

RDK Melanoma

Activity Book

For Kids



2025

Educating children throughout the country to give them the skills necessary
to make healthy sun safety choices throughout their lives

Hello there, young adventurer! Get ready for a world of fun with this activity book! Filled with coloring pages, puzzles, and word searches, there's something for everyone. Let's explore together and see what amazing things you can learn about sun safety! Before starting, remember a few sun safety facts.

Playing is fun but watch
out for the sun!

Play the part...be
SunSMART!

Don't be a tan fan!

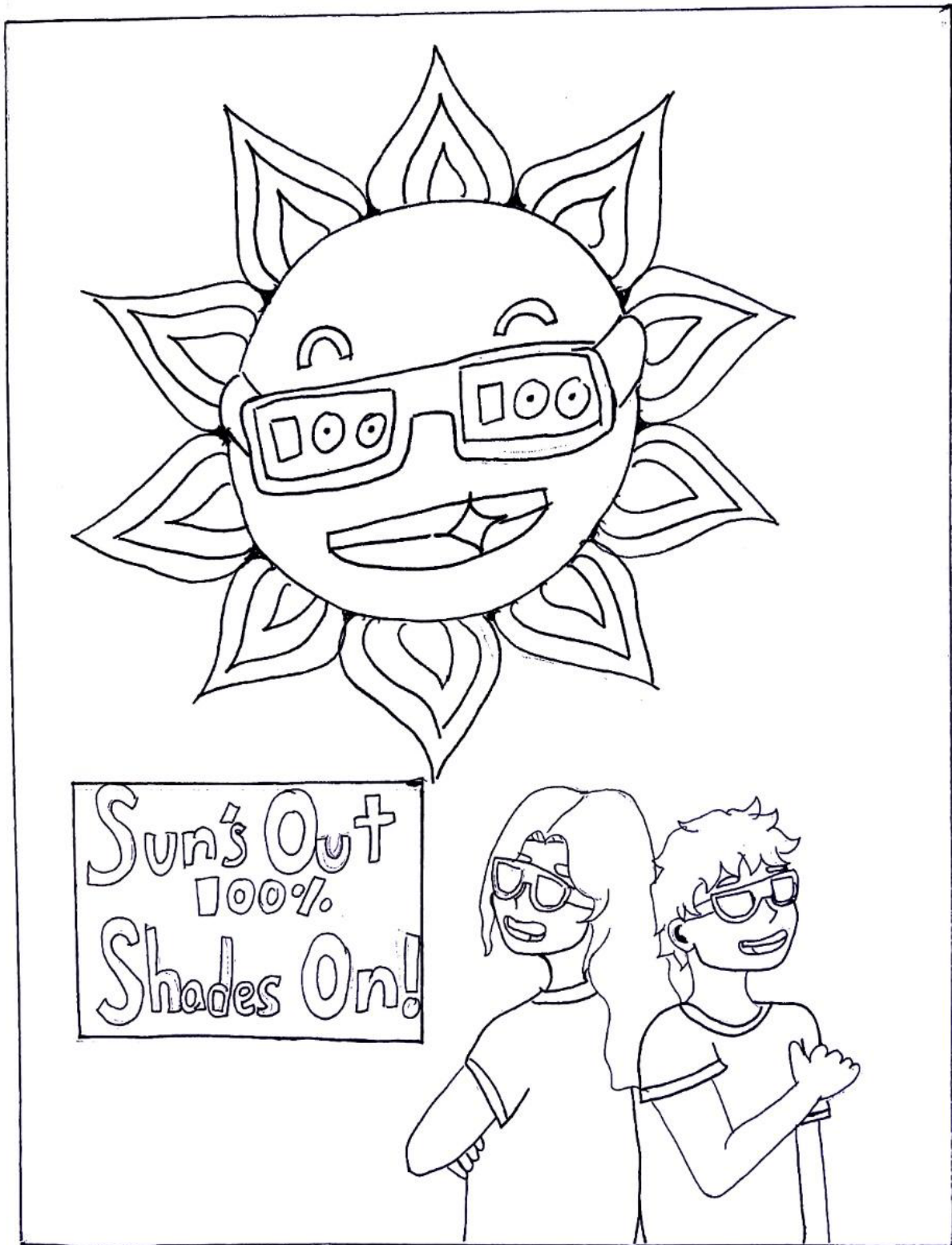
Created Summer 2025

Thanks to all the students who contributed. A special thanks to students from St. Laurentius Catholic School of the Arts & Sciences for compiling the activity book.

