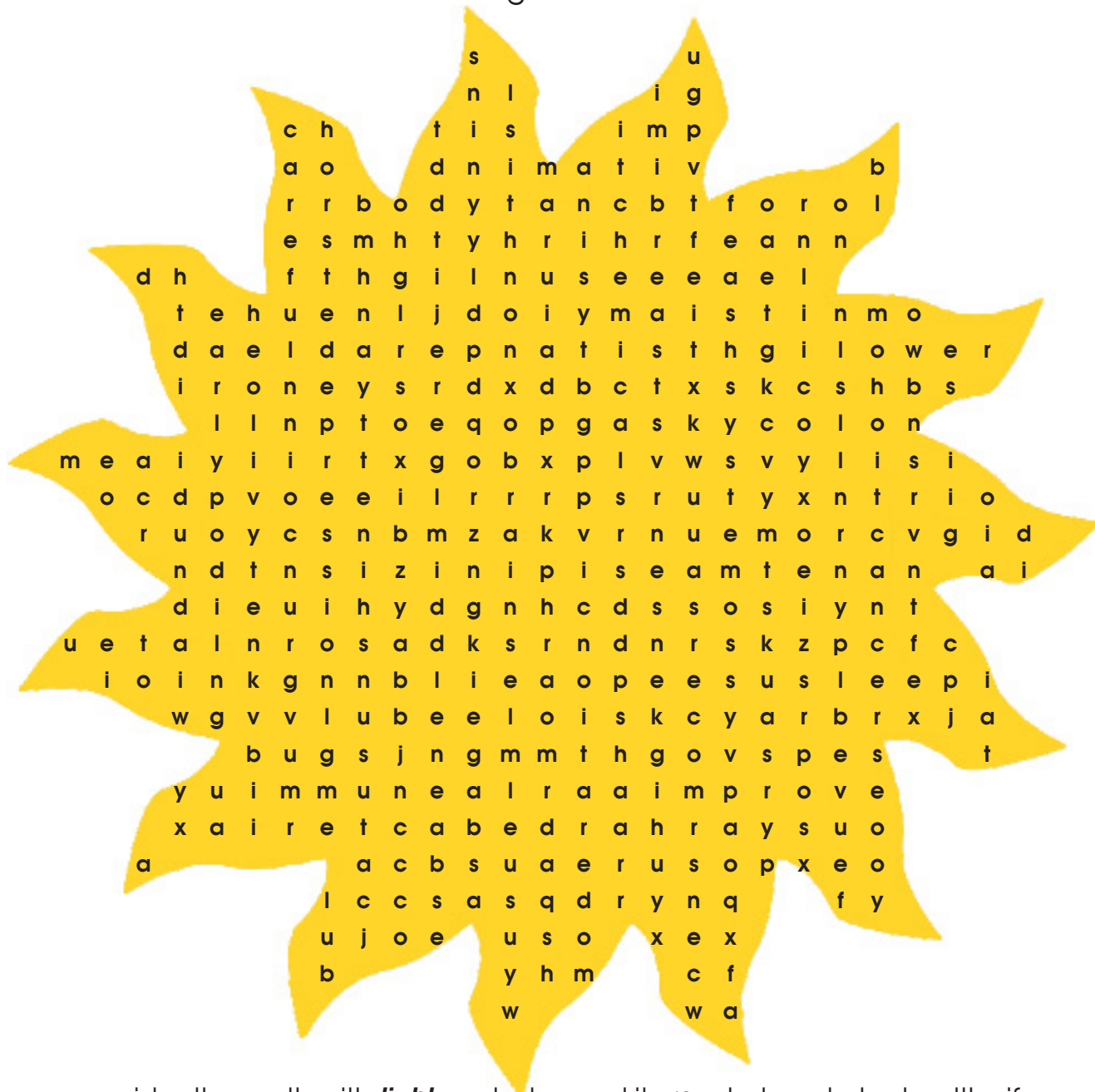


# SUNSHINE!

Find the **bold, italicised words** from the paragraph below in the word find. When you have found them all, start at the top and work across and down to find the hidden message in the left over letters.



The sun provides the earth with **light** each day and its **rays** help us to be healthy if we are **careful** not to get too much and to take steps to protect ourselves. The sun's **UV** rays can harm our skin and cause **skin** cancer if we stay too long in its rays, but sunlight can also **protect** our bodies from disease by producing **Vitamin D** in our bodies which helps our **bones** and **immune system**. Sunlight also helps to **destroy** some **bacteria**. It can help us to **sleep** better as it affects the **pineal gland** in our **brains** which helps to regulate our **body rhythms**. **Sunlight** also helps the body to produce **serotonins** which are **chemicals** that help to **improve** our **moods** and **reduce depression** and **stress**. **Exposure** to sunlight has been shown to **lower blood pressure** and reduce the risk of some **cancers** in organs such as the **kidneys, breasts** and **colon**. Practise **moderation** by staying out of the sun in the **middle** of the day or when the UV **index** is above 3. Remember to wear a **hat** and some **sunscreen**. Get at least 10 minutes of **sunshine** in the **early morning** or **late** afternoon.

Hidden Message: \_\_\_\_\_  
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