



Science IRL (in real life)

SUN SAFE



WHAT YOU NEED:

- Sunscreen (30+ SPF)
- Colorful construction paper
- Paint Brush
- Small bowl or cup
- A sunny day

WHAT YOU WILL DO:

1. Pour 30+SPF sunscreen into a small bowl.
2. Use the paintbrush to create a shape or image on the paper (Think star, smiley face)
3. Set the artwork on a sunny windowsill or outside (hold the corners down if needed)

**COME BACK LATER
TO SEE WHAT HAPPENS!**

OBSERVE THE SCIENCE IN REAL-TIME:

Talk with a grown-up.

Report your findings at:

30 minutes

1 hour

2 hours

What did the sun do to the paper?

What did the sunscreen do to the paper?



DEEPER THINKING

Why did that happen?

What happens when you wear
sunscreen on your skin?



SUN SAFE

Tips



BEST SUNSCREEN FOR KIDS?

- Broad spectrum
- SPF 30+
- Water resistance
- Hypoallergenic

SPF 30



DID YOU KNOW?

- You can still get burned on a cloudy day.
- UV rays can sneak through clouds.
- Babies under 6 months old should never be in the direct sun
- The sun is the strongest between 10am and 4pm



Apply sunscreen daily with 30+ spf

Reapply every 2 hours when outside

Look for 'broad-spectrum' sunscreens

Wear sun protecting clothing

Wear uv protection sunglasses

Stay inside or in the shade during peak hours

Know how your skin reacts to the sun

Perform skin checks and monitor moles



ScreenNJ is dedicated to educating New Jersey residents about the importance of cancer prevention, screening, and early detection.

visit: screennj.org

For more information:

factsjustforkids.com/technology-facts/sunscreen-facts-for-kids/
skincancer.org/blog/sneaky-ways-youre-being-exposed-to-the-suns-uv-rays/
childrens.com/health-wellness/choose-best-sunscreen-kids

