



## Sun Protection

### Speaking – worksheet



**1. What summer activity can you see on the picture? Do you enjoy this sort of activity? What other summer outdoor activities do you know? Which of them do you like the most?**

**2. Answer the questions:**

- Do you like a lot of sunshine in your house?
- Do you like sun tans?
- How does a sunny day make you feel?
- Are people who live in sunny places happier than those who don't?
- Do you think the sun has healing powers?
- Do you prefer the rising or setting sun?

**3. What benefits and downsides of sunlight can you recall?**



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4. Here is more extended list of sun exposure effects. Put the items in appropriate column:

vitamin D --- attractive suntanned skin color --- sun burn --- enhancing mood ---  
skin cancer --- improves sleep --- relieves stress --- heat stroke --- treats seasonal  
depression --- sun damage to the eyes --- heat exhaustion --- heat rush

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5. Which do you find the most positive sun effect? Which is the most negative? Explain your choice. Have you faced any of these positive and negative affects?

6. Do you find it important to protect yourself from sun rays? How do you protect your skin during sunny days? Range these sun protection activities from 1 – the most important to 5 – the least important:

Take care in the sun by

- Staying in the shade
- Covering Up
- Wear sunglasses with 100% UV protection
- Wear a broad-brim hat
- Use sun protection with at least SPF15 and UVA 4 stars

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