

# SunSmart Games



## Let's Go Coach to gather the group and read the following information

Listen carefully everyone, this information will be needed so that you can score points in the games we will play next!!

Playing and spending time outdoors is good for you. However, it is important for you and your friends to protect your skin when outside in the sun.

Children and young people are particularly vulnerable to the damaging effects of the sun's ultraviolet radiation (UV) rays. But the good news is you can protect your skin.

### 1. What months in the year do we need to protect our skin from the sun?

In Ireland from April to September, even when it is cloudy. Being SunSmart protects your skin from the sun, helping to stop the sun damaging your skin.

### 2. What times of the day are UV rays from the sun strongest from April to September?

UV rays are at their strongest from April to September especially between 11am-3pm in Ireland.

### 3. Why should we cover our skin from the sun's rays even on cloudy days?

Even when it is cloudy, you should protect your skin as the sun's rays can travel through cloud.

Healthy Ireland's Simple SunSmart tips tell you how you can enjoy playing outdoors in the sun, protect your skin and avoid getting sunburn.

## Healthy Ireland Simple SunSmart Tips



**Slip on clothing:** We need to cover our skin as much as we can, using tops that have long sleeves to cover your arms and collars to cover your neck;



**Slop on sunscreen:** Sunscreen can help protect our skin when we are out in the sun. Children need a stronger sunscreen than adults, with a Sun Protection Factor of at least 50, while adults should wear a sunscreen with a Sun Protection Factor of at least 30. The sunscreen you use should be water resistant and be reapplied every couple of hours;



**Slap on a hat with a wide brim:** This will shade your face, ears and neck from the sun;



**Seek shade:** When playing outside in the sun, try to play under trees or shade if you can;



**Slide on sunglasses:** The sun can also damage your eyes. Wearing wraparound sunglasses that have UV protection protects your eyes.

Remember even when it is cloudy you should protect your skin as the sun's rays can travel through cloud.

# Be SunSmart



# Game 1: SunSmart Relay Race

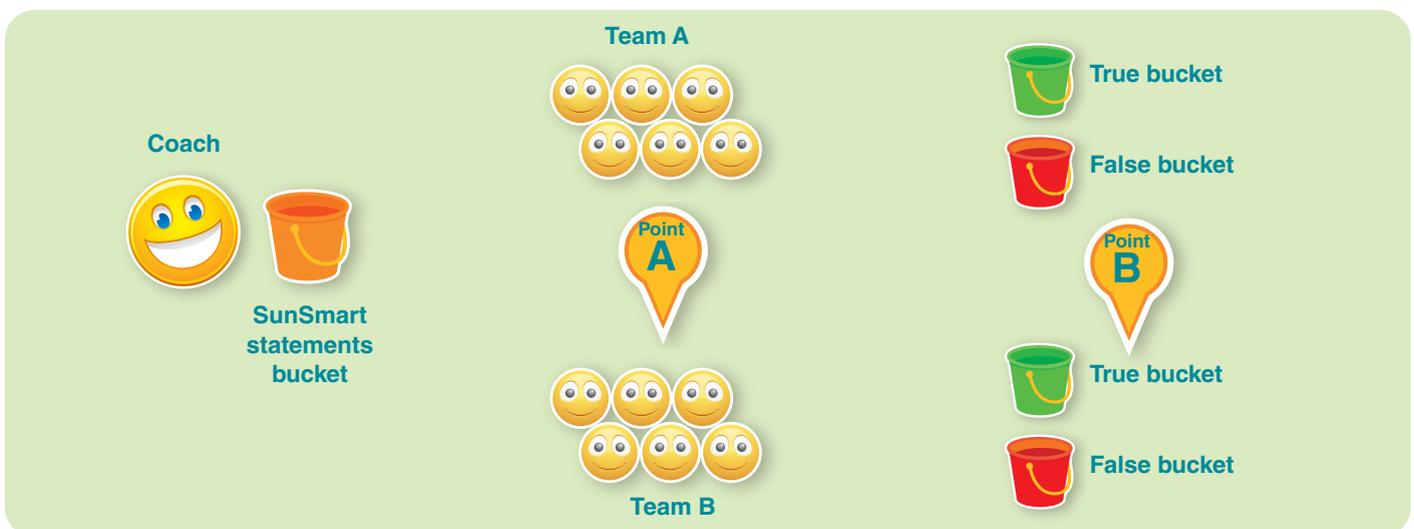
(8-13 years)

## Goal

This activity will reinforce the Healthy Ireland SunSmart tips while also being physically active and using teamwork.

