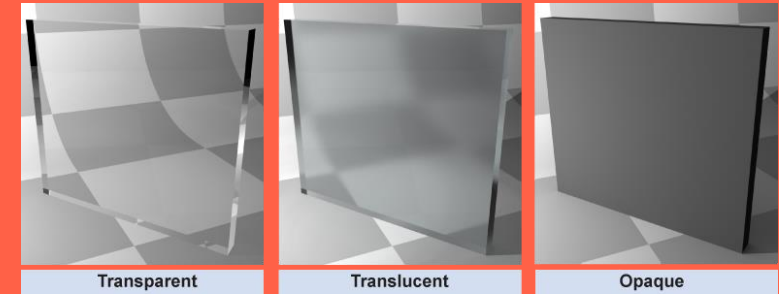


# Let there be light!



Be the BEST you can be



## The benefits and dangers of the sun

### Benefits:

- Improve their mental and physical health— and research suggests anywhere from 30 to 60 minutes of outdoor play a day is enough to see major results.
- You get vitamin D from the Sun.

### Dangers:

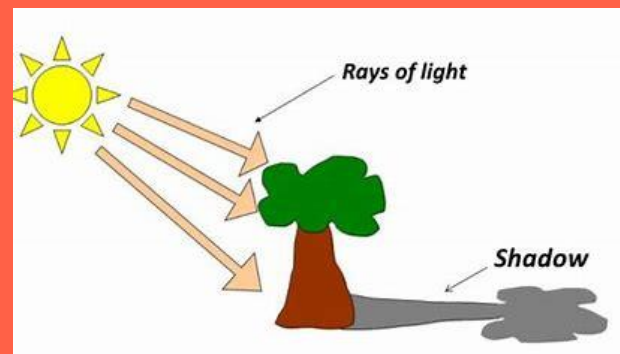
- Damage to skin and eyes
- Heat stroke- illness.

### How to protect yourself:

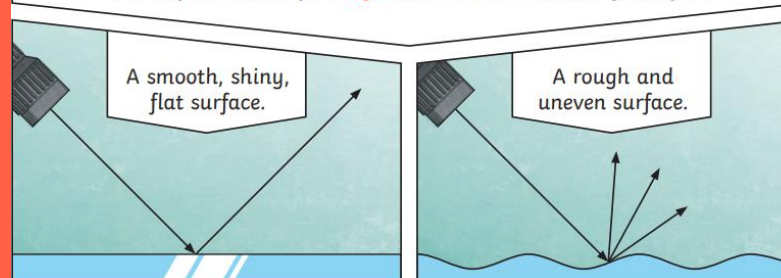
- Cover up- use hats and appropriate clothing.
- Wear sunglasses to protect your eyes or hats with a wide brim to shade eyes.
- Even if you are wearing sunglasses and a hat, you should still never look directly at the sun.
- Wear sun cream- SPF 30 or above and apply regularly.
- Helpful tip: If you've got fair skin, or moles and freckles, you'll need to take extra care to protect your skin.

## General Knowledge

### Light Sources:



The surfaces that reflect light best are smooth, shiny and flat.



	Key Vocabulary
Light	The energy that helps us see the things around us.
Dark	The absence of light.
Light source	Something which produces light: e.g., the sun or a lamp.
Reflect	When light is reflected off an object and changes direction.
Reflection	an image seen in a mirror or shiny surface
Reflective	providing a reflection; capable of reflecting light
Ray	A straight line that represents the direction of light.
Transparent	Lets light through easily meaning you can see through the object completely.
Translucent	Lets some light through but not enough to see through the object fully.
Opaque	Describes objects that do not let any light through.
Shadow	When light is blocked by an opaque object.

### Did you know?

Light is made up of all the colours mixed together. White light can be split up to reveal red, orange, yellow, green, blue, indigo and violet.