Unscramble these words to find five things that protect you from the sun.

HRIST
MRLUBEAL
SRCSENENU
THA
GASUSNSLSE

Search for the words listed below.

Shade
Melanoma
Sunburn
UV index
SPF
Prevention
Awning
Skin Cancer
Sun Safety

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SPOT Children’s Activities are a part of the American Academy of Dermatology’s SPOT Skin Cancer™ campaign.
www.SpotSkinCancer.org
Use the clues below to fill in the puzzle.

Across
1. What can happen to your skin within 15 minutes of being in the sun? _________
2. _________ suit on your birthday for anything unusual.
3. What should you always put on before you go out into the sun? _________
4. Seek _________ when outdoors.
5. Parents and teachers should act as _________ _________ to encourage sun safety.
6. _________ beds!
7. What is the most common form of cancer for young adults? _________
8. How do you measure the intensity of the sun’s rays? _________
9. Frequent sunburns can lead to _________ _________.
10. _________ the hot midday hours from 10 a.m. - 2 p.m.

Down
2. Check your _________ suit on your birthday for anything unusual.
4. Seek _________ when outdoors.
5. Parents and teachers should act as _________ _________ to encourage sun safety.
6. Avoid _________ beds!
8. You should _________ the hot midday hours from 10 a.m. - 2 p.m.