

Sun Smackdown Checklist: You vs. the Hot Sun!

Gear Up for Battle:

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1. Water Blaster: Pack a cool water bottle! Squirt it in your mouth often, even if you don't feel like it. We don't want the sun to melt you!

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2. Shady Superhero Cape: Wear a hat! It's like a superhero cape that keeps the sun off your face, neck, and ears. Bonus points for coolness!

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3. P.J. Power Outfit: Dress comfy! Loose clothes like pajamas let your skin breathe. Sweat is your superpower, but don't let it turn into a waterfall!

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4. Sunglasses of Super Sight: Protect your eyes with sunglasses! Look for ones that you love!

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5. Sunscreen Shield: Ask a grown-up to put on sunscreen! It's like invisible armor that protects you from the sun's tickle fight.

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6. Treehouse Time: Find shade to play! Look for trees, umbrellas, or even the cool side of a building. The sun is not your friend when it gets too hot!

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7. Healthy Hero Snacks: Pack yummy snacks! Fruits and veggies give you energy to keep fighting the sun!

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8. Cool Down Crew: Take a break inside if you feel sweaty or like a melted popsicle. Rest up before you rejoin the battle!

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9. Tattler Time: Tell a grown-up if you feel dizzy, have a headache, or stop sweating. We don't want the sun to win!

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10. Morning or Moon Mission: Play outside when the sun's not so grumpy. Mornings or evenings are cooler times for adventures!

**Most importantly take care of yourself
and all your friends around you !**