## Older Groups

1. Divide the children up into two teams and stand at Point A (see diagram below).
2. The coach holds a selection of SunSmart statements. There are two copies of each statement.
3. Have two buckets for each team placed a distance behind the coach – one labelled 'True' and one labelled 'False' beside each team at Point B.
4. Each team should select their first 'runner'.
5. To begin, the coach holds up two copies of statement 1 (one in each hand) the coach reads the statement aloud.
6. The team should decide as a group whether the statement is something True or False. The 'runner' then runs to the coach to take the statement card and places it in the appropriate bucket – TRUE or FALSE.
7. There is 1 point awarded for the first team to place their card in the bucket. (At the end of the game, they will get 2 points for each correct answer so encourage them to decide carefully while still maintaining the 'race' element).
8. The team then selects their next 'runner' before the next statement is read out.
9. Players take turns to be the 'runner' until all statements have been read.
10. At the end of the game, the coach reads out the statements in the TRUE bucket and the FALSE bucket for both teams and counts how many statements each team got correct.
11. Award 2 points for each correct answer. The team with the most correct statements win.



# Game 1: SunSmart Relay Race

(8-13 years)

## Statements for older kids answers

Statement	True/False
Statement 1: I should slop on sunscreen before I go out into the sun	True
Statement 2: When I am playing outdoors I should wear long sleeves to protect my skin	True
Statement 3: I should wear sunscreen on a cloudy day from April to September	True
Statement 4: I should put a wide brimmed hat on dogs to protect their skin	False
Statement 5: I need to put sunscreen on more than once in the day	True
Statement 6: I should eat my lunch in the shade to protect my skin from the sun	True
Statement 7: I should play in the shade to protect my skin from the sun	True
Statement 8: I should tell my coach to wear a wide brimmed hat to protect their skin from the sun	True
Statement 9: I should wear a wide brimmed hat to protect myself from the sun when I am going to sleep at night	False
Statement 10: When I go out in the sun I should slap on a wide brimmed hat	True
Statement 11: I should wear my sunglasses on the back of my head	False
Statement 12: I should avoid getting sunburnt	True
Statement 13: If I'm wearing sunscreen, I can stay in the sun as long as I want	False
Statement 14: I only need to protect my skin when on holidays	False
Statement 15: I should put yogurt on my skin to protect it from the sun	False

# Game 1: SunSmart Relay Race

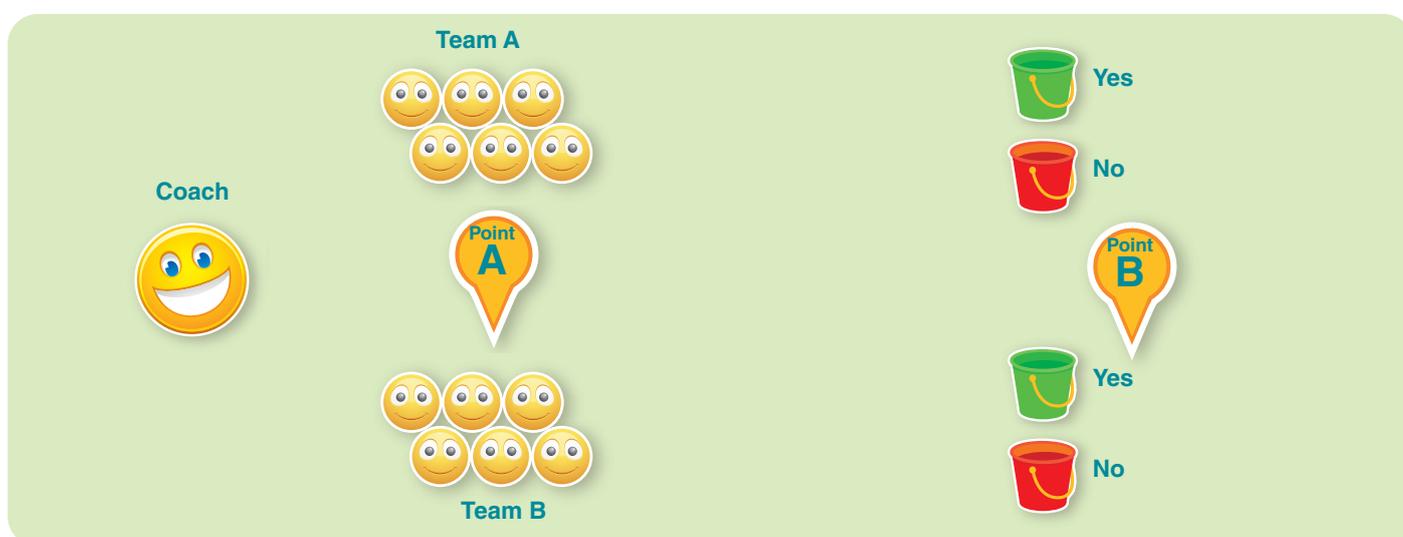
(5-7 years)

## Goal

This activity will reinforce the Healthy Ireland SunSmart tips while also being physically active and using teamwork.

