

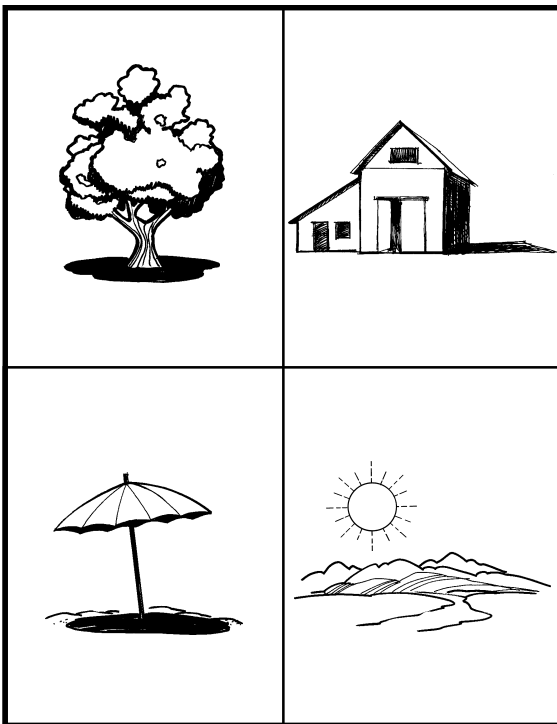
ACTIVITY

SHADE HUNT

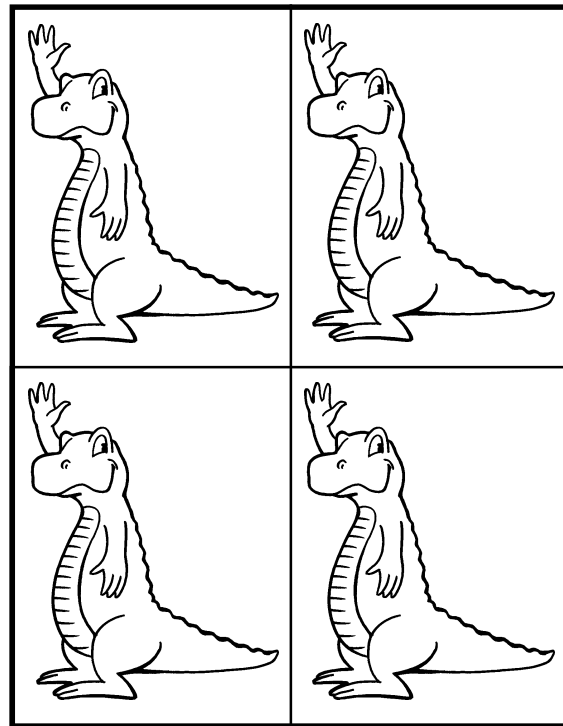
DOING THE ACTIVITY

1. Ask your child to talk to you about how he or she can protect his or her body from the sun. Your child should tell you that natural (trees) or artificial (hats, umbrellas, canopies) shade can protect him or her from the sun.
2. Have your child look at the pictures provided for this exercise (attached worksheet). Ask your child to circle those pictures that show shade.
3. Discuss with your child similar shady areas that can be found in your home's backyard. If it is still light outside, walk around your yard and have your child point out the shady areas in your backyard.
4. **Optional exercise:** Cut out pictures of Alex the Alligator (attached worksheet). Attach the pictures of Alex the Alligator to a stick (use tongue depressors or paint stirring sticks). As you walk around your backyard with your child and identify areas of shade, have your child place Alex in one of the shady areas.
5. Reinforce that shaded areas provide protection from sunburn, sun damage, and keep our bodies cool.

SHADE HUNT

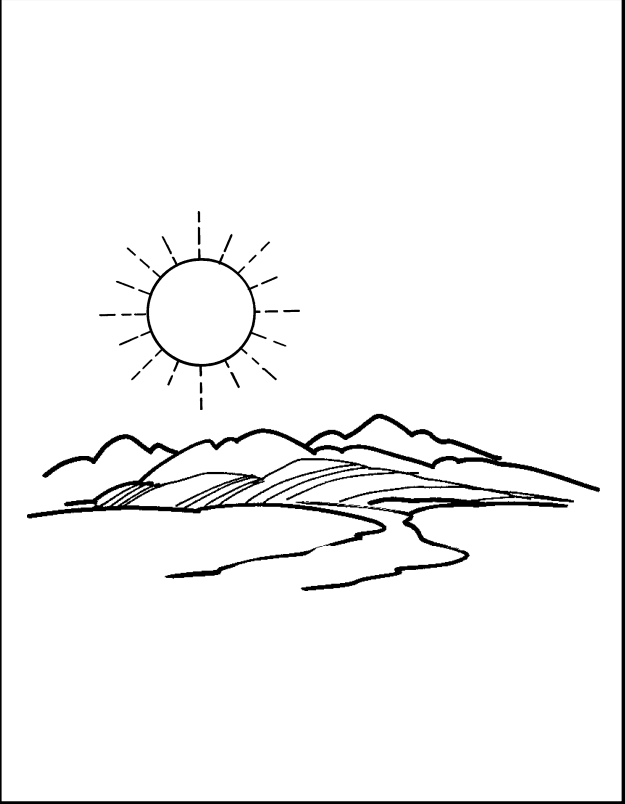
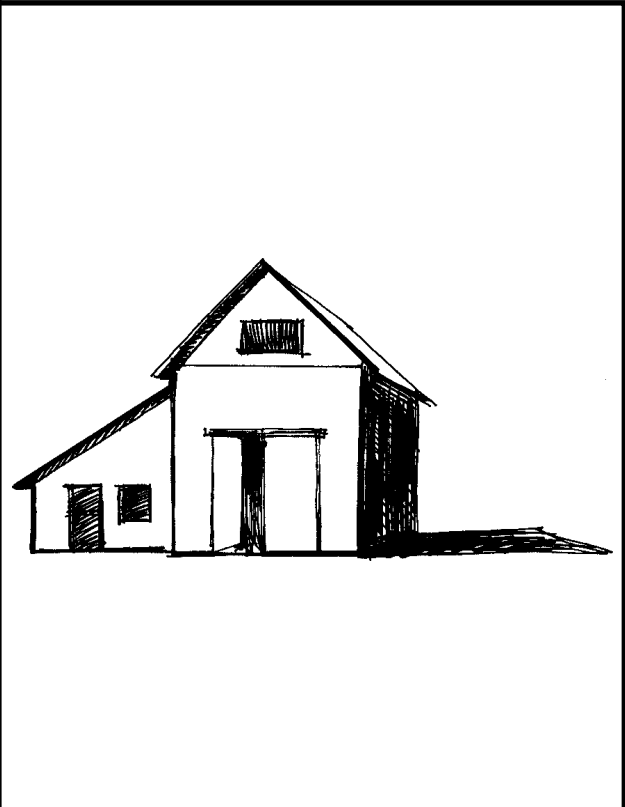


ALEX THE ALLIGATOR



See the full-size worksheets on the following two pages.

SHADE HUNT



ALEX THE ALLIGATOR

