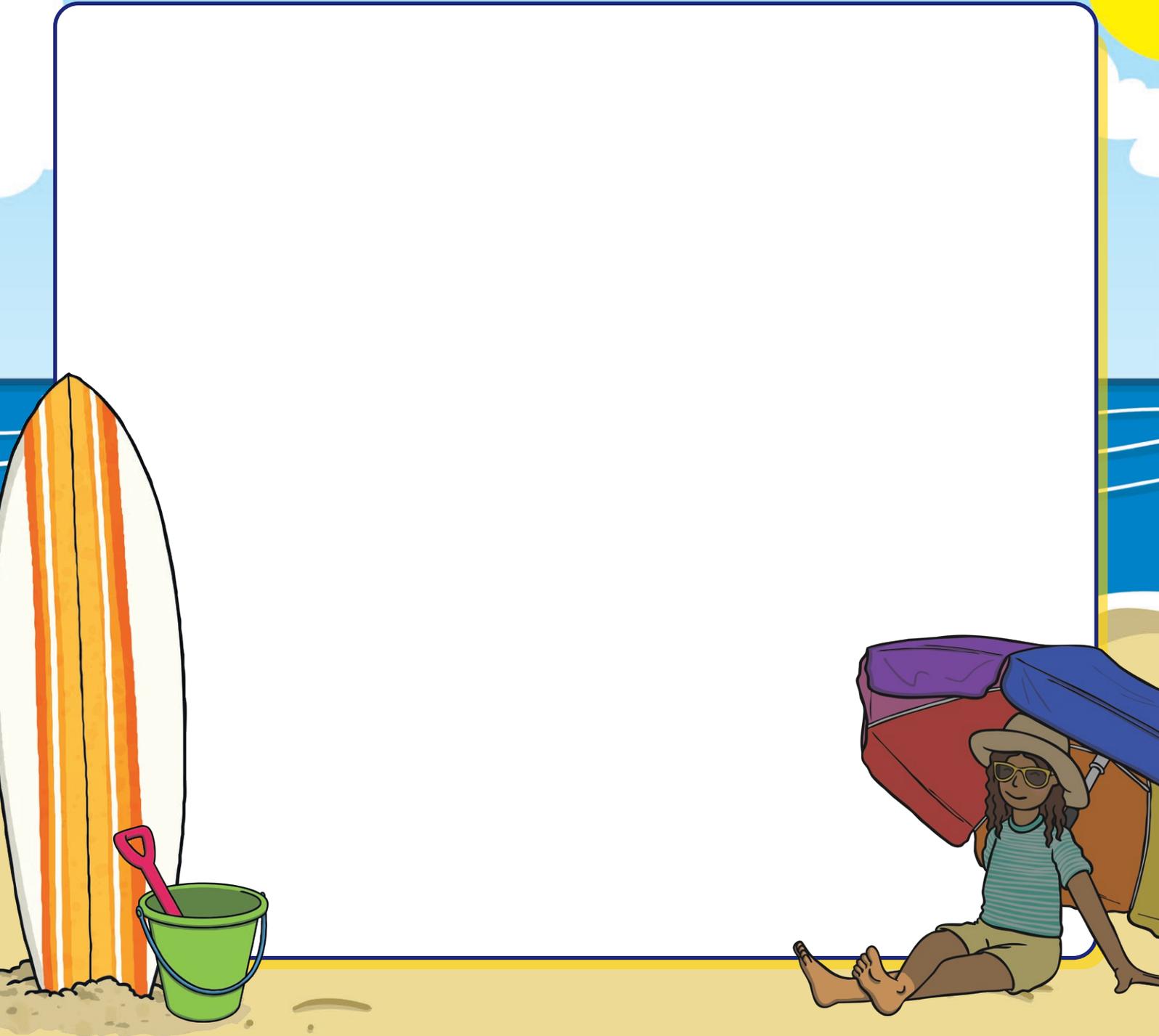


# Preparing for a Sun Safe Adventure

Before we go outside, it is important to think about the different ways we can protect ourselves from the sun. Work through the SunSmart steps below to prepare for your outside adventure! Mark off each step as you go.

## Outside Activity

Where are you going on your adventure? Draw it below.



## Transport

How will you get there? Tick the appropriate box.

walk



ride



bus



train



scooter



car



## Preparation Checklist

How will you prepare? Tick the box after you complete a task.

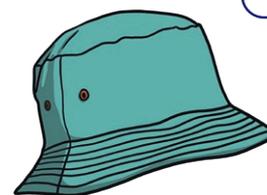
Slip on protective clothing.



Slop on sunscreen.



Slap on a hat.



Wrap on some sunglasses.



Fill up a water bottle.



Put on shoes.



Now you are ready for your SunSmart adventure. Have fun!