

SunSmart Kea Badge - activities and resources

This resource contains 4 activities that will meet the criteria of earning a SunSmart Kea Badge.

Being SunSmart is so important in NZ as we have the highest rate of Melanoma in the world (a type of skin cancer). This is because we have more Ultraviolet Radiation (UVR) reaching us than at similar latitudes in Europe.

Skin cancer is largely preventable by being SunSmart, so it's incredibly important to teach the younger generations how and why we protect our skin.

Topic	Activity	Page	Key Learnings
A. SunSmart Basics	SunSmart Treasure Hunt	2	Kids learn to distinguish between what is a SunSmart item and what is not
B. SunSmart Facts	SunSmart Quiz	4	Basic facts about the sun and UV, and how humans protect themselves: SLIP, SLOP, SLAP, & WRAP Ask the children if they have ever been badly sunburned, what it felt like and what happened to their skin. Discuss where they were and what they were doing when they got sunburned.
C. Hats	Hat designing	8	Not all hats are created equal – caps don't protect the ears and neck (common sites of skin cancer). Design your own!
D. SunSmart practice	SunSmart chocolate game	11	Every day, from September and April we need to put on our SunSmart 'armour'

A. SunSmart Treasure Hunt



Leaders will print off the photos on the next page 5x (or as many times as there are Kea posse's or 'teams' in your Kea pack).

These photos will then be hidden in the Den and outside the Scout Den.

The aim is to send each Kea team (posse) out in a group together to find as many of the 6 photos as they can (remind them to find 6 DIFFERENT photos - 1 photo of 1 item each). The posse/team who is back to the den first with all 6 photos wins points.

Once everyone is back, Leaders show each photo and ask "Is this a SunSmart item?". This can be followed by a Q & A session about what they know about SunSmart behaviour and reasons why we need to be SunSmart. This will lead well into the Quiz -Lesson B.

Items will include:

1. **Wide brimmed Sunhat** (SunSmart? = Yes)
2. **Caps** (SunSmart? = NO. they don't protect the neck & ears, common sites of skin cancer)
3. **Sunscreen** (SunSmart? = Yes)
4. **Collared shirts** (SunSmart? = Yes)
5. **Sunglasses** (SunSmart? = Yes)
6. **Singlet** (SunSmart? = NO – we need to cover our necks and arms in the summer)



PRINT THESE 3 PAGES (SINGLE-SIDED) SO THERE IS ONE SET OF 6 PHOTOS FOR EACH TEAM/POSSE IN YOUR KEA PACK (E.G., 25 KIDS IN 5 GROUPS = PRINT 5X)









B. SunSmart Quiz

1. Is a suntan healthy? **Tick** Yes
No
2. What does UVR stand for? (Circle correct)
 - a. Ultra Violet Rayguns
 - b. Ultraviolet Radiation
 - c. Under Very big Rainbows
3. Can I get sunburnt on a cloudy day? Yes
No
4. Can I get sunburnt while in water? Yes
No
5. Can I get sunburnt through glass? Yes
No
6. Am I at risk of sunburn in winter? Yes
No
7. Do I have to be careful if I have dark skin? Yes
No
8. I tan easily. Is my skin less likely to be damaged by the sun? Yes
No
9. I have had sunburn but now I protect my skin. Am I safe from developing skin cancer? _____

Fill in the missing gaps

SLIP on a S_____, and into some Shade.

SLOP on some Suns_____

SLAP on a H__

WRAP on some S__ glasses



SunSmart Quiz ANSWERS



- 1. Is a suntan healthy? NO.** There is no such thing as a healthy tan. A tan results from your body defending itself against further damage from ultraviolet (UV) radiation.
- 2. What does UVR stand for? Ultraviolet Radiation. (UVR)** Ultraviolet Radiation is a form of energy from the sun which travels through space, the group it belongs to is called electro-magnetic radiation. There are different types of electro-magnetic radiation, including ultra-violet, gamma rays and infra-red rays, to name a few. UV rays travel in short wavelengths and can't be seen by our eyes (unlike visible radiation). UV radiation has a lot of energy stored in it, and when too much of it hits our skin it can cause changes in our skin cells.
- 3. Can you get sunburnt on a cloudy day? YES.** Up to 80% of UV radiation can penetrate light cloud cover. UV radiation levels can be high, and even increase, due to reflection from clouds. Also, the cooler temperature may mislead people to believe there is no risk of sunburn.
- 4. Can you get sunburnt while in water? YES.** Water offers only minimal protection from UV radiation and the reflection from water can increase your UV radiation exposure. Sand, snow and water all reflect the UV radiation back up as well.
- 5. Can I get sunburnt through glass? YES.** Glass reduces, but does not block, UV radiation. People who spend long periods in a car or next to a window receiving direct sunlight, should use protection.
- 6. Am I at risk of sunburn in winter? Usually no,** except when you are at high altitudes or in snow. At higher altitudes there is less atmosphere to filter ultraviolet radiation. Snow is highly reflective and increases the risk of burning. Exposed skin needs to be well protected by sunscreen.
- 7. Do I have to be careful if I have dark skin? YES.** New Zealand has periods of very high UV radiation meaning that everyone, regardless of skin type, is at risk of skin cancer or damage to their eyes.
- 8. I tan easily. Is my skin less likely to be damaged by the sun? NO.** Any exposure to UV radiation has the potential to cause skin damage. Sunburn and peeling are signs some damage has already occurred – even if it turns into a tan. The tan you develop won't protect you from the harmful effects of the harsh New Zealand sun.
- 9. I have had sunburn but now I protect my skin. Am I safe from developing skin cancer?** You can't undo damage that may have already occurred to your skin, but you can prevent future sunburn to minimise any further risk.

