

# Be Wise & *Shade* Your Eyes

## 1. Materials:

- a. 2 “Be Wise & *Shade* Your Eyes” (Owl) Posters\*,  
1 stuffed owl toy, wearing sunglasses  
\***Doris** contacted and purchased from Dreamstime the license to use the owl with sunglasses graphic.
- b. 3 Posters of the Electromagnetic Spectrum and tape to hang the one laminated poster
- c. David Cox’ Bookmarks on cardstock showing the UV Index chart in color on side A; on side B, the URL of the UV Index Forecast plus reminders of why and when it’s important to wear sunglasses
- d. Suzanne Peyer’s illustrated sheets listing the “Seven Sight-saving Steps”
- e. Sunglasses for adults & children, from Outreach Committee contributions  
Anna Shen said colorless polycarbonate safety glasses are UV-opaque.
- f. Samples of lenses and glasses contributed by the UW Optical shop.
- g. [PVC/Plastic rack to display sunglasses [to be acquired]]
- h. UV detecting beads (Nasco SB48486M; 1000 “Energy” beads\* for \$19.50)
- i. [Samples of polarizing sunglasses/lenses -- **to be acquired**]
- j. Colored pipe cleaners on which to string the beads.
- k. 2 Rayovac 9 LED UV/Black Light LED Flashlight [UV-A 400 +/- 5nm]  
(Batteries + Bulbs RAYVBUV-B \$9.99; 7 hour run time, includes 3 AAA batteries)
- l. [Spare AAA batteries for the UV flashlights (Batteries + Bulbs DURMN2400B24 Duracell Coppertop 24 pack \$17.99) -- **to be acquired**]
- m. Page-protected instructions for experiments with the UV-detecting beads; plus copies to give away; box of colored pencils.
- n. Personal computer with power cord/or URL which can be accessed directly on a smart phone
- o. A plastic bin to carry materials

## 2. Activities

- a. Show children the location of UV light on the electromagnetic spectrum.
- b. String 3 UV-detecting beads\*\* onto a pipe cleaner to form a zipper/backpack fob or bracelet. \*\*\*Not for children under 3 years.”
- c. Expose the UV-detecting beads to the light from the UV flashlight.  
Demonstrate how well sunglasses/various lenses protect the beads from the UV light.  
Encourage children to use the UV-detecting beads to do their own studies investigating UV conditions.
- d. On the laptop, or smart phone, display the UV Index Forecast for the day (<http://sunburnmap.com/>) & relate it to the UV Index on the bookmarks.
- e. On the laptop, show “How the Sun Sees You” – a demonstration of UV effects and sun blocks on Vimeo.
- f. Give each **child** a UV Index bookmark;  
Give each **family** the sheet, “Seven Sight-saving Steps.”