



Do you protect yourself from the sun? This is a wonderful website for students of all ages to learn about the harmful effects of the sun. Provide your students with the worksheet below and let them enjoy and learn!



## WORKSHEET

A. Go to → <http://www.epa.gov/sunwise/kids.html>

- As the window opens, read and choose **True, False or Doesn't say**

1.- Too much sun is bad for you.	T	F	DS
2.- UV Rays are harmless.	T	F	DS
3.- you may have skin problems	T	F	DS
4.- Practising good sun safe habits will make you smarter	T	F	DS
5.- It is very complex to protect yourself from the sun's harmful effects	T	F	DS

B. Click on → **OZONE LAYER** (on the right)

*Answer or complete*

- What is the purpose of the ozone layer?
- When did scientists find out that the ozone layer was going away?
- If the ozone layer is depleted.....
- Too much UV can .....
- What is ozone?
- Stratospheric ozone is found.....
- Ask four questions on the rest of the article. Later ask companions to answer.

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**C.- Click on → UV INDEX** (on the right)

*Answer or complete*

- 1.- What causes different amounts of UV radiation to reach the earth?
- 2.- What does the UV Index tell you?
- 3.- Move the thermometer (scroll) and say how many levels you see on the UV scale?
- 4.- Which are the most and the least dangerous?

**D.- Click on → SUNWISE ACTION STEPS** *and Read.*

**E.- Click on → SURVIVOR CHALLENGE**

1.- Click on **Easy**, once there

\* click on Dressing Wisely and choose as required

\* click on SunWise and choose as required

2.- Click on the **Medium** and then on the **Hard** options where you will find a lot of games.

**Don't feel depressed if you make mistakes, you're learning!**

**HAVE FUN!**