



Pictures for Reflection

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What Do You Hear?

Before leaving for school, Roman tell his plants, Bob and Amy, he has a delicious breakfast for them. This seven-year-old is showing empathy, responsibility and kindness. Referred to as anthropomorphism, humans frequently attribute human qualities to non-human entities such as animals and other objects, and, of course, the plants Bob and Amy.



What Do You See?

You cannot see the UV rays, but they are consistent - even in colder weather. Instead of merely telling children what they should do, adults can support emerging health and wellness practices by modeling most appropriate outdoor dress and action.

Tips for protections against UV rays can include:

- If possible, use trees, umbrellas and shelters for shade.
- Even with shade, use sunscreen (spf 15 or higher).
- Reapply sunscreen after two hours or if swimming, sweating or toweling.
- Wear clothing covering legs/arms.
- Wear wide brim hats to protect nose, neck and ears.
- Limit exposure during peak UV times between 10 a.m. through midday.
- See the CDC web site for sun safety guidelines. <https://www.cdc.gov/skin-cancer/sun-safety/index.html>

