

Health and safety

Sun shade

Skills

- Making • Designing
- Cutting • Thinking

Key points

Children need extra protection from bright sunshine. They need to understand what they can do to avoid too much sun.

Talking points

- **When do we get most sunshine?**
- **How are shadows made?**
- **How does sunshine make you feel?**
- **Is there anything that is not so good about sunshine?**
- **What can we wear or put on our skin to keep safe from the sun?**
- **Where can we go to find shade?**

Now try this together

Design and make a sun hat.

You will need two large pieces of card or two empty cereal packets, opened out, and a piece of material about 30 centimetres square. Draw round a large plate. Put a small plate inside this circle and draw round this as well. Cut round the circles so that you end up with a cardboard ring. Make another ring exactly like the first one. Push the material through the first ring and stick the edges down to the back of the card. Trim the material so that no edges go outside the card ring. Glue or staple the rings together so that the material is 'sandwiched' in the middle. You can now decorate the brim using paint, crayons or felt-tip pens.

You can make the brims different shapes, with a peak or a wavy outside edge, for example.

