



DRESS TO IMPRESS

Colouring, cutting and sticking fun

George and Alice are going to the park to play, it's a hot sunny day so they need to remember the five S's of sun safety and dress in the right clothes that will help protect them from the sun. Can you help George and Alice get dressed?

Choose the correct clothing from the items below, colour them in, cut them out and stick them on the picture of George and Alice overleaf. Remember, they must take their sunscreen with them, but which one's are correct?

To help you choose the correct items, here are the five S's of Sun Safety: SLIP, SLOP, SLAP, SLIDE, SHADE

1. SLIP on a T-shirt that will keep shoulders covered as they can easily burn
2. SLOP on sunscreen (minimum SPF 30, with high/broad-spectrum UVA protection)
3. SLAP on a broad brimmed hat that will shade your face neck and ears
4. SLIDE on sunglasses to protect your eyes
5. SHADE from the sun whenever possible, particularly between the hours of 11am - 3pm

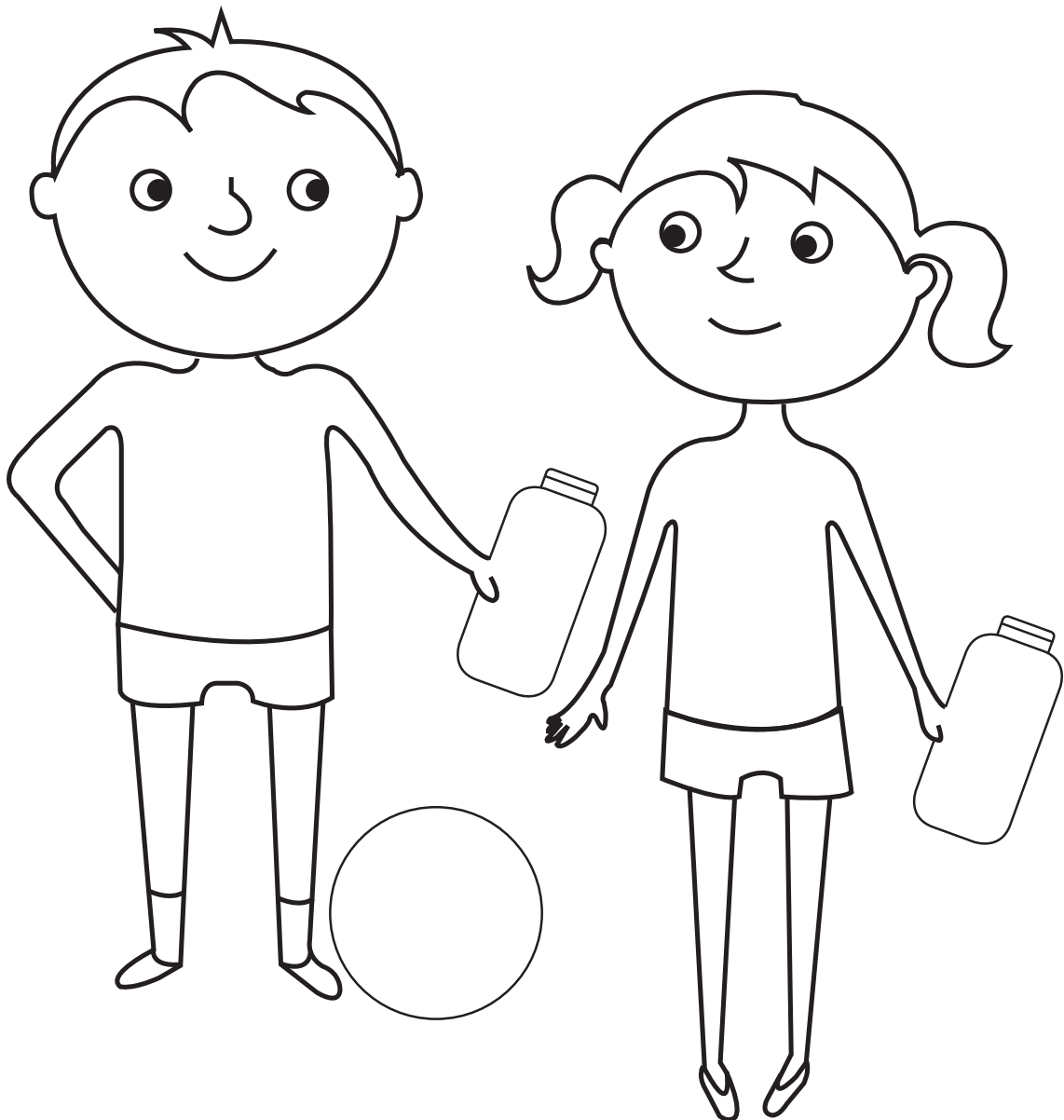
Once you have dressed George and Alice, can you circle all the areas that they must apply their sunscreen to? And can you complete your sun safe picture by drawing in the park in the background, as well as something that will help to shade them?





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My Sun Safe Picture



Name: _____ Age: _____