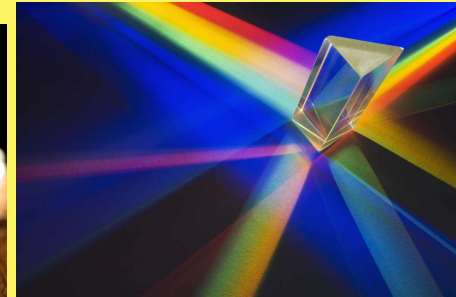




*This term our topic for Science is*



## Sun Safety

WALT recognise that light from the sun can be dangerous and that there are ways to protect my eyes.

## Questions to ask and think about!

- Can you name some things that give out light?
- How does light help us to see?
- What is dark?
- How do mirrors work?
- What is reflection?
- How are shadows made?

This unit of work is all about light.

You will find the answers to all these questions, and more!

recap

A light source is something that gives off light.

If we did not have light sources we would not be able to see.

Can you remember some light sources?

recap

# Light sources



a torch



a fire



the sun



a candle

# The Sun!

- Helps people make vitamin D
- Helps the plants to make food
- Provides warmth
- Makes people feel happier
- Is a source of light

- Causes sun burn
- Causes wrinkles
- Damages the eyes
- Can cause skin cancer

## UV Light - Ultraviolet Light

Some UV rays are blocked by the ozone layer, but most of the UV light from the sun reaches us on earth.

The amount of UV light that reaches us depends on different things:

- It is stronger at midday and in the summer.
- If there are no clouds there is more UV light.
- It also gets stronger nearer to the equator.
- The location can make a difference too - water, sand and snow all reflect UV light, making it stronger.

UV light causes sun burn, wrinkles and skin cancer, damages the eyes and can change the colour of some materials.

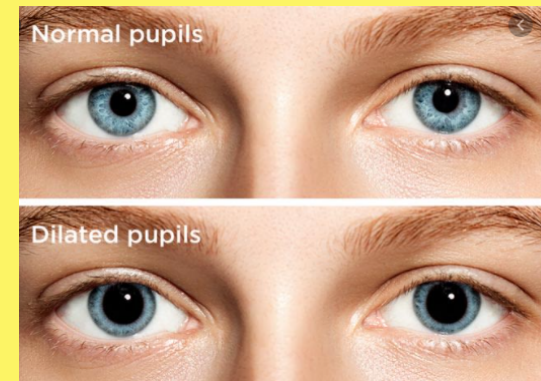


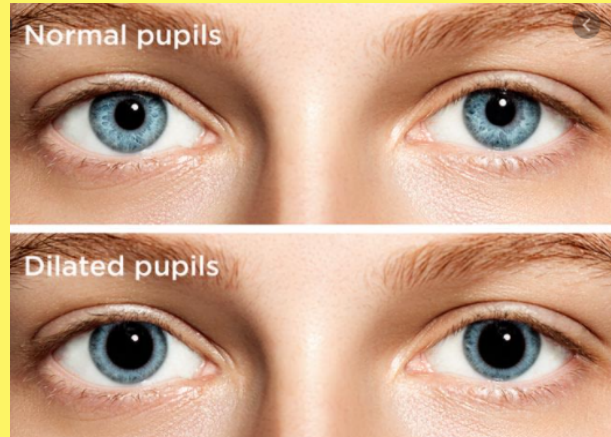
## Seeing UV Light

Let's look at how our eyes see light!

Have a look in the mirror at your pupil. What can you see?

No close your eyes for 30 seconds. As soon as you open them, look at what happens to them.





The pupil grows bigger in the dark to allow more light to enter the eye, and gets smaller in bright light.



If too much light comes through the pupil, it can damage the retina.

It causes pain, so that you instantly close your eyes, or turn away from a bright light.

It is very important that you never look directly at the sun, as the light can damage your eyes very quickly.

Bright lights indoors can also damage your eyes, so you should never look at them, or shine lights into anyone's eyes.

To protect your skin from UV rays, you can cover up or wear sun cream.  
But what can you do to protect your eyes?

There are several things you should do to protect your eyes from the sun or other bright lights.

- You should wear sunglasses when out in the sun. Sunglasses have a UV rating to show how well they block UV rays. Make sure you get sunglasses with a high UV rating.



- Some sunglasses don't have a UV rating - these are really just toy sunglasses and don't protect your eyes. In fact, because they have dark lenses but no UV filter, the pupil opens wider, actually letting in more UV rays!

## Protecting your eyes



- Wrap around sunglasses are best, as they cover more of the eye.
- You can also wear a hat with a wide brim to shade your eyes.
- Make sure you have regular eye tests to check your eyes.
- Even if you are wearing sunglasses and a hat, you should still never look directly at the sun.

Let's make a poster to warn others about the importance of protecting our eyes from the sun!

Our poster needs to be:

- Informative
- Bright and eye catching
- Neat - people need to be able to read it
- Have the correct vocabulary on



## Attachments

---

5 lives game.pptx