For grades 1-2

The Sun and You!

The Good Sun

- Keeps you warm
- Helps you see
- Helps plants grow

The Bad Sun

- Makes you hot
- Can burn your skin and hurt your eyes
- Makes you thirsty

Don’t let the sun hurt your skin!

- Wear a hat
- Wear long clothes
- Wear sunglasses

- Play in the shade
- Put sunscreen on your skin
- Drink a lot of water

Ask your mom and dad to help keep you safe when you go outside.

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