

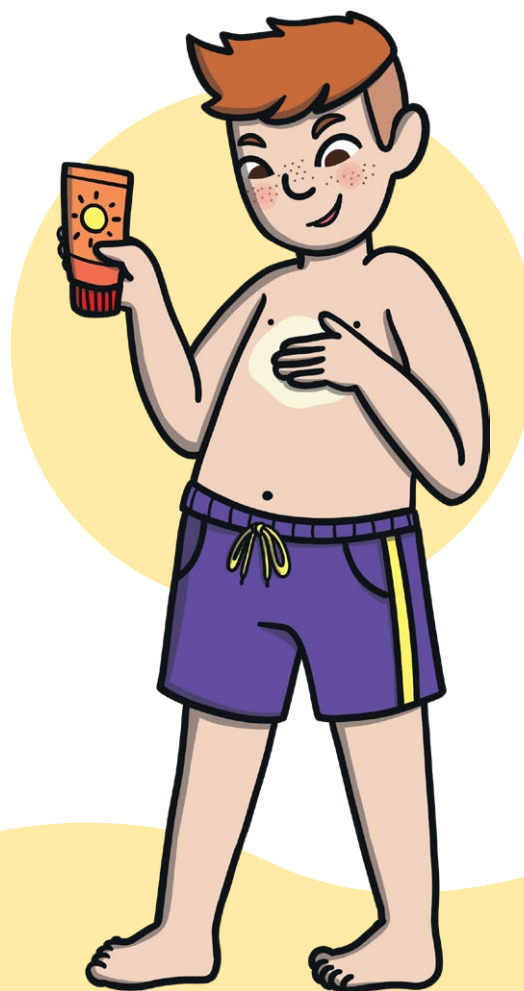
Always wear a hat when playing in the sun.

If you can, find one that shades your face, neck and ears.



Use high factor sunscreen to protect your skin.

Don't forget to top it up every couple of hours!



# Sun Safety

How to stay Safe in the Sun!



Cover up with a T-shirt



visit [twinkl.com](https://www.twinkl.com)

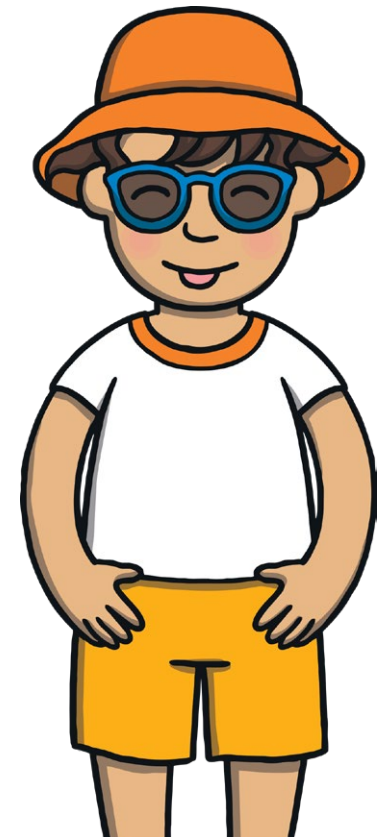
Drink lots!

It's easy to dehydrate,  
especially if you're running  
around.



Try to play in the shade.

Especially between 11am and  
3pm when the sun is at its  
strongest.



Wear sunglasses to protect  
your eyes.