

The Sun and You!

The Good Sun

- Keeps you warm
- Helps you see
- Helps plants grow



The Bad Sun

- Makes you hot
- Can burn your skin and hurt your eyes
- Makes you thirsty



Don't let the sun hurt your skin!

- Wear a hat
- Wear long clothes
- Wear sunglasses



- Play in the shade
- Put sunscreen on your skin
- Drink a lot of water



Ask your mom and dad to help keep you safe when you go outside.