SLIP on a **Shirt**, and into some **Shade**.

SLOP on some **Sunscreen**

SLAP on a **Hat**

Wrap on some **Sunglasses**

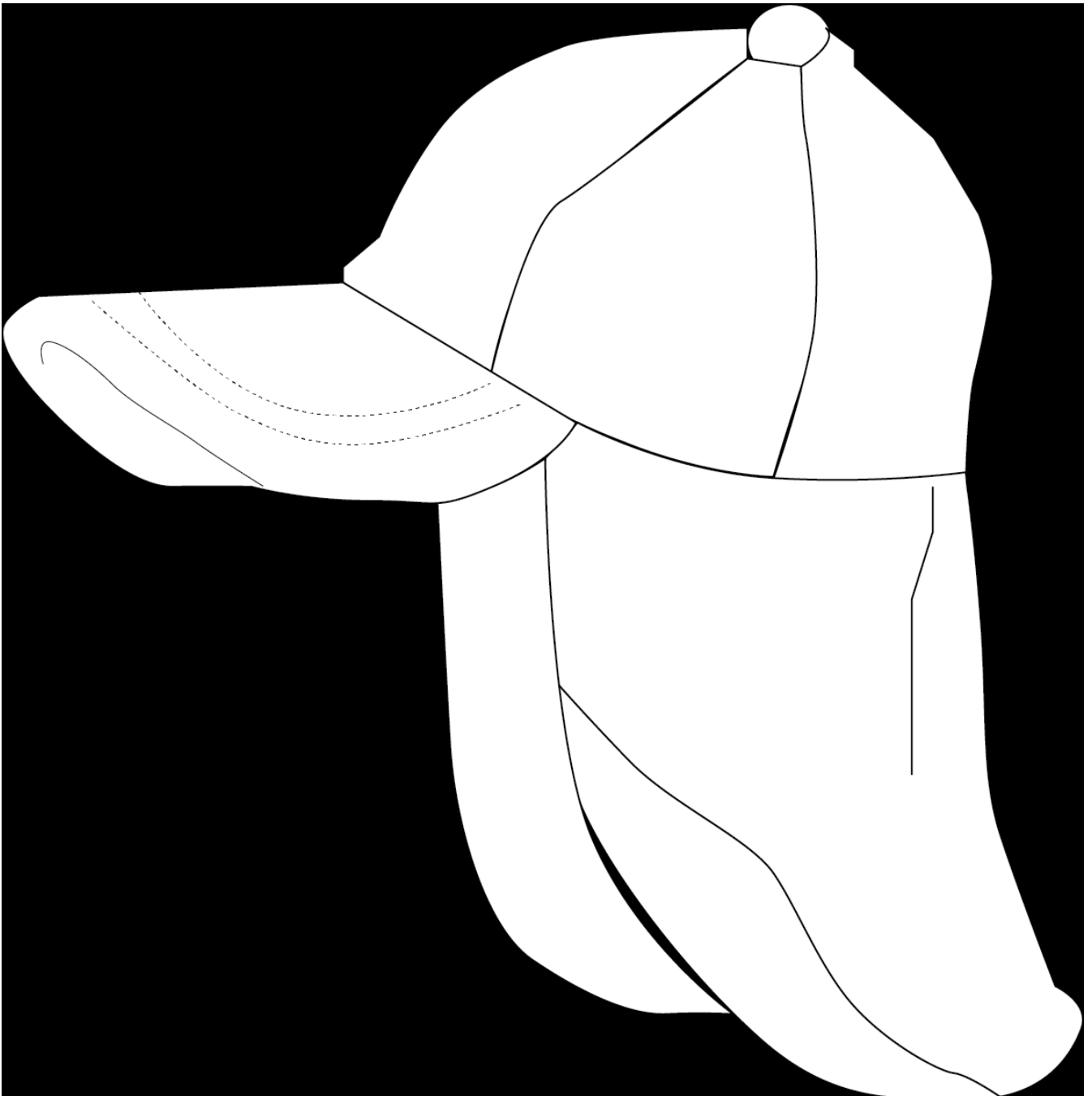
