

## Sun Safety Charades: More fun under the sun!

Students will act out activities that usually require the application of sunscreen. Other students will try to guess the activity. This activity is a fun way to burn off energy while reminding students of good sun safety practices!

### **How much time will it take?**

One 45-minute class, preferably a sunny day when students can burn off some energy out of doors!

### **Curriculum Links**

Sun Safety Charades connects with subjects in Alberta's Middle Years Programs of Study including Health and Life Skills (Wellness Choices: Safety and Responsibility); English Language Arts across a broad range of outcomes, but especially General Outcome 4.3: Present and Share in which students must "use effective oral and visual communication" as well as "demonstrate attentive listening and viewing": and Physical Education, touching on the four general outcomes--basic skills, understanding health benefits, cooperating with others, and assuming responsibility for a healthy way of life.

### **Here's what you will need:**

- slips of paper for students to write the activity
- a timer
- a hat or basket for students to draw the slips from
- notepad and pen for scorekeeping
- two teams (or more!)
- a scorekeeper



### **Review the rules of charades (5 mins)**

Many students have probably played charades before. In case they haven't, here's a brief recap:

1. Divide into two or more teams.
  2. A player from one team comes up to the front and draws a slip of paper from the hat.
  3. Then, without speaking, making any sounds, or pointing to any objects, the player acts out the phrase for his or her own team.
  4. Set the timer (usually 2-3 minutes); the faster a team guesses, the better!
  5. They can give non-spoken clues. (Choose to use some, none, or all on this list!)
- nodding or shaking head
  - holding up fingers to indicate number of words (two words--show two fingers)
  - first word--show one finger
  - small word--hold thumb and forefinger close together (as in "inch")
  - big word--hold thumb and forefinger far apart
  - number of syllables--tap on your arm
  - first syllable--hold up finger to indicate
  - sounds like--tug ear (for word that rhymes)
  - starts with--hold hand flat, palm down at eye level, and move hand in a sideways chopping motion; the audience lists the letters of the alphabet for each movement; stop when the appropriate letter is reached

6. When the team guesses the phrase, the timer stops and the amount of time is recorded. If the team can't guess within two minutes, they lose a turn.

### **Identify activities that usually require sunscreen (5 mins)**

Students write activities that require sunscreen on slips of paper and drop them in the hat. They should be phrases of 1-2 words. You can check to make sure there is no repetition. If you prefer, use the following list:

- playing soccer
- working
- playing on the playground
- playing tag
- shooting baskets
- laying on the beach
- building a sand castle
- rock climbing
- longboarding
- horseback riding
- playing baseball
- bike riding
- fishing
- walking in the park
- having a barbecue
- babysitting a small child
- playing football
- mowing a lawn
- weeding the garden
- playing tennis
- playing golf
- playing foursquare
- skipping
- swimming at the outdoor pool

### **Let's play! (35 mins)**

1. **Divide into teams and get ready to play!** Alternating turns, have the scorekeeper track the amount of time each team uses. Add it up at the end.
2. **Congratulate the winners!** Review the importance of wearing sunscreen.

### **Ideas for going further**

**Have students draw sunscreen scenarios instead of acting them!** Think along the lines of Pictionary. As there are fewer ways to give clues, it is a simpler game that may take less time than charades.

**Reverse the game.** In the manner of the game HedBanz, write an activity on a sticky note and attach it to a student's hat or headband so the rest of the players can see it but the player can't. Students can ask yes or no questions until they figure out what their own activity is. How fast does it take to figure it out?

**Challenge the class's vocabulary.** Try playing charades with more complex sun safety vocabulary. Here are some possibilities:

- epidermis
- ultraviolet light
- UVA
- UVB
- sunscreen
- exposure
- freckles
- freckles
- safety
- skin cancer
- sunburn
- mole
- asymmetrical
- blistering
- melanin



Let us know how this activity worked for you and your students.  
Send us an email at [alberta@canadianskincancerfoundation.com](mailto:alberta@canadianskincancerfoundation.com)