

find-a-word

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

EAR

RAYS

SLAP

TREE

HAT

SHADE

SLIP

TREES

LIP

SHIRT

SLOP

UV

NOSES

SID

SLEEVES

SUNBURN

OZONE

SKIN

SKY

SUN

SUNSCREENS



HMF

Hunter Melanoma Foundation

SKIN CARE FIND-THE-WORD

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

HIDDEN WORD LIST: HAT, RAYS, BEACH, SWIMMING, BURN, SHADE,
NOON, PEEL, NOSE, FUN, HEAT, OIL, LOTION, CREAM, SUNSCREEN, FACE,
SUNTAN, FAIR, SKIN, SUN, SKIN CANCER, TSHIRT, TAN, SENSITIVE



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FILL IN THE BLANKS

message	sunglasses	protect	umbrella
sunscreen	skin	shade	sunburn
exposure	radiation	blister	shelter

A good way to protect yourself from _____ is to apply _____ at least 20 minutes before _____ to solar _____. Other excellent ideas are to sit in the _____ or under an _____ of any kind which helps to _____ your _____.

Your eyes require protection as well and wrap around _____ are ideal for this.

Help to share the sun safe _____ when ever you can.

ODD SPOTS

Did you know ?

- Sunscreen should be applied 20 minutes before going into the sun.
- You need 35ml or 7 teaspoons of sunscreen to cover your whole body - that's one teaspoon per limb, one for your back, one for your front and one for your head,neck and face.
- Sunscreen has an expiry date - if used after the expiry date, your skin will not be protected.
- Sunscreen should be reapplied every 2 hours , more often if swimming or sweating



