

Exercising for an hour a day can help make you stronger, smarter, happier, and calmer! When we exercise in the sun, it is very important we drink extra water and apply sunscreen. **Can you help us find the water and sunscreen at the end of this maze?**



6 fun ways to stay active in the summer!

1. Go on a nature walk
2. Create an obstacle course
3. Make new records! How many times can you jump rope? How many hula hoop spins can you do?
4. Play games! Make a hopscotch game with chalk, play tag, or have a water balloon fight
5. Practice shooting a basketball, kicking a soccer ball, or catching a baseball
6. Go somewhere! Swim at the beach, explore the park, have fun at the bowling alley, or play mini golf. (Don't forget to ask an adult and wear your sunscreen!)

Founder's Day

SUN SAFETY

Let's learn how to have fun and stay healthy this summer!

Foxborough's Health Department

The Sun is Awesome!



Every day, the sun lights up the world and keeps us happy, warm, and healthy :)

Too much sunlight can hurt our skin though. Too much sun can give us sunburns (ouch!).

Kids who get too many sunburns may also get a bad disease called skin cancer when they get older.

Don't worry!
You can learn how to enjoy the sun and still stay safe!

How to stay safe in the sun

Sunscreen

A lotion or spray that protects your skin from the sun! Make sure your sunscreen says "broad spectrum" on the bottle and reapply it onto any exposed skin every 2 hours.



Wear Hats and Sunglasses



These protect your eyes and face from the sun.

Shade

Staying under a tree, tent, umbrella, or roof also protects you! The sun is strongest between 10 am-4 pm



Find the 5 hidden words!

J	Y	M	J	U	M	L	T	S	T
E	S	G	H	N	B	F	L	U	Z
H	R	O	S	H	A	D	E	N	B
D	W	Z	T	F	H	A	T	S	P
K	D	P	L	P	D	V	T	C	J
Q	F	D	X	E	T	Y	J	R	A
S	U	N	G	L	A	S	S	E	S
J	D	H	V	G	R	R	F	E	T
A	I	O	V	I	S	K	N	N	H
H	C	I	T	Z	J	E	Z	Z	C

Sunscreen, Hat, Sunglasses, Shade, Learn



If you want to learn more about sun safety, talk to your family or ask your doctor!