C. Hat designs

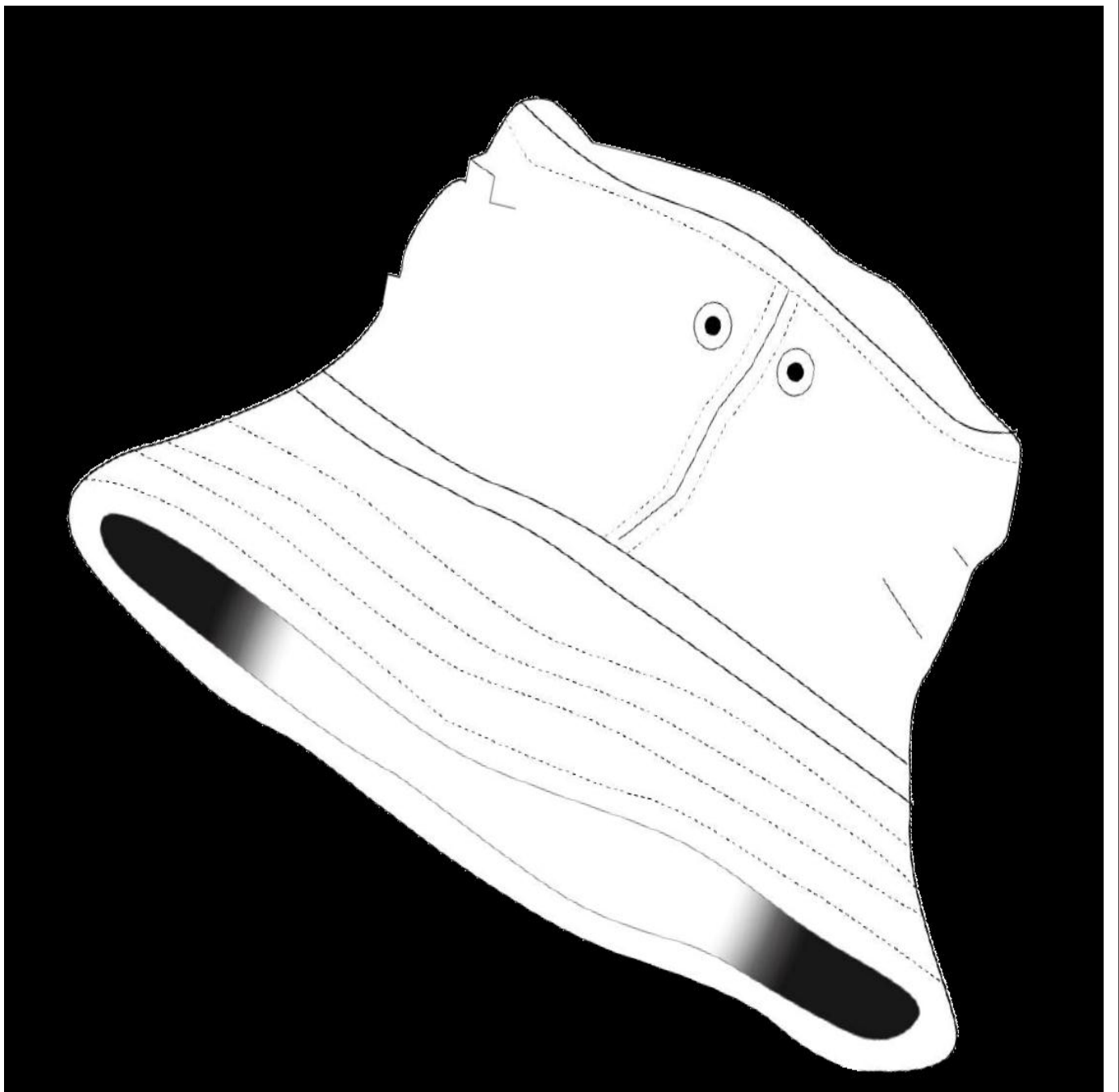
Hats in dark colours are a great way to protect our head and face from the sun.

