



SunAWARE™ Post-Test: Grades K -2

Name: _____ Grade/Teacher: _____ Date: _____

Check correct answers.

1. What time of day are the UV rays the strongest?

_____ 9:00 am _____ 12 noon _____ 3:00 pm

2. Which surface does not reflect sunlight?

_____ water _____ snow _____ sand _____ dirt

3. Are we born with freckles?

_____ yes _____ no

4. Do we need to reapply our sunscreen when we come out of the water?

_____ yes _____ no

5. Draw a picture of you being SunAWARE™ either at a pool, at the beach, on the playground, at the park, etc.



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Answer Key:

1. 12 noon

2. dirt

3. no

4. yes

5. Pictures will vary. Look for SunAWARE™ action steps including any or all listed below:

Avoid *unprotected* exposure to sunlight, seek shade, and never indoor tan.

Wear sun protective clothing, including a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses year-round.

Apply recommended amounts of broad-spectrum sunscreen with a sunburn protection factor (SPF) ≥ 30 to all exposed skin and reapply every two hours, or as needed.

Routinely examine your whole body for changes in your skin and report concerns to a parent or healthcare provider.

Educate your family and community about the need to be SunAWARE™