

## Animal Game: How animals protect themselves from the sun

Using their knowledge of Sun Safe strategies used by humans, students explore how animals use their own measures to protect themselves against the sun. Students will identify which animals use which strategies to protect themselves from the sun and will increase their Sun Safety awareness by learning how they can apply these same protective measures in their lives.

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

15 to 30 minutes.

### **Curriculum Links**

Our Animal Games activity connects with subjects in Alberta's Middle Years Programs of Study including Health and Life Skills including grade 1 (W-1.4 identify physical characteristics that make themselves both similar to and different from others), grade 2 (W-2.2 examine the need for positive health habits; e.g., adequate sleep, sun protection) and grade 3 (W-3.2 improve and practice positive health habits; e.g., lifting and carrying book bags/backpacks, maintaining good posture).

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



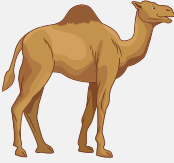

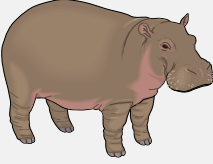

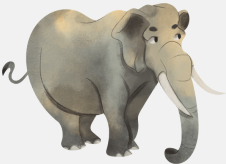
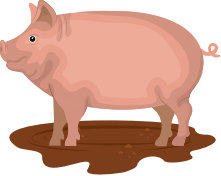


- Printed & cut out animal fact cards
- Props (optional)



### **Let's get started (15 minutes)**

1. **Let's talk about Animals.** Initiate a discussion about animals in the community. What animals live around your school? What do they do or have on their bodies that is different from animals in other places?
2. **What animals live in places that have a lot of sun?** What things do they do differently? What do they do or have on their bodies that is different from animals from colder climates?
3. **Sun Safe Animals.** Using the Animal Fact cards, learn about the strategy that each animal uses to protect itself from the sun.
4. **Becoming an animal.** Assign each child a different animal to be (if many children, there can be multiple of the same animal)
5. **Playing the game.** Have the children walk around in an area. When the leader calls "the Sun's out", each child should use their bodies to act out how the animal protects itself from the sun
6. **Add in changes** in walking speed, type of movement or even 'walk as if you were your animal' to add additional challenge.
7. **The last person to do the action is out**, and becomes a tree, who can tag any animals that get too close.

## Sun Safe Animals

	Meerkats have dark circles around their eyes, which protect them from the Sun.
	Tortoises have large, thick shells that protect them from the sun.
	Camels have large, hooded eyelids which protect them from the sun.
	Koalas protect themselves from the sun by sleeping under the leaves of trees.
	Hippos produce a red-ish sweat that protects their skin from infection and the sun.
	Giraffes have black tongues, which protect them from the Sun while they eat from the tops of trees.
	Elephant's cover themselves with dust to get rid of bugs and protect their skin.
	Pigs use mud to cool down and protect their skin from the sun.
	Frogs' skin produces its own form of sunscreen.
	Sea Urchin's hide in cracks that they find in rocks.