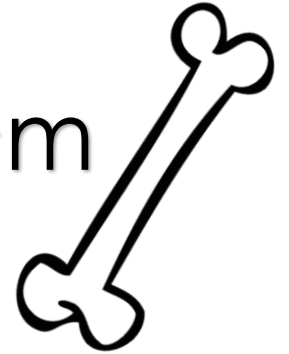




Sunlight

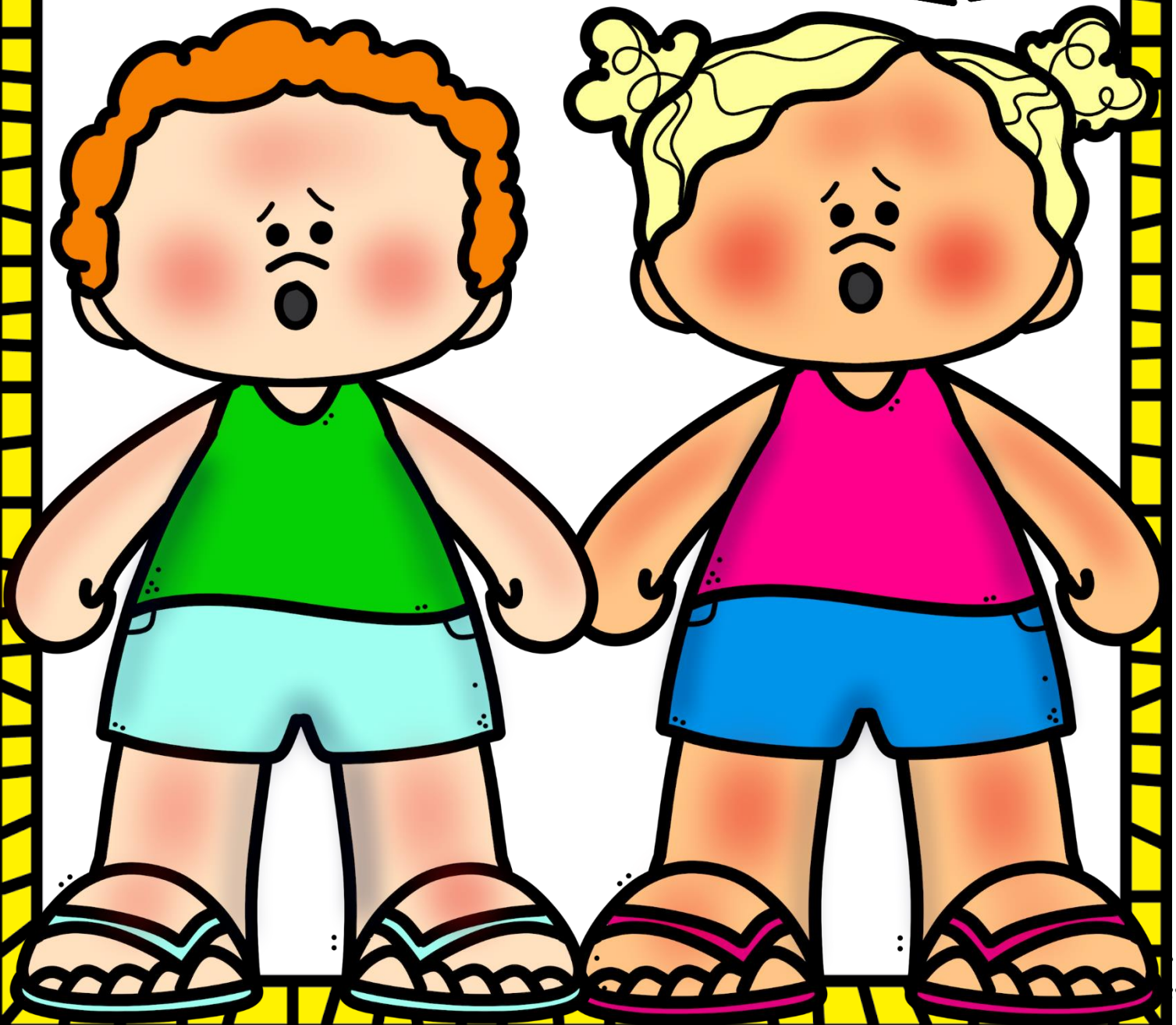
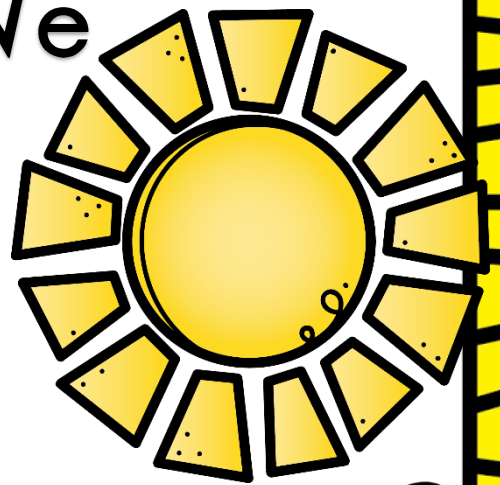


- People need sunlight to be happy and healthy.
- Sunlight helps our bodies to make Vitamin D.
- We need this to form strong bones.



Happy

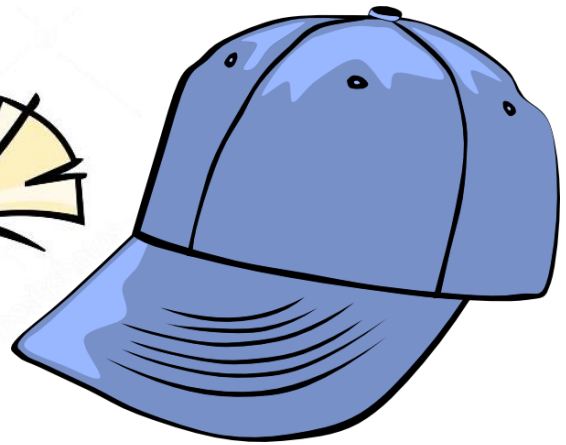
Too much sunlight  
can also be bad. We  
can get painful  
**sunburn.**





You should use sun block  
or a sun hat to protect  
your skin from the sun.

sun hat



sun block

