

**SUNLIGHT**

Staying Hydrated

Playing outside on a sunny day can be great fun. However, it is important to protect ourselves while doing so.

As shown from the experiment, the sun gives off energy and many things receive that energy, including us. The heat from the sun also causes us to get dehydrated. Therefore, when playing outside on a sunny day, remember to follow these safety tips to stay hydrated:

- 1 Drink plenty of water.
- 2 Take breaks and rest under shade or indoors.
- 3 Try to stay indoors during the afternoon when the sun is hottest.
- 4 Put on sunscreen, a hat, and sunglasses.