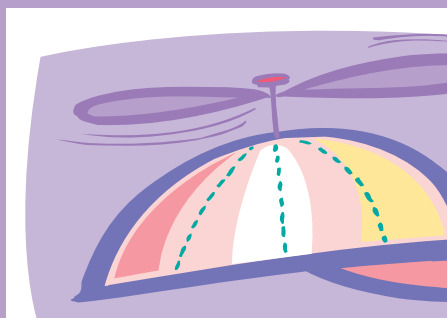
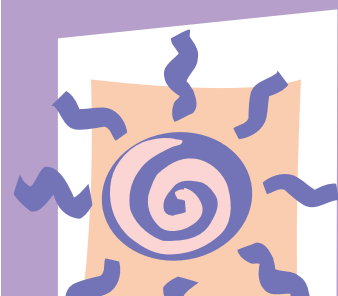
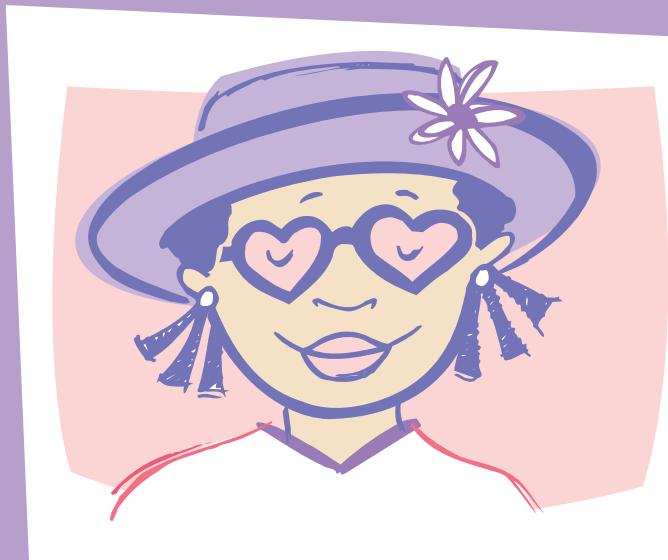
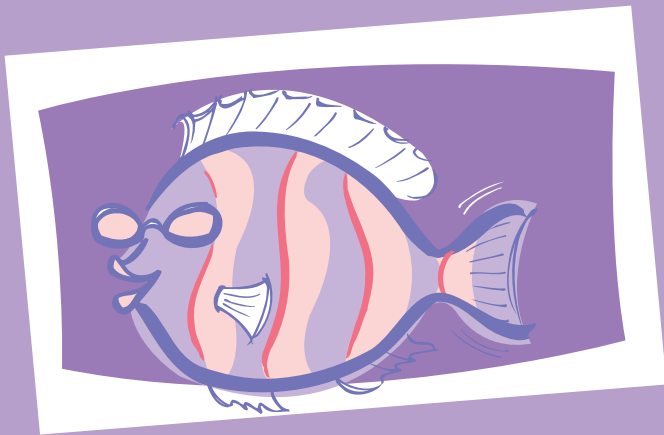
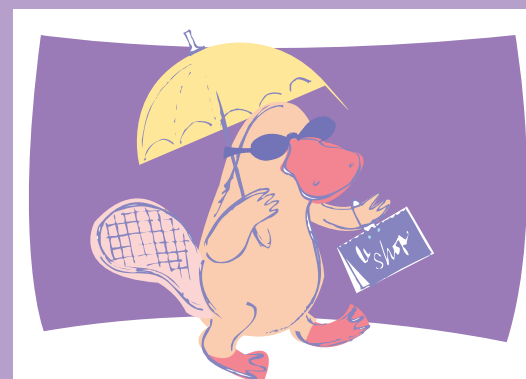
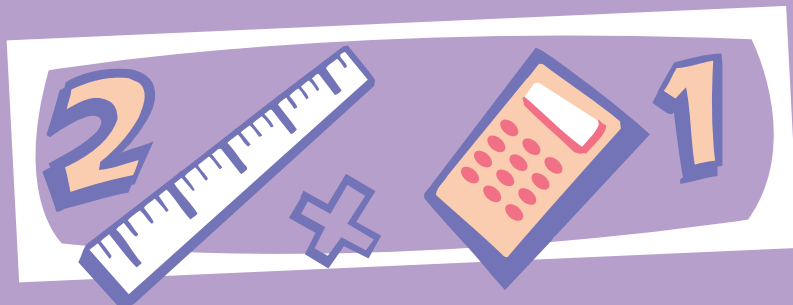
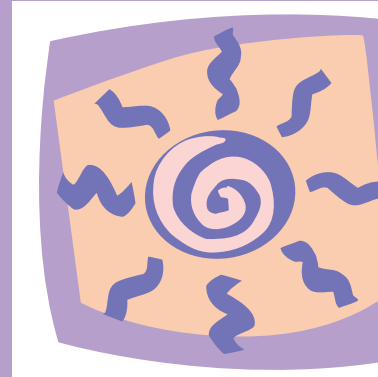
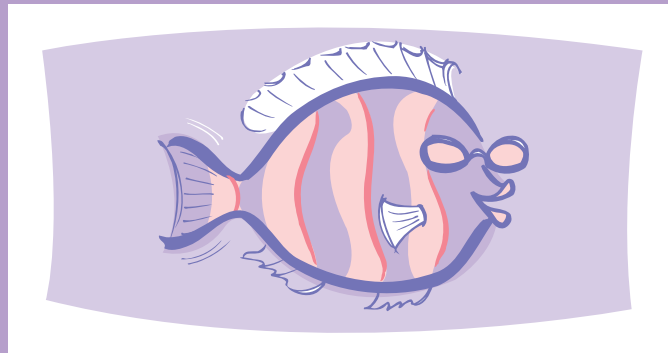
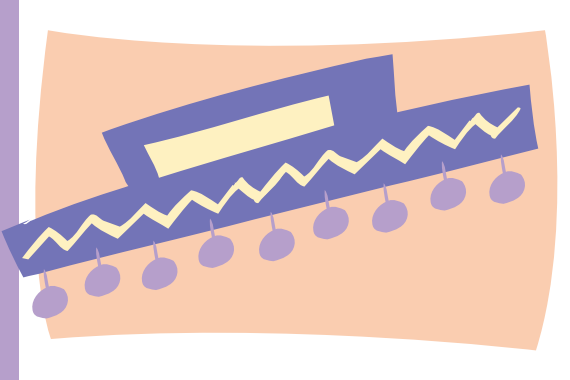


