



Sun Visor Craft

It's fun to play outside in the sun, but we need to be careful about protecting our skin from the sun's rays. We need a little bit of sun (it's great for Vitamin D!) but too much sun can damage our skin and cause health problems. Follow the steps below to make a sun visor and always remember to wear a hat when you go out to play in the sun!



Materials:

- Foam sheet or thick cardboard cut into the shape of a visor (make sure it's big enough to protect your face)
- A hole puncher
- A length of elastic
- Non-toxic PVA glue
- Craft materials to decorate with (e.g. pompoms, sequins, buttons, googly eyes) or coloured markers

How to make your sun visor:

1. Punch a hole on each end of your visor using the hole puncher. This will be where the length of elastic will be tied to.
2. Decorate your visor by gluing craft materials using PVA glue or drawing using coloured markers. You may need to leave the glue to dry for a couple of hours before moving on to the next step.
3. Ask an adult or a friend to help you hold the visor against your head and cut a length of elastic that is long enough to hold the visor in place.
4. Tie the elastic to the visor and put your visor on. You can adjust the length of the elastic at this stage to ensure a good fit.

Our researchers at Telethon Kids Institute study how much we can expose our skin to the sun before it starts causing damage. Getting enough sunshine is also important for healthy bodies and our researchers are looking at what is the safest amount of sun, so that it is helpful and not harmful for us.



Think!

Can you think of some other ways we can protect ourselves from the sun?

Q: Why doesn't the sun go to university?

A: Because it has a million degrees!