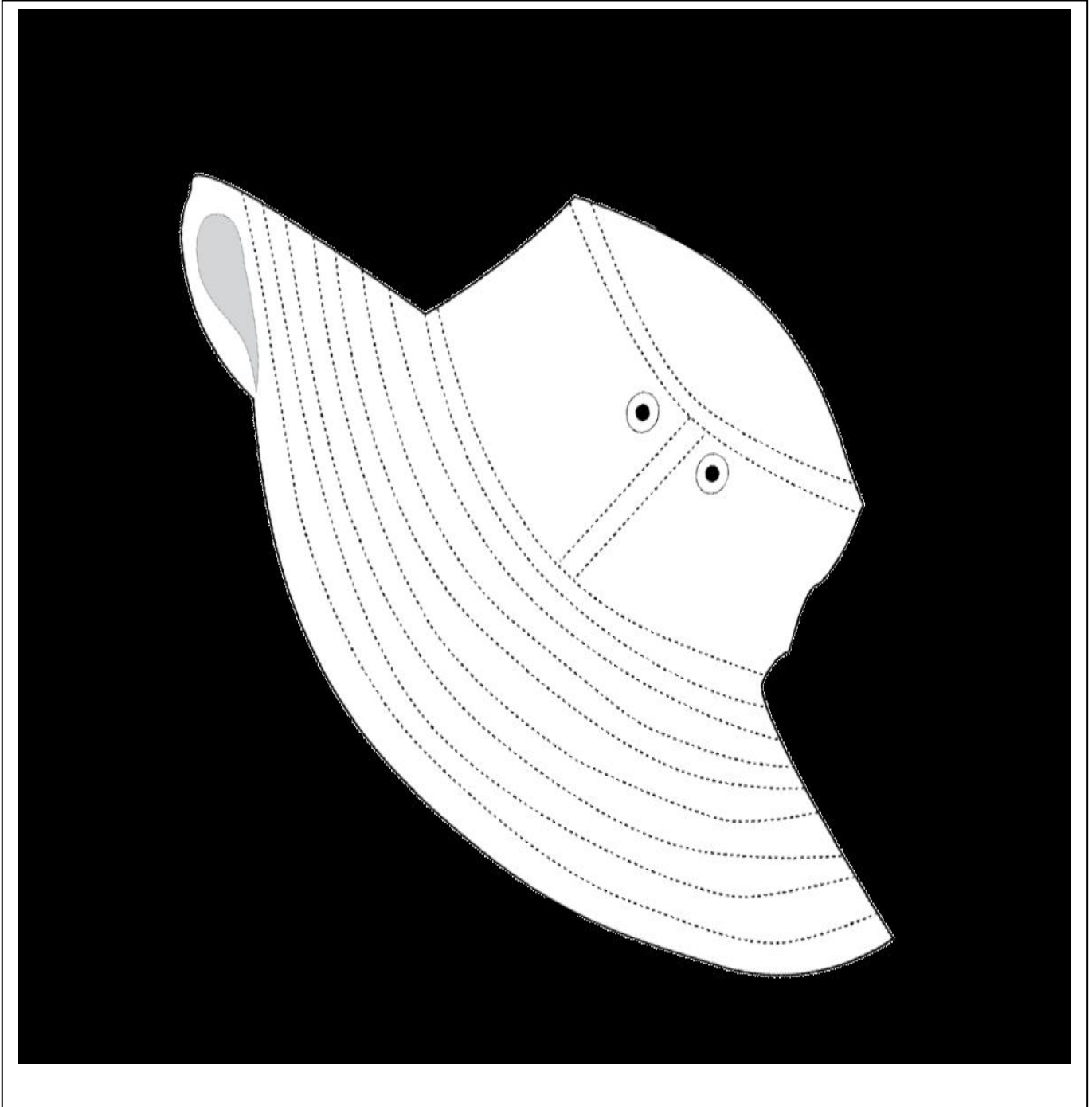
If a hat is to provide the best protection, it must cover our **face, neck and ears**.



Leaders print copies of the following hats, Keas choose their favourite and then can use crayons and pens to add logos, designs and writing that they think would improve the hat and make it popular to wear.









D. SunSmart Chocolate Game

This game is a practical way to get the Keas used to putting on their 'SunSmart Armour'

What you will need:

	A bar of chocolate*
	Knife and fork
	Dice
	Wide-brimmed sun hat**
	Sunglasses
	Shirt with a collar

INSTRUCTIONS

1. All the keas sit in a circle (outside or inside the Den). If you have a big group make 2 circles
2. The youngest kea starts by rolling the dice
3. Pass the dice along in a circle and when someone rolls a '6' they will start putting on their 'SunSmart armour' which is in the middle of the circle – a wide brimmed Sun Hat, a shirt with a collar, and sunglasses.
4. Once they're dressed they can use the knife and fork to cut one piece of chocolate at a time
5. They must stop when a 6 is rolled by someone else, and take off the SunSmart clothes as fast as possible for the next person to start
6. To make it harder, use two dice (die) and get them to roll a double 6 or similar.

* If you don't want your Keas eating chocolate substitute this for something else, like dried apricots or something else they can cut into.

**Some parents don't like kids sharing hats as they think it spreads lice/nits. Ask them to bring their own hats for that session so they put on their own.