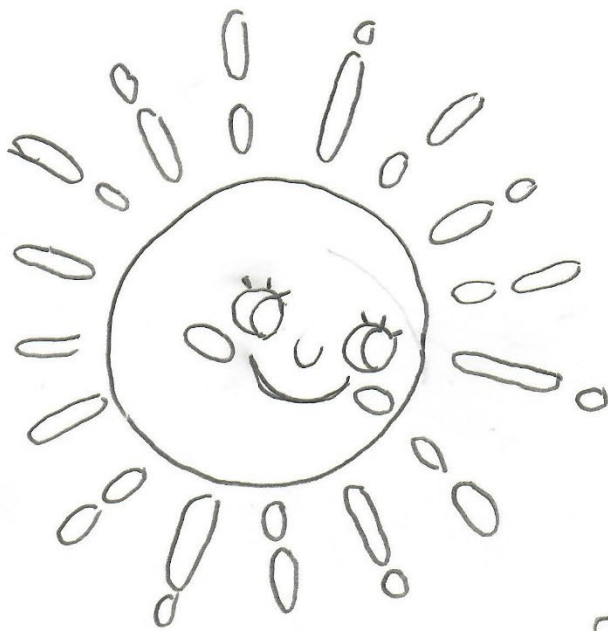
STAY SUNSMART



Contributing Artist from American Heritage School: Plantation, FL



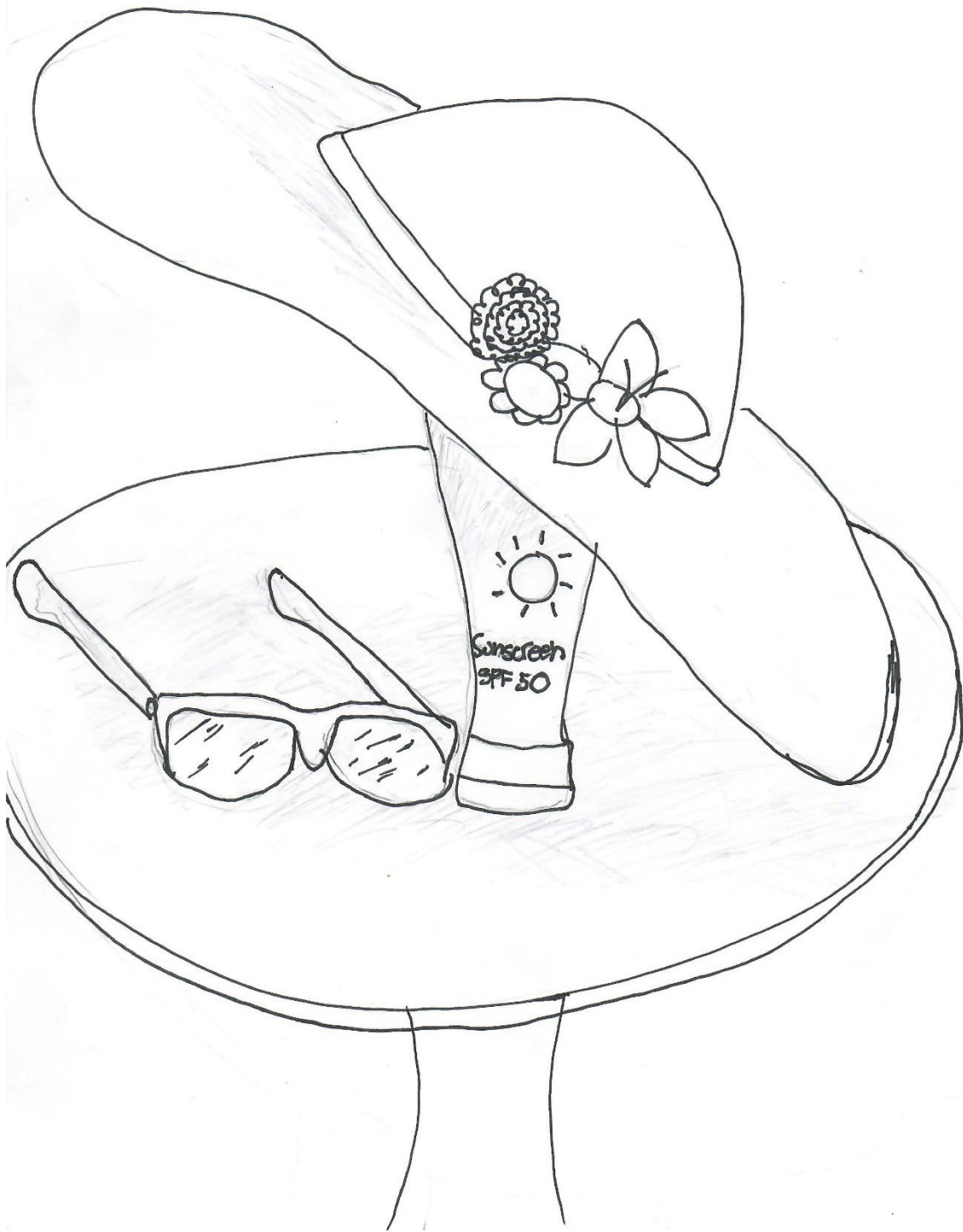
Contributing Artist from Oxbridge Academy: West Palm Beach, FL



