



Sophie says 'Stay Safe in the Sun'



One sunny day Sophie left her home to go out to meet her friends. She did NOT put on a sun hat, sun glasses or sun cream.



Sophie met some friends in the street they were wearing sun hats.



Sophie met some more friends who are wearing sun glasses.

Sophie then met her friend Robyn. Robyn offers Sophie some sun cream.





Sophie says 'Stay Safe in the Sun'



Sophie suddenly felt unwell. Her arms were red and she had a head ache.



Oh I don't feel very well I'm so hot and my arms are burning.

Sophie's friends help her.



You should wear a hat have this one.



Thank you. I feel a little better.

Sophie feels a little better her friends help her again.

Sophie feels a better now. She is protected from the sunshine. She has a hat, sun glasses sun cream and has drunk some water.



Here Sophie you can wear my spare pair of sun glasses.



Please put some sun cream on.

Ok, this cream will stop my arms from burning.



If you want to stay safe in the sun always wear a hat, sun glasses, sun cream and drink lots of water.