## Older groups

1. Divide the children up into two teams and stand at Point A (see diagram below).
2. The coach holds a selection of SunSmart pictures. There are two copies of each picture.
3. Have two buckets for each team placed a distance behind the coach – one labelled 'YES' and one labelled 'NO' beside each team at Point B.
4. Each team should select their first 'runner'.
5. To begin, the coach holds up two copies of picture card 1 (one in each hand) the coach says what is in the picture aloud.
6. The team should decide as a group whether the picture protects skin from the sun – Yes or No. The 'runner' then runs to the coach to take the picture card and places it in the appropriate bucket – Yes or No.
7. There is 1 point awarded for the first team to place their card in the bucket. (At the end of the game, they will get 2 points for each correct answer so encourage them to decide carefully while still maintaining the 'race' element).
8. The team then selects their next 'runner' before the next picture is read out.
9. Players take turns to be the 'runner' until all pictures have been read.
10. At the end of the game, the coach calls out the correct answers and explains why each item protects your skin from the sun.
11. Award 2 points for each correct answer. The team with the most correct answers win.



# Game 1: SunSmart Relay Race

(5-7 years)

## SunSmart items for younger kids answers

Coach says: "Should I use this to protect my skin?"	Yes/No
Wide brimmed hat	Yes
Sunscreen	Yes
Long sleeve top	Yes
Umbrella	Yes
Pen	No
Ball	No
Sunglasses	Yes
Cone	No
Book	No
Ball	No
Clock	No
Bucket and spade	No
Tree	Yes
Phone	No
Ice-cream	No

# Game 2: In Danger of Getting Sunburnt Relay Race

## Goal

This activity will reinforce the Healthy Ireland SunSmart tips while also being physically active and using teamwork.

## In Danger of Getting Sunburnt Relay Race

Note for coaches – the box filled with clothing items should have a mix of various types of clothing and include the following SunSmart clothing: a wide-brimmed hat, wraparound sunglasses, a long sleeve top, a top with a collar. Ensure there is an adequate supply of SunSmart clothing so there is at least one piece of clothing per team-member.

- Have 3 – 4 teams lined up behind a cone.
- Each team selects one member to be 'in danger of getting sunburnt'.
- At a central point, there is a box filled with clothing items.
- In relay race style, one person from each team runs to the box and takes an item.
- They run back and dress the teammate 'in danger of getting sunburnt'. All teammates have a chance to be the person 'in danger of getting sunburnt' and to get an item of clothing and dress another teammate. Continue for an allocated time of 2-3 mins.
- The first team to have all teammates wearing an item of SunSmart clothing wins.
- Then the coach will have a look around each team and see who has best protected their teammate (and why?) why did you choose the hat? etc.

# Game 3: Build Some Shade

Use the foam bricks that are used for our BRICK WORX activity

## Goal

This activity will reinforce the importance of the sun protective behaviour of shade and teamwork.

## Build Some Shade

- Divide the group into two teams.
- Give each team an equal amount of foam bricks.
- Each team selects one of their members to be 'getting sunburned from the sun'.
- On 'Go' the team must build a structure/shelter for their teammate who is 'getting sunburned from the sun' so that they are shaded from the sun's rays!!
- Play for an allocated time (2-3 mins) and everyone must freeze. The team with the best shade/shelter built is the winner.

FURTHER CHALLENGE members from the opposition team can throw light sponge balls in an attempt to knock the foam bricks.

# Game 4: Limbo

## Goal

This activity will test the children's knowledge of how to protect your skin in the sun while also being physically active and using teamwork.

## Limbo

- Have two players or leaders hold either end of a stick horizontally at about the average shoulder height of the participants. Players line up behind the stick and, one at a time, lean backwards and dance under the limbo stick.
- Have each player answer a SunSmart question before his or her turn at limbo. If they get it right, the stick won't be lowered for that turn. If they get it wrong, it will. If they fall, touch the ground with anything other than their feet, or touch the stick, they are considered 'out'.
- After all participants have had an opportunity to answer a question and go under the limbo stick, lower the limbo stick and everyone who made it the first time gets to go again. The stick is lowered by a little after each round. The winner is the player still able to pass under the stick when no other player can make it under without touching the limbo stick or falling.