Protect yourself
From the
Sun's UV RAYS!



Contributing Artist from Plumosa School of the Arts: Delray Beach, FL



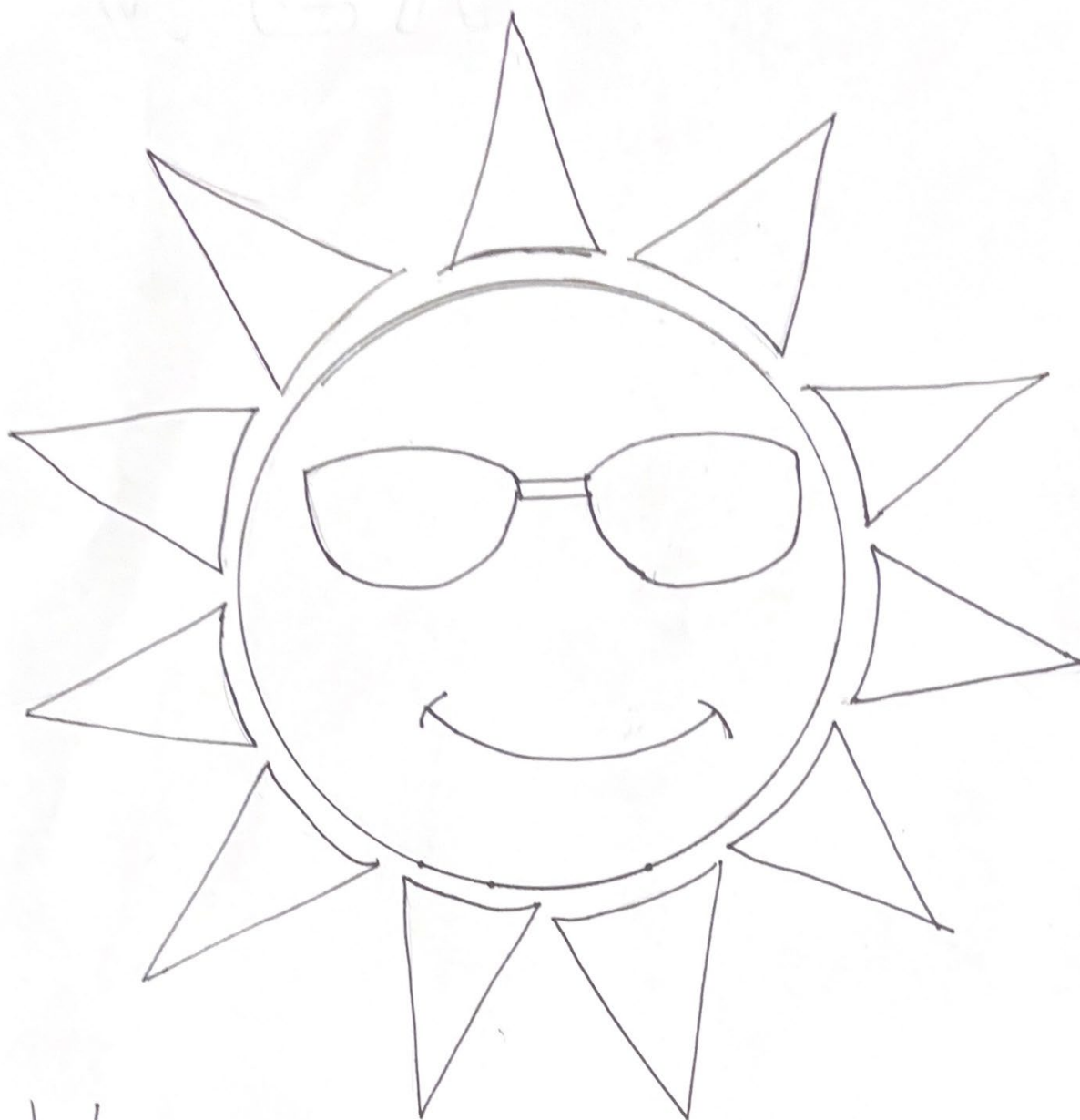
Contributing Artist from American Heritage School: Plantation, FL



Contributing Artist from Plumosa School of the Arts: Delray Beach, FL



Contributing Artist from Boca Raton High School: Boca Raton, FL



Wear Sunglasses with 100% UV protection
to keep your eyes safe!!

Contributing Artist from Boca Raton High School: Boca Raton, FL



MAD LIBS:

GOING TO THE BEACH IS _____!
ADJECTIVE
PLAYING IN THE SUN AND _____ ARE
NOUN
SOME OF THE BEST PARTS! MAKE SURE
YOU PACK THE ESSENTIALS:
A(N) _____, SOME
ADJECTIVE ARTICLE OF CLOTHING
_____, A(N) _____ AND MOST
TYPE OF DRINK NOUN
IMPORTANTLY, SUNSCREEN. MAKE SURE
TO REAPPLY SUN-SCREEN EVERY
_____ HOUR(S) SO THAT YOU DON'T
NUMBER
GET BURNED! WEAR YOUR _____ HAT
ADJECTIVE
TOO! PLAYING IN THE WATER IS FUN,
BUT WATCH OUT FOR _____!
PLURAL NOUN
ANOTHER FUN ACTIVITY IS
_____ IN SAND. BEACH DAYS
VERB ENDING IN -ING
ARE _____, BUT REMEMBER TO
ADJECTIVE
ALWAYS WEAR YOUR SUNSCREEN, HATS
AND OTHER PROTECTIVE CLOTHES TO
STAY SAFE FROM THE SUN.

