

# Lesson 2: SunSmart Mobile

## Background

Students create and display a SunSmart mobile that promotes the use of sun protection strategies, namely sunscreen, broad-brimmed hat, long sleeve shirt, sunglasses and seeking shade. The SunSmart mobile is a colourful and fun activity for students to consolidate and reinforce their understanding of the sun protection measures. It provides as visual reminder of the Slip, Slop, Slap, Seek and Slide message when hanging up in the classroom or at home. To make a SunSmart mobile, students may use the oval template to draw the five sun protection measures or alternatively, use the images provided and colour them in.

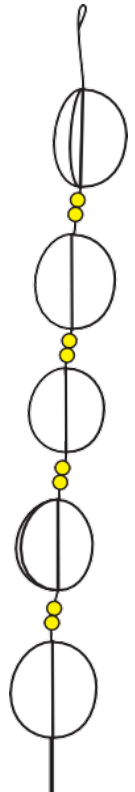
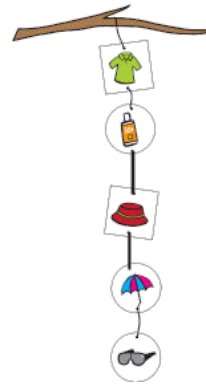


## Key messages

- There are five ways to protect your skin from the UV rays from the sun. Slip on a shirt, Slop on sunscreen, Slap on a hat, Seek shade and Slide on sunglasses.
- The sun produces 3 things, light that we can see, heat that we can feel and UV radiation that we cannot see or feel. It is invisible.
- Skin damage is caused by ultraviolet (UV) radiation, not temperature. A cool or overcast day can have similar UV levels to a warm, sunny day.
- UV and heat are not the same thing. We do not only need to use sun protection when it is hot. The UV Index can be 3 or above when it is cool and cloudy too.

## Resources

- Paper or card for extra strength
- Coloured pencils or crayons
- Beads
- String, ribbon, or twine
- Twig/sticks or coat hanger
- Stapler or sticky tape
- Resource sheet: SunSmart Mobile Templates (two pages)



## Instructions

1. Watch and listen to the song, [You've Gotta Be SunSmart – Jay Laga'aia](#) to revise the 5 SunSmart strategies.
2. If you are using the SunSmart icons, make copies for each student and then follow instructions 5 to 7.
3. If you are using the blank mobile template, distribute copies for each student.
4. On the blank template, students draw and colour each of the sun protection strategies, such as sunscreen, broad-brimmed hat, long sleeve shirt, sunglasses and seeking shade. On the other template, write the words Slip, Slop, Slap, Seek and Slide.
5. Carefully cut out oval shapes along the dotted line.
6. Prepare different lengths of string and attach SunSmart images to the string using sticky tape or stapler. If you are adding beads, slide these on and tie a knot to hold them in place if needed.
7. Tie strings to a stick or coat hanger, balancing them evenly.

## Variations

- If magazines are available, students cut out SunSmart pictures to glue onto the blank mobile template. Students must include the images of the 5 sun protection strategies, Slip, Slop, Slap, Seek and Slide.

