



UnSun Fun



Enjoy the Sun But Be Careful!

1.

Yippee! It's summertime and that means playing outside in the bright sun. Do you know that too much sun can be dangerous for your skin? Playing outside on a very sunny day can cause sunburn and that's a problem. Learn how to help protect your skin, help the Earth and have some UnSun Fun at the same time.

2.

If your school, church or home outside play areas already have lots of trees, that's great! If not talk to your parents, teachers and principal about creating an "UnSun" Fun area for you to play that has lots of shade. Earn some money by checking out this [Fund Raising Link](#). Use the funds to buy trees for your UnSun area. Maybe your local nursery will donate some trees. Planting trees also helps to slow global warming and creates habitat for birds and other animals.

3.

Ask your mom or dad to help you find an old hat you can reuse. Make sure it has some kind of rim on it so that it protects your face from the sun. Decorate your hat using nontoxic water based paint. Paint the words UnSun Fun or KSE on your hat. Also ask your parents to help you find very light weight clothing with long sleeves to cover your skin from the sun. Finally go to The [Environmental Working Group's site](#) to find out which sun screens are safe for you to use. Then be sure to use it whenever you are in the sun. With your parents, learn more about sun damage [here](#).



The Power of the Sun

Learn more about how the sun can provide us with energy and how it can help reduce our need for oil, gas, coal and nuclear power. Click on [Sun Power](#)

