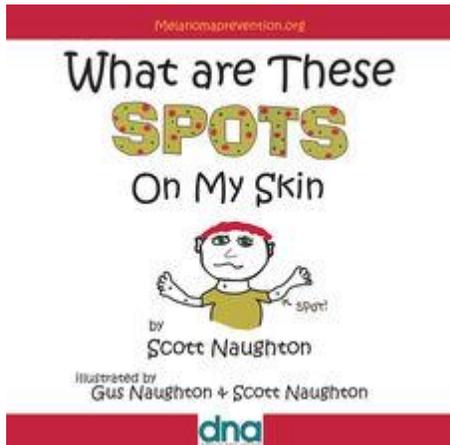


What Are These Spots On My Skin?



Lesson Overview:

What Are These Spots On My Skin? is an ebook published by Children's Melanoma Prevention Foundation and the Dermatology Nurses' Association to introduce children to the "R" (Routinely Examine Skin) step of SunAWARE. It stresses the importance of checking your skin for changes. Through the use of this book and the following lesson plans children will learn the importance of looking for new and changing spots on the skin. This lesson plan is geared for children in Pre-Kindergarten - Second Grade.

Lesson Objectives:

Students will learn...

- About the importance of checking their own skin for changes including sunburn and spots
- How the sun may affect the skin
- How to protect their skin from sunburn

Estimated Time: 50 minutes

Key Vocabulary:

SunAWARE: is an acronym that helps teach five easy action steps to protect the skin from overexposure to UV rays and to detect changes associated with sun damage.

A - Avoid unprotected exposure to sunlight, seek shade and never indoor tan.

W - Wear sun protective clothing including wide-brimmed hat, long sleeves, pants, and sunglasses.

A - Apply adequate amounts of broad-spectrum sunscreen with an SPF of 30 or greater to all areas of exposed skin.

R - Routinely examine your whole body for changes in your skin

E - Educate others about the need to be SunAWARE

Spot Map: A map of your body that you may use to keep track of spots on your skin and helps to see changes over time. A spot map is a great tool to help keep you healthy. Make sure that you update it at least once a year and share any changes with your doctor.

Ultraviolet Light: The sun is our main source of ultraviolet (UV) light. Exposure to UV rays may cause changes to our skin.

Materials and Preparation:

- Print out the *Spot the Dot* worksheet and *sunglass* template
- Dot dabbers (recommended) or crayons / markers
- Construction paper (dark colors: black, brown, blue, purple)
- Sunscreen (spray-on clear)
- Contact Paper (clear)
- Tissue Paper (various colors), cut into the shape of small dots of various sizes

Introduction: (15 minutes, including 10 minutes to read the book)

Warm-up: Ask students to name the largest organ in the body. Ask about the functions of the skin. Students may provide answers including it protects the insides, it keeps out germs, etc. Ask students to name ways in which our skin may be damaged (what do we need to protect our skin from)?

Invite students to talk about the places in which they may be exposed to UV light. Answers may include examples such as at the beach, the playground, skiing, or playing a sport, such as baseball or soccer.

Explain how the sun may cause skin changes. The sun's rays contain ultraviolet light and in certain doses may harm their skin. Discuss with students what ways they may prepare to keep their bodies safe from the sun during outdoor activities. Answers may include wear protective clothing and hats, applying sunscreen, etc. Talk about why it is important to include checking our bodies for spots. Instruct student that they are not born with freckles but develop them at sites of overexposure to UV.

Share ebook: What Are These Spots on My Skin?

Teach 1: Spot the Dots worksheet (10 minutes)

Share with students the Spot the Dot Dab/Coloring worksheet. Ask students to use crayons, markers, or dot dabbers to fill in the worksheet.

Discuss with students the acronym SunAWARE and ask them to fill in the dots. Use the other alphabet dots to review the alphabet connections made in the book.

Teach 2: Using sunscreen show how the sun changes construction paper (10 minutes to prep - up to 24 hours for change in paper depending on amount of sunlight available)

Give each student a sheet of dark colored construction paper, holding it in landscape style; fold it in half from the left to the right. Draw a line down the middle on the fold. Label one side “sunscreen” and the other side “no sunscreen”. On each side, trace your left or right hand. Spray the side labeled “sunscreen” with the sunscreen. Make sure to hold your nose while spraying sunscreen product.

Place the paper in the sun. Depending on the amount of sunlight available, the paper will change and show how the sunlight changes the paper. The area that was protected with sunscreen should stay the original color of the paper.

Discuss how the active ingredients in the sunscreen protect our skin from UV light. Explain how over time the sun will break down the sunscreen, making it important to reapply sunscreen.

Teach 3: Make oversized sunglasses to spot the dots (10 minutes)

Prep work: Download and cut out the attached sunglasses pattern. Print on black cardstock and cut out sunglass template. Using clear contact paper, attach the contact paper over each eyepiece section.

Give students sunglasses and ask them to fill in the eyepiece sections with tissue paper dots of various colors. Cover the eyepiece with another piece of contact paper if needed (if they do not cover all of the contact paper).

Discuss with students the importance of protecting our bodies from UV lights. Ask students to provide examples, in addition to sunglasses, of ways in which we can protect ourselves from the sun.

Closing: (5 minutes)

Wrap-Up: You may use the following questions to help assess your students understanding of the lesson objectives.

Ask:

What it means to spot the dots? To check our bodies for changes in dots (moles, freckles).

How can we use a spot map to keep our bodies healthy? We can use a spot map to keep track of where our dots are, as well as the shape, color, and size of the dots. If there are changes we can share the spot map with our healthcare providers.

What does it mean to be SunAWARE? To be SunAWARE means that we avoid exposure to the sun, wear protective clothing and sunglasses, apply sunscreen, routinely check our bodies for changes, and help educate others about sun safety.

How can the sun change our skin? Ultraviolet light can tan or burn our skin, as well as to produce freckles or moles.

What are some of the ways in which we may protect our skin? We protect our skin by staying out of the sun, wearing protective clothing and gear, and applying sunscreen on a regular basis.

Additional Teachable Ideas:

- Using a smartboard, download a cutaway section of skin and ask students to label the sections.
- Discuss various animals and how they protect their bodies from the sun.
- Draw half of a “spot” and have students draw the other half. Draw the spots based on the ABCDE’s found in the book.