

Hot Shots Video Activity Packet

ABOUT *HOT SHOTS*

Hot Shots is a sun-safety video designed for use with children, three to six years of age. This is likely the only sun-safety video for preschool children ever produced in the United States (as of February 2007). It features “Alex the Alligator,” a life-sized puppet that serves as mascot for the California Department of Public Health Skin Cancer Prevention Program (SCPP). This fifteen-minute video also includes a young adult “announcer,” along with four preschool children who collectively represent the four broad classifications of population groups: Hispanic, Asian, Caucasian, and African American.

The storyline features four preschoolers, called “hot shots,” who search for a golden shield (a metaphor for the strategies they learn to shield (protect) themselves from the golden sun).

In order to convey a balanced portrayal of the sun’s effects, the first few minutes are devoted to highlighting positive aspects of sunshine: it provides warmth, allows us to see, and helps plants grow. Next, the focus changes as the children learn that too much sun can make them hot, burn their skin, and make them thirsty.

Finally the remainder of the video portrays our “hot shots” learning and demonstrating the recommended strategies for preventing overexposure to the sun:

1. Playing in the shade
2. Wearing a full-brimmed or other type of protective hat
3. Wearing long clothes
4. Wearing sunglasses
5. Using sunscreen and lip balm (Alina, our young adult, demonstrates these actions.)

The video concludes as one of the preschoolers finds the golden shield. Then the children parade: wearing protective hats, clothing, and sunglasses.

Eight original songs are played throughout the video, each summarizing educational material presented immediately before the given song. The printed words for these songs are included in this packet. Several “poetic summations” also appear in the script.

HOT SHOTS TEACHING POINTS

As you probably know, excessive contact with sunlight causes approximately 90 percent of non-melanoma skin cancer. Children need to learn from a young age why and how to protect themselves from overexposure to the sun.

Pre-Video Activity

Before you show the video, may we suggest that you prepare the children a bit by talking about the sun? Here is a “script” to help you “set the tone” for this activity:

--Questions For Pre-Video Discussion--

1. Begin by talking about positive things connected with the sun, such as:

- +It keeps us warm.
- +It helps us to see.
- +It helps plants grow.
- +It helps make us feel good.

“But too much sunshine can hurt us (or ‘make us feel bad’)...”

2. Ask and discuss with the children, “How many of you have ever had a **sunburn**?”

+**What happened to your skin?** (Probable answers: “It got burned; I got red; I got blisters; my Mom or Dad had to put a lotion (cream) on it; Some skin came off;” etc.)

+**How did it make you feel?** (Probable answers: “It hurt; I couldn’t sleep on it; I couldn’t go out and play; It made me cry;” etc.)

3. Now tell the children, “I am now going to show you a video about how to stay safe in the sun.”

NOTE: After showing the video, ask the children the Post-Video Discussion Questions below. The responses are absolutely necessary for you to complete the attached evaluation form.

Post-Video Activity

After showing the video, child care or preschool staff should discuss, clarify, and reinforce the key messages with the young viewers:

1. Review the positive aspects of sunshine:
 - a. It helps us see and keeps us warm, etc.
 - b. (B) It helps plants to grow.
2. Remind the children that **too much** sunshine can make them hot and burn their skin (sunburn). Children (and adults) should drink plenty of water, especially on hot days, to support normal body function and help prevent **heat stroke**.
3. There are various ways children can protect themselves from the sun:
 - a. **Play in the shade.** Children can be lead on an outdoor “shade walk” to identify
 - b. shaded places to play. At recess, staff should actively encourage children to have
 - c. fun in sun-protected areas.
 - d. **Wear wide-brimmed, protective hats.** Staff may want to collect and bring to
 - e. class a variety of hats and have the children identify which are the best (safest) hats to wear.
 - f. **Wear long clothing.** Staff should clarify that long clothing may not always be appropriate for hot weather. Of course, when temperatures are high, the other

strategies should be rigorously promoted such as playing in the shade, wearing hats, and reducing sun exposure between 10 a.m. and 4 p.m.

- g. **Use sunglasses.** This is a lesser priority for young children. UV-protective dark
- h. glasses will have a guarantee stating they block 100% of UVA & UVB.
- i. **Use sunscreen.** This strategy is highly contingent upon the child care or preschool site's policy and cooperation from parents/guardians. If sunscreen is applied, it should generally have a SPF rating of 15 or greater and provide broad spectrum UVA & UVB protection, as specified on the bottle.

Note: This video and related material should be made available for parent/guardian viewing. Parental participation is vitally important for protecting children from too much sunlight.

--Questions For Post-Video Discussion--

What Did The Preschool Children Learn About Sun Safety?

1. "What is the best type of **Hat** to protect you from the sun?"

