



Workshop Planning Template

(Note to AGED 310: You do not need to use this template specifically. You may format your own written plan that works best for your situation, but take care to outline the key elements).

Name of Presenter: Wyatt Capps and Madalyn Hammel

Session Title: Sun day, Fun day

BACKGROUND PLANNING

Real World Need: With growing cases of Melanoma each year, it is important that students understand the dangers of harmful UV rays pose to their health and how to protect themselves.

Audience: Students age Pre K- 6th grade, around 100, of Kansas Community Unit School District 3.

Time: 8 a.m.-3 p.m. with 8 small groups rotating through.

Facilities: Outside in a parking lot area weather permitting. If it rains, we will be moved inside to the gym.

Technology: N/A

Supplies:

- Water
- Water Container
- Dixie Cups
- Poster Board
- Coloring Pages
- Sunscreen
- Hats
- Sunglasses
- Shirts
- Dried Fruit
- Fresh Fruit
- Markers

DELIVERY OF WORKSHOP

The Hook (Motivation): Good morning sunshine!! Who here has ever gotten sunburnt? Can someone explain what a sunburn is? Why did you not enjoy your sunburn? (i.e. what happens? red, itchy, peeling skin) Sunburns are caused from harmful UV rays and being in the sun too long.

Estimated Time: 1 minute

Introduce Session Goal:

- After completing the session students will understand the dangers of unprotected time in the sun and how to protect themselves while being in the sunshine.

Objectives (Steps) to Achieve Session Goal:

- Recognize the dangers of prolonged sun exposure and how to protect our skin.
- Understand the importance of hydration and how to remain hydrated while being active.

Objective 1: Protection from sunlight

Key Points: It is good to be outside, the sun is beneficial to plants, animals, and people but, we have to protect our skin from harmful UV rays so, we do not develop serious illness later in life.

Strategy for Objective 1: Lecture and activity.

Activity: Shade hunt game from Alex the Alligator to help understand what is shade and where to find it. Wyatt will model hats to facilitate a discussion on which hats are best for outside activities.

ABC Check for Objective 1: Behavioral: The students will know how to apply sunscreen, wear proper hats, sunglasses, and cool long-sleeve shirts.

Estimated Time: 4 minutes

Objective 2: Proper Hydration

Key Points: Which drinks are best at keeping you hydrated, signs of dehydration, and how to avoid dehydration.

Strategy for Objective 2: Lecture and activity. Give them cups of water.

Activity: Compare fresh fruit to dried fruit and discuss how dehydration affects our bodies.

ABC Check for Objective 2: Behavioral: Students will drink more water when active while in direct sunlight and hot temperatures.

Estimated Time: 3 minutes

CONNECT SESSION TO FUTURE ACTION

Connect (to Real World Need)

Key Points to Review: When outside in direct sunlight with hot temperature wear sunscreen, hats, and drink water.

Strategy for Connection: Ask questions to the students related to a scenario. (i.e. Tomorrow when I play outside what do I need to wear? Hats, sunscreen)

ABC Check for Connection: Cognitive: Students will know and understand about sun protection and hydration.

Estimated Time: 1 minute

Call to Action (*What do I want audience members to do right now*):

Knowledge, Skill, or Attitude?

Desired Action: Wear sunscreen and drink water when students are outside. Take home their coloring page and inform their legal guardians and discuss what they learned about protecting themselves from the sun.

Estimated Time: 1 minute

Resources:

Alex the Alligator: <http://www.aahealth.org/programs/family-services/lifestyle/sun-water-safety/alex>

Nestle Healthy Active Kids: <https://www.healthyactivekids.com.au/teachers/tasmania/unit-1-food-nutrition/lesson-6-hydration-importance-water/>