

# Sunny singing walk

## Learning intentions

Children will know what sun protection they need when they go out on a sunny day.

## Stepping stones

Area of development	Stepping stone
Personal, social and emotional development	Children will understand what is right, what is wrong and why
Creative development	Children will be able to express and communicate their ideas, thoughts and feelings by using songs

## Organisation

Whole class sitting on the floor in a circle

## Resources

Sunhat, t-shirt, UV protective sunglasses, parasol/umbrella, empty bottle of factor 15+ sunscreen, activity sheet

## Key vocabulary

Protect, neck, sunglasses, sunscreen, sunhat

## Introduction

To the tune of 'Here we go round the mulberry bush' help the children to learn to sing:

*Let us all go walking outside,  
Walking outside,  
Walking outside.  
Let us all go walking outside,  
On a bright and sunny morning.*

## Activity

Ask the children, if it was bright and sunny, what they would need to do before going outside? Use the sunhat, sunscreen etc as prompts. As the children make suggestions put their ideas into the song as verses e.g. this is the way we put on our hats, wear our t-shirts, stay in the shade and so on.

You may find the SunSmart code useful:

- S**pend time in the shade between 11 and 3
- M**ake sure you never burn
- A**im to cover up with a t-shirt, hat and sunglasses
- R**emember to take extra care with children
- T**hen use factor 15+ sunscreen

After each verse repeat the chorus with children walking around the circle. In future sessions the word 'walking' could be changed to skipping, jumping, striding, marching etc.

## Worksheet

Give each child the activity worksheet. Explain that the children in the picture are not very tidy. They are about to go out for a walk and have lost their sunhats, sunglasses, water bottles and sunscreen. Ask the group to help the children to find them. Tell the group they may take the sheets home to colour and to share with their carers.

## Discussion

Talk to children about how sun protection can be included in their daily routines. For example, where is the best place to keep a sun hat? How can you always remember to put on your hat before you go outside? Where is a good place for shady outdoor activities around lunchtime?

