

Activity	Sun Safe activity	
<b>Key:</b>	Due the various abilities of our children we have graded some of the activities into different levels.	<b>Contact details:</b>
<b>Seeds</b>		<a href="mailto:schools@cdssgroup.org.uk">schools@cdssgroup.org.uk</a>  All Education Advocates access this email. Sarah Larkin (Cheshire West) Becky Harris (Cheshire West) Yvonne Edwardson (Cheshire East)
<b>Saplings</b>	Your child may access different levels depending on the activity as well as their ability.	
<b>Trees</b>		

### Brief description of Activity

We have had some wonderful sunny weather recently, so we have decided to do an activity based around sun safety.

To start with, watch the e-book story on staying safe in the sun (attached) before doing the activity below.

### Resources needed

You will need.

A large bag e.g. a beach bag

A t-shirt

Sun hat

Sunglasses

Sun cream

Sandals

Bottle of water

A few pieces of clothing not appropriate for hot weather, e.g. scarf, jumper, coat, wellies



### Activity: *Seeds and Saplings*

Put all the items out on the floor in front of you and your child. Tell your child you are going to pack the bag with items that you need if the weather is sunny and warm/hot. Begin by picking an item and saying what you need it for, for instance "I am packing sunglasses. I use them to keep the sun from shining in my eyes". You could put the item on briefly to show how it is worn, then put it in the bag and give your child a turn.

Encourage/help your child to pick an appropriate item and say what they would use it for or let them demonstrate to you what to do with it.

If your child picks an item that isn't for sunny weather, talk about what you would do with it and put it back with the other items, not in the bag, or to make it easier, take it away completely.

E.g. "Ok you picked a scarf. We use this to keep our necks warm in cold weather/winter, let us put it over here"

Once you have gone through all the summer items your child may like to dress up in them and practice putting their sun cream on. We have included a sun safe song/story for you to listen to and watch with your child too.

This is an opportunity to look at categories. Which clothes are suitable for summer and which are suitable for winter? There are some activities attached for sorting clothing.

Once your child is confident with this, each morning you could look at the weather and decide which clothes are suitable to wear for the day.

Lots of clothes have different names, does your child know the names for all the different items of clothing and footwear?



**Song**

Slip, Slop, Slap Sun Safe song

<https://youtu.be/GKPP8qqA7cY>

**Activity: Trees**

Sorting out your wardrobe!

Can you sort out your wardrobe and put away all your Winter clothing?

What still fits and what has gotten too small?

Look at what materials clothing is made of, can you find the items made of cotton, wool or denim?

Demonstrate how to fold clothes so they fit neatly into the drawers.



**Attachments:**

Sunshine craft activity

Sorting summer and winter clothing

Sorting clothing to the weather

Sun safety emergent reader e-book

**Cheshire Downs Syndrome Support Group**

Registered Charity Number 1146127.

Website address: [www.cheshiredownssyndrome.com](http://www.cheshiredownssyndrome.com)



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