Protect yourself in **five ways** from skin cancer



SLIP



SLOP



SLAP



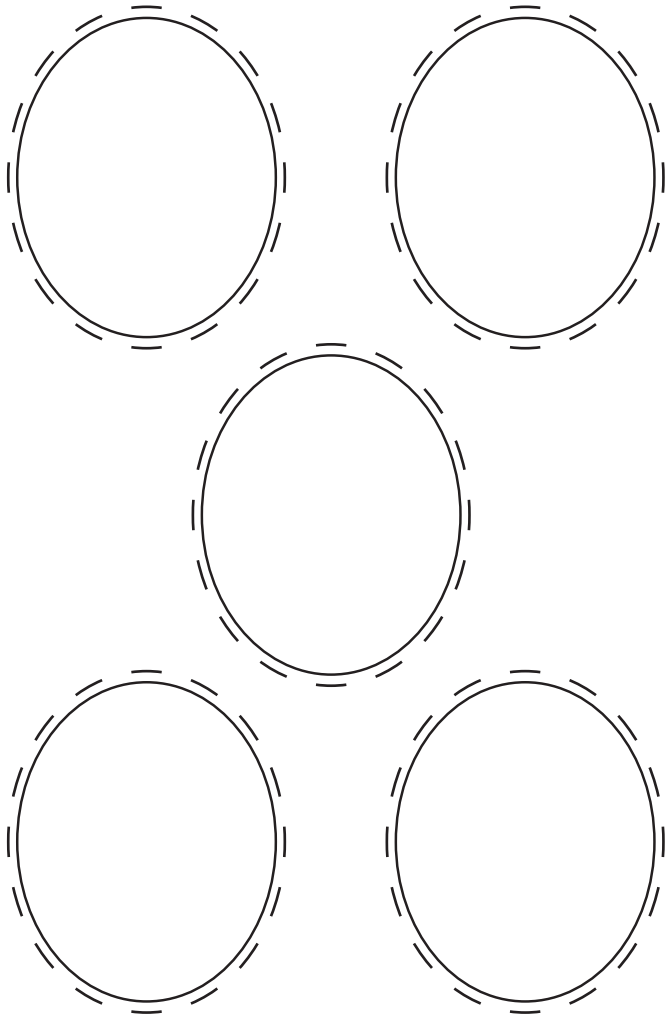
SEEK



SLIDE

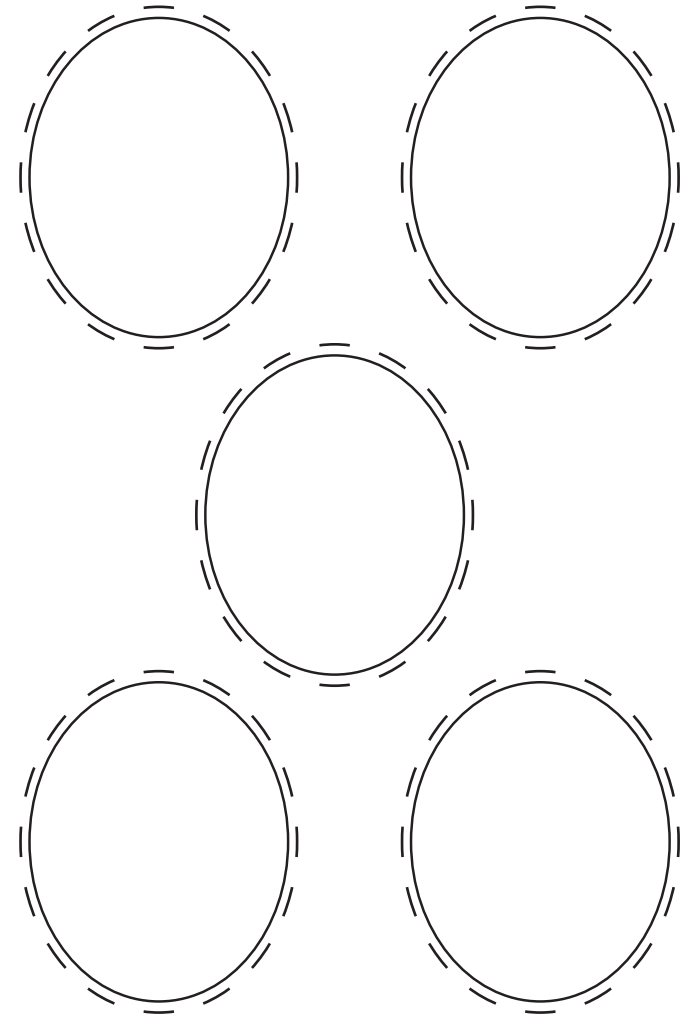
# SunSmart Mobile Blank Template

## Template 1: Blank template



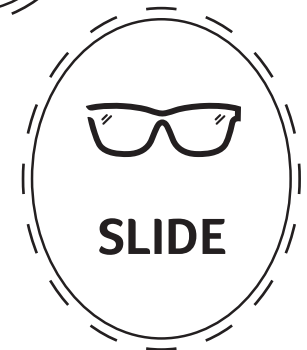
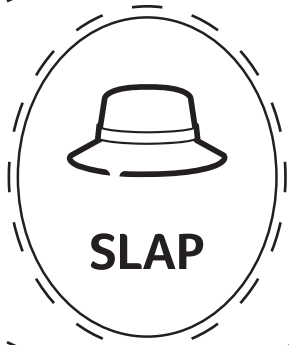
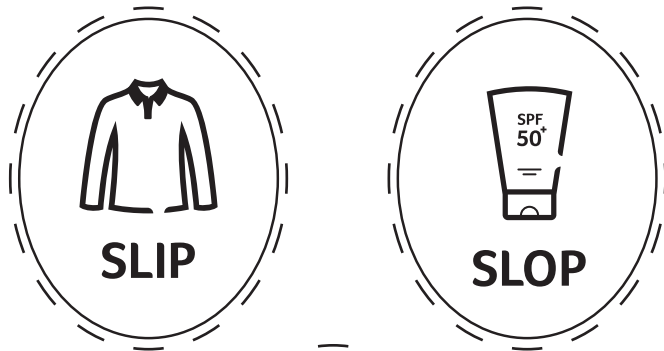
### Instructions:

Draw and colour each of the sun protection strategies in 5 of the oval shapes. Write Slip, Slop, Slap, Seek and Slide on the other 5 ovals shapes. Cut along the dotted lines.



# SunSmart Mobile Colouring in Template

## Template 2: Sunsmart Icons template



### Instructions:

Colour in each of the sun protection strategies.  
Cut along the dotted lines.