

Ranger Rick's

Family Fun



EASY OUTDOOR ACTIVITIES FOR HAPPY, HEALTHY FAMILIES

Shore Things! 3 Ways to Get More From Your Time at the Beach

Toddlers and Preschoolers

Start a collection. Take along an empty egg carton and invite your child to hunt for tiny treasures to fill each section. Shells, pebbles, bits of driftwood, and other interesting objects are fun to find and then arrange by size, color, texture, and other categories. (Note: Some beaches have rules against taking natural objects from its shores. Double check!)

Elementary School Kids

Create sand art. Pack a squeeze bottle of glue and some construction paper. Have your child use glue to draw on the paper. Sprinkle sand over it, tilting the page to coat the entire glue design. Anchor the art with rocks while it dries in the sun.

Older Kids

Capture the moment. Invite kids to sharpen both their photography skills and their powers of observation by zooming in with a camera lens on the fine details of waves, sand, stones, vegetation, wildlife, and anything else that catches their eye.



 **BE OUT THERE™**

Health Tips : Sun Safety



- Don't be fooled by overcast weather. Up to 80-90% of UV rays can pass through clouds.
- Wear a wide-brimmed hat, UV-blocking sunglasses, and protective clothing.
- Have kids wear real (not toy) sunglasses.
- Choose sunscreen with a SPF of 30 or higher.
- Select products labeled "broad spectrum," "multi spectrum," or "UVA/UVB protection."
- Buy a new bottle of sunscreen if you think yours might be more than a year old.
- Reapply sunscreen at least every 2 hours or after swimming or excessive sweating.

www.beoutthere.org