

Sunny Says

ESTIMATED TIME

20 minutes

LEARNING OBJECTIVE

This activity will teach children to distinguish between the helpful and harmful effects of the sun. Assess the students by asking them to tell you the effects of overexposure to the sun and not wearing sunscreen and proper clothing. They should also list some positive effects of the sun.

DISCUSSION POINT

Discuss with the students the importance of protecting themselves from the sun. Too much sun can hurt the skin and eyes. On the other hand, the sun is beneficial because it helps our bodies make vitamins and helps things grow, such as fruits, vegetables, flowers, and trees (which provide protective shade).

DIRECTIONS

The format follows “Simon Says.”

For example:

Sunny Says grow like a tree.

Sunny Says put your hat on.

Take your hat off.

Sunny Says protect your nose.

Sunny Says sprout like a flower.

Sunny Says put your shades on.

Take your shades off.

Sunny Says look at your watch.

Sunny Says find your shadow.

Sunny Says put sunscreen on your nose.

Sunny Says put sunscreen on your arms.

Sunny Says read the SPF number on the sunscreen container.

Students responding to a non-“Sunny Says” command will be eliminated from play. Continue the game until there is a winner.

PHYSICAL EDUCATION VARIATION:

Have children line up side-by-side or in small groups or teams of two to three students. Children take three big jumps (giant steps, or other appropriate movement) forward after every correct response. Those who respond incorrectly remain still but advance the next time they respond correctly. The goal is to reach the other side of the field as either an individual or team. The first individual or team at the finish can share with others what they know to be correct “Sunny Says” actions and why it is important to know and practice this behavior.