Correct answer: "Big hat" (with flaps/brim) that shades the entire face, head, and neck.

2. "What kinds of **shirts** and **pants** will best protect you from the sun?"

Correct answer: Long sleeves and long pants.

3. "What will protect your **eyes** from the sun?"

Correct answer: Sunglasses.

4. "What is sunscreen? Who should help you put it on?"

Correct answer: A lotion that protects our skin from the sun. Our parents should help us put in on.

5. "When you play outside in the hot sun, where is the safest place to play?"

Correct answer: In the shade.

6. "If you get hot and your throat gets dry, what should you drink?"

Correct answer: Water!

7. "What were the things you liked most in the video?"

---**Record** the children's answers on **question six** of the evaluation form.

8. "Was there anything in the video you didn't like?"

---**Record** the children's responses on **question seven** of the evaluation form.

Hot Shots (Video) Song Lyrics

1. The Sunlight Does Good Things For Me

The sunlight does good things for me
Good things for me, good things for me
The sunlight does good things for me
It keeps me warm and helps me see.

It keeps me warm and helps me see
It keeps me warm and helps me see
(The) sunlight does good things for me
It keeps me warm and helps me see.

2. Sunlight Helps Plants Grow

The sunlight helps the plants to grow
The plants to grow, the plants to grow
(The) sunlight helps the plants to grow
So tall and strong as you all know.

The flowers open up so wide
Yes up so wide, yes up so wide
(The) flowers open up so wide
They let the sunlight get inside.

3. Too Much Sun Can Hurt

Too much sunlight makes me hot
Makes me hot, makes me hot
Too much sunlight makes me hot
My skin can burn and hurt a lot.

My skin can burn and hurt a lot
Hurt a lot, hurt a lot
Too much sunlight makes me hot
My skin can burn and hurt a lot.

4. The Sun Can Dry My Throat

When the sun is way up high
In the sky, in the sky
When the sun is way up high
It can make my throat get dry.

When I'm hot I take a drink
Take a drink, take a drink
When I'm hot I take a drink
It cools me down and helps me think.

5. Shade Can Block The Sun

We play in the shade when the sun is hot
We play in the shade when the sun is hot
We play in the shade when the sun is bright
To keep the sunlight out of sight.

We play in the shade when the sun is hot
We play in the shade when the sun is hot
We keep our skin from getting hurt
We keep our cool and stay alert.

6. Hats Can Block The Sun

When we go out-side in the sun
We wear our hats and have some fun
Save our heads from too much light
'Til the day becomes the night.

When we go out-side in the sun
We wear our hats and have some fun
Save our heads from too much light
'Til the day becomes the night.

7. Clothes Can Block The Sun

When we go out-side in the sun
We wear long clothes and have some fun
Save our skin from too much light
'Til the day becomes the night.

We save ourselves from too much sun
We know that sunburn is no fun
Clothe our skin from head to toe
Alex our friend has told us so.

8. Sun Safety Parade

We are the hot shot team
Our hats shade every face
Long clothes co-ver our skin
Or sunscreen takes their place.

We like to play in shade
To block the big hot sun
By doing all these things
We'll safely have some fun.

And now it's time to go
Some water we must drink
We're glad you saw this show
(Spoken...) We hope it made you think.

Hot Shots Activity **Evaluation Form**

Thank you for your willingness to show the video to young children and complete this evaluation form. Your feedback is invaluable for helping us determine to what degree the video increases sun-safety awareness among preschool children.

Date:	
Agency name:	
Contact name:	
Address:	
City, Zip:	
Phone:	
Email:	
How many children participated:	

Overall ratings & comments:

1. How well did the video hold the children's interest?

Not at all 1 2 3 4 5 Very well

2. How effective was the video in teaching sun safety (based on video discussion sheet)?

Not effective 1 2 3 4 5 Very effective

3. Based on post-video discussion sheet what did the children **say** or **do** that supports your answers in **questions 1 & 2**?

4. What parts or aspects of the video are most effective for teaching preschoolers (approximate ages 3 – 6) about sun safety?

a. _____

b. _____

c. _____

****Please turn to the second page of evaluation form.****

5. What parts or aspects of the video need to be corrected or improved?
- a. _____
- b. _____
- c. _____
6. What did the **children** say they liked in the video?
- a. _____
- b. _____
- c. _____
7. What did the **children** say they didn't like in the video?
- a. _____
- b. _____
- c. _____
8. Additional comments:
- _____
- _____
- _____

**Thank you for your concern regarding the health and safety
of young children that lead you to complete this form.**

**Please return form to: CA Department of Public Health
Skin Cancer Prevention Program
Comprehensive Cancer Control Unit
1825 Bell St., Suite 102
Sacramento, CA 95825
(916) 779-2611 Phone
(916) 779-2608 Fax**