

Sunscreen Handprints

At this station, students will visually see how sunscreen can protect them from UV exposure.

What you need:

- ❖ An educational poster/tri-fold board teaching about the types of sunscreens and what SPF means
 - Be sure to include the following information:
 - Sunscreen lotion and sunscreen sticks are better protection than sunscreen sprays.
 - Sunscreen should be applied 20 minutes before going outside and reapplied every two hours, or after getting out of the pool or sweating.
 - One ounce of sunscreen lotion should be used for each application.
- ❖ Sunscreen (a variety of types – kid friendly, sensitive skin, strong SPF, weak SPF, etc.)
- ❖ Black construction paper – one sheet per visitor

How to play:

- ❖ After learning about sunscreen, allow visitors to pick a sunscreen of their choice.
- ❖ Give each visitor a piece of black construction paper.
- ❖ Apply the sunscreen to their hand and press it onto the construction paper.
- ❖ Place the paper in the direct sun.
- ❖ Over time, areas without sunscreen should bleach out, while the handprint from the sunscreen will remain dark. This demonstrates how sunscreen protection works.