Heat and Sun Safety Matching Worksheet

On this page is a list of items and text about how each helps to protect you from the heat or sun. Draw a line from the item to the matching text. Good luck!

- **Sunglasses**
  - Protects your head, face and eyes from the sun.
- **Hat**
  - Moves air to help keep you cool.
  - Protects your eyes from the sun.
- **Umbrella**
  - Absorbs less energy (heat) from the sun than dark colors.
- **Mister spray bottle**
  - Sprays water on your skin to cool you down as the water evaporates.
- **Sunscreen**
  - Sprays water on your skin to cool you down as the water evaporates.
  - Absorbs less energy (heat) from the sun than dark colors.
- **Light colored shirt**
- **Water in a bottle**
  - Drink it to replace the water you lost from sweating.
- **Towel**
  - Soak it in water and put it over your shoulders. It cools you down as the water evaporates.
  - Creates a spot of shade to protect you from direct sunlight.
- **Splash pad**
  - Water from this outdoor fountain cools you down.
Heat and Sun Safety Matching Worksheet Key

**Sunglasses**
- Protects your head, face, and eyes from the sun.

**Hat**
- Protects your eyes from the sun.

**Mini fan**
- Moves air to help keep you cool.

**Water in a bottle**
- Drink it to replace the water you lost from sweating.

**Umbrella**
- Absorbs less energy (heat) from the sun than dark colors.

**Towel**
- A cream that protects your skin from the sun.

**Mister spray bottle**
- Soak it in water and put it over your shoulders. It cools you down as the water evaporates.

**Light colored shirt**
- Creates a spot of shade to protect you from direct sunlight.

**Sunscreen**
- Sprays water on your skin to cool you down as the water evaporates.

**Splash pad**
- Water from this outdoor fountain cools you down.