



A New Direction

EMPLOYEE ASSISTANCE SERVICES

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READY, SET...

# SPRING BREAK!

Did you know having only FIVE sunburns in a lifetime doubles your chances of skin cancer. When playing and working outdoors, protect the skin your in by following these easy steps.



Take a **Break** and  
find **SHADE**

Apply **SUNSCREEN** at  
least every **2** hours



Wear **SUNGLASSES**

Wear a **HAT** and  
protective **CLOTHING**



## Water Bucket Relay

Kids love relay races, and at the beach the old egg and spoon race can be replaced with a water bucket relay. Give each child a plastic cup, spoon, or large shell and have them run to the water, fill their carrying implement, and race to empty it in a bucket. Kids love the challenge of trying to keep the water from spilling before they get it into their bucket.

**Required:** a bucket and carrying tool for each child

**Skills developed:** balance, agility



## Tips when Traveling with Kids

- ⇒ Plan for a slower pace than you might usually attempt if solo or as a couple.
- ⇒ Pack the bare minimum when you travel with kids because you can always buy what you need at your destination.
- ⇒ Allow your children to bring along a few home comforts such as a stuffed toy, reading books, or a portable music player.
- ⇒ Pack plenty of snacks for yourselves and your children.
- ⇒ Do the free stuff.
- ⇒ Take Frequent Breaks – Preferably every two hours.
- ⇒ Pack plenty of water, a first-aid kit including sunscreen.
- ⇒ Expect the Unexpected—Attitude is everything: no matter how much you plan and prepare,

Search for the words listed below.

Shade	N V M V E M Q U A R
Melanoma	S O W E A D V J E C
Sunburn	U B I H L I A C F B
UV index	N R M T N A N H P V
SPF	B L T D N A N Z S L
Prevention	U L E L C E Z O P Z
Awning	R X E N Z D V S M Y
Skin Cancer	N V I I I Z S E Y A
Sun Safety	R K G N I N W A R K
	S U N S A F E T Y P

