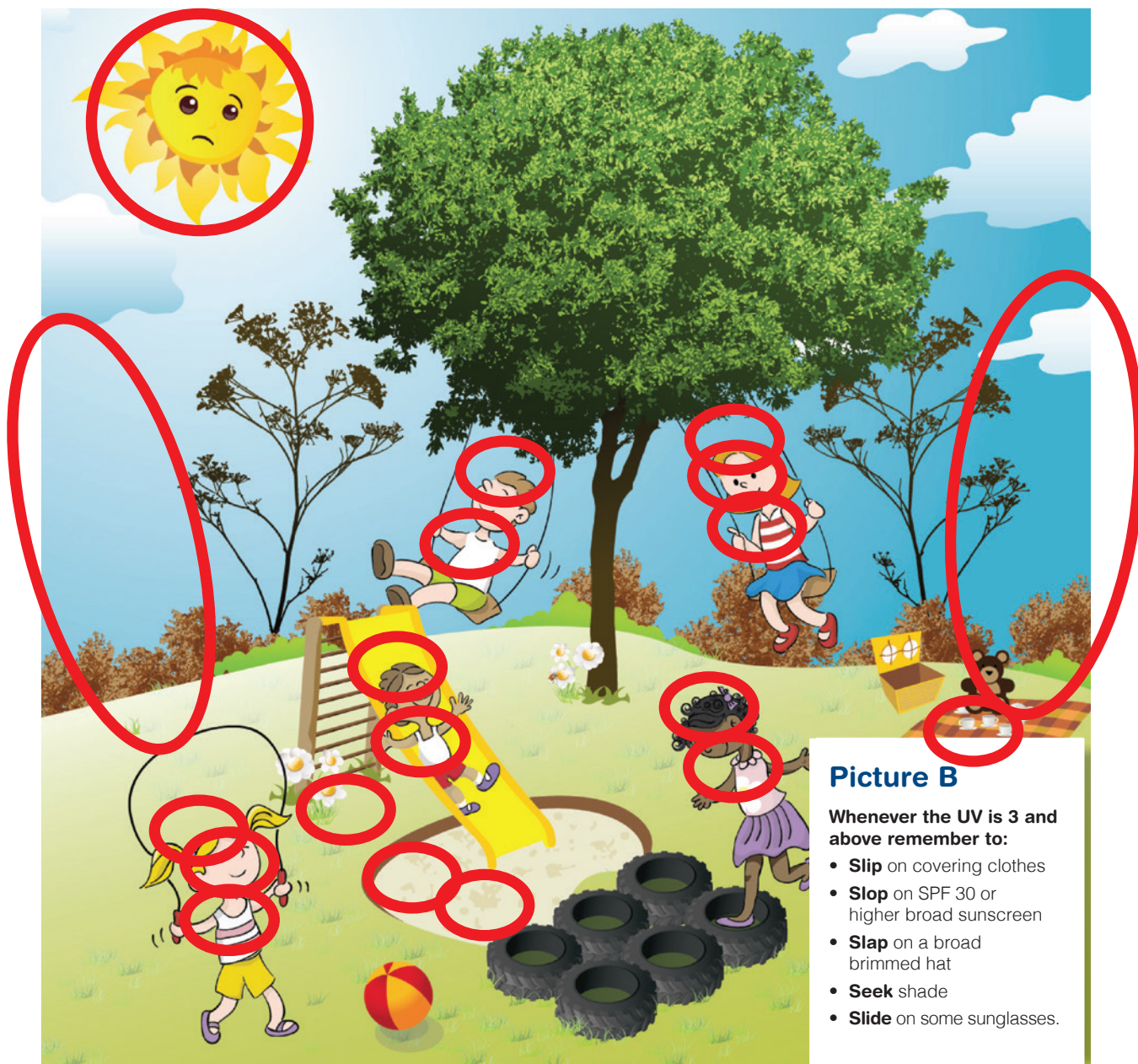
We can't see or feel UV radiation from the sun.

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!

# Answers

## Spot the difference



### Picture 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.

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

# Answers

## Word find



## Picture puzzle

Across: Shade, Sunglasses, Umbrella, Hat, Cricket

Down: Sunscreen, Sun, T-Shirt, Ball



For information and support about cancer:

- **call** Cancer Council 13 11 20
- **chat** online at [cancersa.org.au](https://cancersa.org.au)
- **email** [askanurse@cancersa.org.au](mailto: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.

202 Greenhill Road  
Eastwood SA 5063  
PO Box 929,  
Unley BC SA 5061

t 08 8291 4111  
f 08 8291 4122  
[askanurse@cancersa.org.au](mailto:askanurse@cancersa.org.au)  
**[cancersa.org.au](https://cancersa.org.au)**