

Sun Safety

- Don't be fooled by overcast weather! Up to 80-90% of UV rays can pass through clouds
- If your sunscreen is more than a year old, buy a new bottle
- Use about a shot glass full of sunscreen
- Reapply sunscreen at least every 2 hours or after swimming
- Choose sunscreen with an SPF of 30 or higher
- Wear a wide-brimmed hat, sunglasses, and light colored clothing
- Stay in the shade during the hours of 10am and 4pm

Heat Related Illness

Tips to beat the heat and keep your cool!

Dehydration Warning Signs:

- Lack of tears when crying
- Decrease in activity or fatigue
- Decreased or dark colored urine
- Dry mouth
- Excessive thirst
- Headache or dizziness

Treatment:

- Move to a cool, shaded area or go to an air conditioned place.
- Drink lots of fluids, slowly sipping. Water is the best choice.
- Avoid caffeine, alcohol, and large amounts of sugar.

Summer Health Tips



Activities for the Beach



Start a Collection: Take along an empty egg carton or baggy and hunt for tiny treasures. Shells, pebbles, bits of driftwood, and other interesting objects are fun to find and then arrange by size, color, or texture.

Create Sand Art: Pack a bottle of glue and construction paper. Have your kids use glue to draw on the paper and sprinkle sand over it. Tilt the page to coat the entire glue design. Anchor their artwork with rocks while it dries in the sun.

Capture the Moment: Let your kids sharpen their photography skills by zooming in with a camera lens on the fine details of waves, sand, stones, vegetations, wildlife, or anything else that catches their eye. Enter them in the **Ranger Rick Photo Contest** at: www.nwf.org/rrphotocontest



Ghost in the Graveyard

- Establish the game boundaries and decide on a home base that everyone can touch at the same time, like a large tree
- Choose one person to be the "ghost." Everyone but the ghost stands at home base while the ghost hides somewhere outside
- Chant slowly as a group "One o'clock, two o'clock, three o'clock..." and so on and so on, up to twelve. Then shout "Midnight! I hope I don't see the ghost tonight!"
- Leave the home base and search for the ghost in the yard. The ghost's job is to jump out, surprise, and tag a player. When anyone sees the ghost he or she should yell "Ghost in the graveyard!" and run away.
- When the ghost catches someone, that person becomes a ghost. Anyone who is able to run back to home base is safe.
- Have all the new ghosts go and hide with the original ghost. The people on the home base start again with the chant.
- Continue the game like this until everyone is caught. The last person caught becomes the ghost for the next round.



Activity for Any Summer Night: Pitch a Tent!

Never been camping before? Experience the outdoors close to home—try sleeping outside in your backyard. All you need is a tent, sleeping bag, and a flashlight to turn an ordinary night into a memorable adventure. Get more tips by visiting www.backyardcampout.org and connect with campers in your area.



Fun Ways to Beat the Summer Heat



Step 1: Pack a snack and set up camp under a big shade tree.

Step 2: Make a fan by decorating pieces of paper with markers and fold them into fans.

Step 3: Mist yourself with water from a spray bottle. The breeze will feel like "air conditioning" when it blows against your skin.

Step 4: Look for animals to see how they beat the heat. Dogs pant to cool down. Birds cool off in water or by spreading their wings to catch a breeze.