# Game 4: Limbo

## SunSmart questions – True or False (8-13 years):

1. I only need to use sun protection when it's hot and sunny (False)

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2. Skin damage can be prevented by protecting my skin from the sun (True)

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3. A baseball cap protects my ears, neck and cheeks from the sun (False)  
*Caps leave your ears, neck and cheeks exposed to the sun*

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4. A wide-brimmed hat protects my ears, neck and cheeks from the sun (True)

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5. A singlet top is better for protecting my skin from the sun when playing outside than a long sleeve t-shirt (False)  
*A long sleeve t-shirt covers your shoulders and arms from the sun, providing better sun protection*

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6. Sunscreen should be applied 20 minutes before going outside (True)

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7. Sunscreen only needs to be applied once (False)  
*Sunscreen should be re-applied every 2 hours, or sooner if towel drying or sweating*

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8. Sunscreen does not expire, it lasts forever (False)  
*Sunscreen does expire, so check the expiry date on your sunscreen*

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9. Trees can provide shade that protects us from the sun (True)

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10. To best protect my skin from the sun, I should wear clothing that covers my shoulders, arms and legs, wear SPF50 sunscreen, wear a wide-brimmed hat, wear sunglasses and seek shade (True)

# Game 4: Limbo

## SunSmart questions – Yes or No (5-7 year olds)

1. What do I wear on my head when I am out in the sun to protect my skin? Do I wear a watermelon? (No)
2. What do I wear on my head when I am out in the sun to protect my skin? Do I wear a banana? (No)
3. What do I wear on my head when I am out in the sun to protect my skin? Do I wear a wide brimmed hat? (Yes)
4. What do I put on when I am out in the sun to protect my skin? Do I put on shaving cream? (No)
5. What do I put on when I am out in the sun to protect my skin? Do I put on ice cream? (No)
6. What do I put on when I am out in the sun to protect my skin? Do I put on sunscreen? (Yes)
7. What do I wear on my body when I am out in the sun to protect my skin? Do I wear my pyjamas? (No)
8. What do I wear on my body when I am out in the sun to protect my skin? Do I wear a woolly hat and scarf? (No)
9. What do I wear on my body when I am out in the sun to protect my skin? Do I wear a long sleeve top? (Yes)
10. What do I wear on my eyes when I am out in the sun to protect my skin? Do I wear sunglasses? (Yes)

# Game 5: Sun Tag

## Goal

This activity will reinforce the importance of sun protective behaviours by miming the Healthy Ireland SunSmart tips while also being physically active and using teamwork.

## Sun Tag

- This game can be played outdoors or in a large play area inside.
- Select two children to represent “Sun.” Give a yellow/orange bib to both of them. (For larger groups, more children representing “sun” can be used.)
- Ask the other children to pretend to be enjoying a day at the “beach.”
- On the coach’s signal, the children move through the play area.
- If a child is tagged by a “sun,” that child must freeze on the spot and say, “I’m melting.”
- The children “melting” can be rescued by another player who must ‘tag’ them. Then both players must go to a shaded area and perform a SunSmart task such as applying sunscreen, a pair of sunglasses or a hat. The kids mime each act for 10 seconds before they are eligible to return to the game.
- If children are tagged a second time, the process is repeated. This is a great way to reinforce the need to reapply sunscreen and clothing to protect your skin while outside.
- This game may be played in rounds by designating approximately two minutes per round. Between each round, have children sit while new “sun” are selected. Make sure the children all know who the sun are.

# Measure Your Shadow

(must be a sunny day for this game)

## Goal

This activity will teach children about the angle of the sun to the earth and how it affects you.

## Measure Your Shadow

- Put the group into teams of 4. Give each team a roll of masking tape.
- One member should stand still. Place a line of masking tape at the tip of their toes so that we know the exact point they stood at.
- Their team mates should use the masking tape to mark a basic outline of their shadow.
- Return later in the day to see has the shadow moved from the outline of the tape (stand the same person at the tape (toe tips).
- Discuss why this happened (the sun is moving East to West / higher and lower) when is it most dangerous to our skin?

## Notes for coaches

- Since light cannot pass through a body, it creates a shadow.
- The size of the shadow depends on the angle of the light shining on it.
- The sun moves to different positions over the course of the day. When you move, your shadow moves with you because you are changing the shape of the area the light passes through.
- As the general rule of thumb, the sun's rays will be strongest when your shadow is much shorter than you.

