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.