CURRICULUM OVERVIEW

Ray and the Sunbeatables

In this curriculum, children meet superhero characters, Ray and the Sunbeatables, who show that sun protection is a superpower. Children are encouraged to participate in curriculum activities to help Ray and his friends stay sun safe every day and everywhere they go. Throughout these activities, children learn why and how to be sun safe in their daily lives, and how to find their own Sunbeatable Superpowers.

Ray is the leader. He has the superpower of shade. Ray also wears a magic watch that reminds him to be SUPER-protected from 10:00 AM to 4:00 PM when shadows are shorter, the sun is directly overhead and the sun’s rays are most harmful. (Note: Preschool-aged children might not understand the concept of time. Reference your daily schedule of classroom and outdoor activities to communicate the time of day. Use shadow length to teach children when they need to be SUPER-protected. During early morning and late afternoon, shadows are longer. If your shadow is shorter than you, or you have no shadow, then the sun is directly overhead and the sun’s rays are more harmful.)

Serena has the superpower of sunscreen.

Chloe has the superpower of protective clothing.

Stefan has the superpower of protective sunglasses.

Hanna has the superpower of protective hats.
Dear Parents,

We are excited to announce that we are teaming up with The University of Texas MD Anderson Cancer Center to teach your child how to be sun safe! We are teaching Ray and the Sunbeatables™: A Sun Safety Curriculum for Preschoolers, which includes fun activities about the importance of protecting our skin from the sun year-round.

**Meet the Sunbeatables!**

- **Ray** is the leader. He has the superpower of shade. Ray also wears a magic watch that reminds him to be SUPER-protected from 10:00 AM to 4:00 PM when shadows are shorter, the sun is directly overhead and the sun’s rays are most harmful.

- **Chloe** has the superpower of protective clothing.

- **Stefan** has the superpower of protective sunglasses.

- **Serena** has the superpower of sunscreen.

- **Hanna** has the superpower of protective hats.

You can be a Sunbeatables Parent by:

- Bringing in SPF 30 sunscreen and protective clothing (e.g., wide-brimmed hats, sunglasses, shirts with longer sleeves, pants, skirts or dresses at least knee-length, and shoes and socks) for your child to be protected at school.

- During outdoor activities with your child, remember to:
  - Cover up and wear protective clothing, wide-brimmed hats and sunglasses.
  - Use sunscreen and lip balm with SPF 30 and reapply frequently.
  - Stay in the shade.

*Thank you for helping our school and protecting our children!*

**The Sunbeatables™ Program**
Estimados padres,

Nos complace anunciarles que nos hemos asociado con The University of Texas MD Anderson Cancer Center para enseñarle a sus hijos cómo protegerse cuando se exponen al sol. Les estamos enseñando el programa: Ray and the Sunbeatables™: Un programa de protección solar, para niños en edad preescolar, que incluye actividades divertidas sobre la importancia de proteger nuestra piel de los efectos del sol.

¡Estos son los Sunbeatables!

**Ray** es el líder. Tiene el super-poder de la sombra. Ray también posó un reloj mágico que le indica estar SUPER- protegido de las 10:00 AM a las 4:00 PM cuando hay menos sombra, el sol está directamente encima y los rayos del sol son más dañinos.

**Chloe** tiene el super-poder de la ropa de protección.

**Stefan** tiene el super-poder de las gafas para el sol.

**Serena** tiene el super-poder de la protección solar.

**Hanna** tiene el super-poder de los sombreros de protección.

Cómo ser un padre o madre Sunbeatable

- Traiga un filtro solar de SPF 30 y ropa de protección para su hijo/a para que los use en la escuela preescolar y en excursiones, para protegerse del sol. La ropa de protección incluye sombreros de ala ancha, gafas para el sol, camisas de manga larga, pantalones, faldas o vestidos que cubren por lo menos hasta las rodillas, y zapatos con calcetines que cubren los pies.

- Durante las actividades al aire libre con su hijo/a, acúrdese de:
  - Taparse y usar ropa de protección, sombreros de ala ancha y gafas para el sol.
  - Use crema de labios y filtro solar de SPF 30 y aplíqueselos frecuentemente.
  - Quédese en la sombra.

¡Gracias por ayudarnos a hacer que la protección solar sea una prioridad durante todo el año!

The Sunbeatables™ Program
1.2 “Are You Sun Safe?” Song

Teaching Objectives
1. Lead children in singing and role modeling sun safety behaviors through physical movement.
2. Discuss sun safety superpowers:
   - Sunscreen
   - Protective clothing
   - Protective sunglasses
   - Protective hats
   - Shade

Materials
- Song lyrics poster
- Sun Safety Songs CD
  Optional: sunscreen bottle, wide-brimmed hat, long-sleeved shirt, sunglasses

Preparation
Post song lyrics poster in a central, visible location for children to sing along.

Sunbeatable Parents: Make copies of the song lyrics provided in the parent folder to give to parents, and encourage them to sing with their child at home.

Lyrics
(To the melody: “Are You Sleeping?”)

Are you sun safe? Are you sun safe?
   Yes I am. Yes I am.
I am wearing sunscreen. I am wearing sunscreen.
   Yay for me! Yay for me!
   (Pretend to rub on sunscreen)

Are you sun safe? Are you sun safe?
   Yes I am. Yes I am.
I am wearing my hat. I am wearing my hat.
   Yay for me! Yay for me!
   (Pretend to put on hat)

(Activity continued on next page)
1.2 “Are You Sun Safe?” Song (continued)

Are you sun safe? Are you sun safe?
Yes I am. Yes I am.
I have sun safe clothing. I have sun safe clothing.
Yay for me! Yay for me!
*(Pretend to put on sun safe clothing)*

Are you sun safe? Are you sun safe?
Yes I am. Yes I am.
I am wearing my shades. I am wearing my shades.
Yay for me! Yay for me!
*(Pretend to put on sunglasses)*

Are you sun safe? Are you sun safe?
Yes I am. Yes I am.
I will play in the shade. I will play in the shade.
Yay for me! Yay for me!
*(Hold arms over head to make shade)*

*Ask Children:*

1. Why do we need to be sun safe? *(Note: Responses may include: “to protect us from the sun” or “so we won’t burn our skin in the sun.”)*

2. What can you do to be sun safe? *(Note: Responses may include: apply sunscreen, wear long-sleeved shirts, long pants, wide-brimmed hats and sunglasses, and play in the shade).*

3. When do we need to be sun safe? *(Note: Responses may include: “every day” or “anytime we go outside”).*