how to use the SunWise Tool Kit



SunWise[®]
a program that **radiates** good ideas
A Partnership Program of the U.S. Environmental Protection Agency
www.epa.gov/sunwise

HOW TO USE THE SUNWISE TOOL KIT

How to Use the SunWise Tool Kit

The SunWise Program is designed to help educators raise sun safety awareness by addressing the science of the sun, the risk of overexposure to its ultraviolet (UV) radiation, and what students and their families can do to protect themselves from overexposure. This Tool Kit has been designed for K–8 educators from all over the United States and its territories. It will be used by schools with diverse requirements, curricula, and student bodies. In addition, across our nation, seasons, climate, and geography can differ dramatically. With so many variables, SunWise recognizes the need for maximum flexibility and encourages educators to adapt the Tool Kit components to meet their specific needs.

The time commitment necessary to implement SunWise can be minimal, as the activities can be easily integrated into existing curricula or completed as supplemental activities. It is the educator's choice as to how much time is invested. Using this Tool Kit and educating children about sun safety now can make a difference in the future health of children.

We envision the SunWise Tool Kit as a dynamic and continuously evolving learning tool. Over the course of its life it will be updated with additional activities and other learning aids focused on sun safety and the environment. We encourage your feedback and ideas.



Please note that the SunWise Program logo and name are trademarked and may not be used without permission. All of the SunWise materials are in the public domain, however, and may be used and reproduced without permission. If excerpts are taken from SunWise materials, SunWise would appreciate attribution.

Tool Kit Organization

The Tool Kit is divided into the following ten sections:

Introduction

How to Use the SunWise Tool Kit

K–2 Activities

3–5 Activities

6–8 Activities

UV Meter Activities

SunWisdom

Policy Information

Resources

SunWise Materials

The activities are found on cards that are color-coded by grade level: (K–2) yellow; (3–5) turquoise; (6–8) lime green. Each activity contains subject area icons. The activities are designed to engage your students while ensuring that a sun safety message is being transmitted in a manner suitable to their skills and abilities.

For grades K–2, we have provided activities for students who are beginning to read and write, learning introductory scientific concepts, and performing simple mathematics.

The activities are short, simple, and fun—important elements for students at this grade level who have relatively short attention spans.

For grades 3–5, we have provided activities for students who are able to read and write more fluently, are familiar with scientific concepts, and are performing more complicated mathematics. These activities range in length of time and complexity, stimulating student interest while conveying the appropriate sun safety messages.

For grades 6–8, we have provided activities for students who are able to read and write fluently, have worked with scientific processes, and are performing complicated mathematics. On average, these activities will be longer and more complex, but just as enjoyable as the others. These activities will encourage the use of higher order thinking skills.

