



Name/ID _____



An Adult/Child Activity

Dear Parent or Guardian:

Your child has been studying about the functions and structure of the skin. He/she has been learning how important our skin is and ways to keep it healthy. One thing your child has learned is that the sun can damage the skin. Skin damage can be dangerous. The object of the activity is to reinforce vocabulary associated with the skin and skin protection. Please help your child with the search and review the terms.

Find the following words listed below.
Down, up, and across are where you should look.



Excrete, Melanin, Epidermis, Dermis, Detect, Protect, Prevent.

E	P	I	D	E	R	M	I	S
G	G	G	E	G	G	G	G	G
T	S	Q	T	T	T	T	T	E
D	I	D	E	P	D	D	N	X
L	M	L	C	R	L	L	I	C
P	R	O	T	E	C	T	N	R
K	E	K	K	V	K	I	A	E
J	D	J	J	E	J	J	L	T
T	T	T	T	N	T	T	E	E
B	B	B	B	T	B	B	M	B



Protect yourself from the sun by remembering these simple points:

1. Wear sunscreen and lip balm with an SPF of 15 or higher.
2. Wear a hat with a wide-brim.
3. Avoid the sun as much as possible between the hours of 10:00 am and 4:00 pm when the sun's rays are the strongest.
4. Wear protective clothing
5. Wear sunglasses.