The activity pages are double-sided. The *Student Page* is easily photocopied while the *Teacher Page* is intended to be kept as a reference and notes page. These pages are organized by grade level and subject matter. Keep in mind that activities might fall into more than one subject area. On each *Teacher Page*, you will find a section called *Learning Objectives*. In this section you will see how the educational messages about science, risk, and/or prevention are integrated into the activity and what we hope your students will learn. We know it is important for teachers to assess what their students have learned; therefore, we have included *Assessments* in all the activities. Assessments serve as a measurement of the students' understanding of each activity's learning objectives.

Some of the activities contain classroom *Discussion Points*. As an integral part of the learning process, these discussion points will help you focus your students on the lessons' messages, which will assist them in relating what they have learned in the classroom to their behavior outside the classroom.

Supplemental Activities are short and meaningful assignments that students can complete on their own. These activities are brief, yet worthwhile, because they ultimately teach a very important lesson—sun safety.

Matrices of the Academic Standards are provided on the back of each grade level divider to help you find which educational criteria an activity meets. In developing these activities, an education expert verified that each activity meets the proper national standards for science, mathematics, health, physical education, social studies, and English language arts.

The *SunWisdom* section contains fact sheets and other materials that will give you the background information necessary to easily and thoroughly implement the SunWise Program.

The *Policy Information* section provides guidance for making changes outside the classroom. These changes will greatly help to reduce risks, reinforce SunWise learning, and increase sun safety.

Resources are an indispensable part of any classroom and are provided to help you enrich the SunWise activities.

In keeping with the intent of making these lessons hands-on and fun, the *SunWise Materials* section includes the UV-sensitive Frisbee®, which will help reinforce the lessons you have taught. The Tool Kit also contains a poster for mid-level students, and a story book and activity book for elementary students. These materials are available in both English and Spanish. Finally, to reward your students for their participation in the SunWise Program, we have also created the easily photocopied *Certificate of SunWisdom*.

At the end of this section you will find cards that list the educational standards used in the development of this Tool Kit.

Educational Standards



Health

www.cdc.gov/healthyyouth/sher/standards/
The health activities were reviewed according to the National Health Education Standards.

Standard 1

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 2

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Standard 3

Students will demonstrate the ability to access valid information and products and services to enhance health.

Standard 4

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 5

Students will demonstrate the ability to use decision-making skills to enhance health.

Standard 6

Students will demonstrate the ability to use goal-setting skills to enhance health.

Standard 7

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Standard 8

Students will demonstrate the ability to advocate for personal, family, and community health.



Physical Education

www.shapeamerica.org/standards/pe/
The physical education activities were reviewed according to the National Physical Education Standards.

Standard 1

Demonstrates competency in a variety of motor skills and movement patterns.

Standard 2

Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3

Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4

Exhibits responsible personal and social behavior that respects self and others.

Standard 5

Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.



English Language Arts

www.corestandards.org/ELA-Literacy

The English language arts activities were reviewed according to the Common Core English Language Arts Standards. The ELA Standards are divided into the following strands:

Reading: Literature (RL)

Reading: Informational Text (RI)

Reading: Foundational Skills (RF)

Writing (W)

Speaking and Listening (SL)

Language (L)

Each strand has a strand-specific set of College and Career Readiness Anchor Standards that are identical across all grades, and each grade also has grade-specific standards that correspond to the anchor standards.



Mathematics

www.corestandards.org/Math

The math activities were reviewed according to the Common Core Math Standards.

Expressions and Equations

Geometry

Measurement and Data

Number Operations in Base Ten

Number Operations in Fractions

Number Sense

Operations and Algebraic Thinking

Ratios and Proportionality

Statistics and Probability



Science

www.nextgenscience.org/next-generation-science-standards

The science activities were reviewed according to the Next Generation Science Standards. The Standards are comprised of the following disciplinary core ideas:

Physical Sciences

Life Sciences

Earth and Space Sciences

Engineering, Technology, and Applications of Science



Social Studies

www.socialstudies.org/standards

The social studies activities were reviewed according to the National Council for the Social Studies (NCSS) standards. The themes that form the framework of the social studies standards are:

Standard 1

Culture

Standard 2

Time, Continuity, and Change

Standard 3

People, Places, and Environments

Standard 4

Individual Development and Identity

Standard 5

Individuals, Groups, and Institutions

Standard 6

Power, Authority, and Governance

Standard 7

Production, Distribution, and Consumption



Art

Standard 8

Science, Technology, and Society

Standard 9

Global Connections

Standard 10

Civic Ideals and Practices