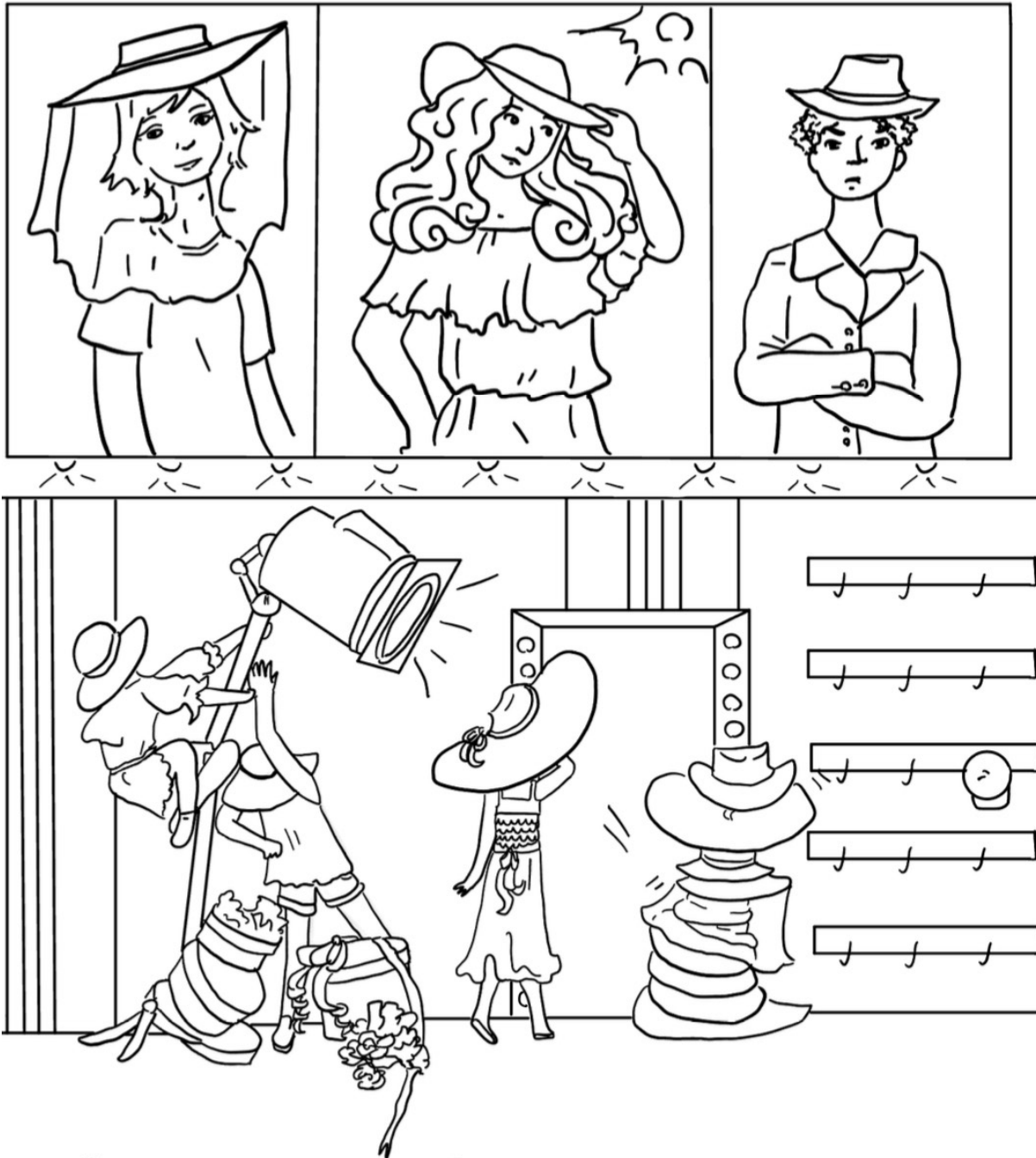


Contributing Designer from St. Laurentius Catholic School of the Arts & Sciences:
Philadelphia, PA



Wear a wide-brimmed hat!

Contributing Artist from BASIS Prescott: Prescott, AZ



Weave a Wide- Brimmed Hat!

Contributing Artist from American Heritage School: Plantation, FL

HATMAN

VS THE MELANOMA
MENACE



Contributing Artist from American Heritage School: Plantation, FL

Fill in the Blank

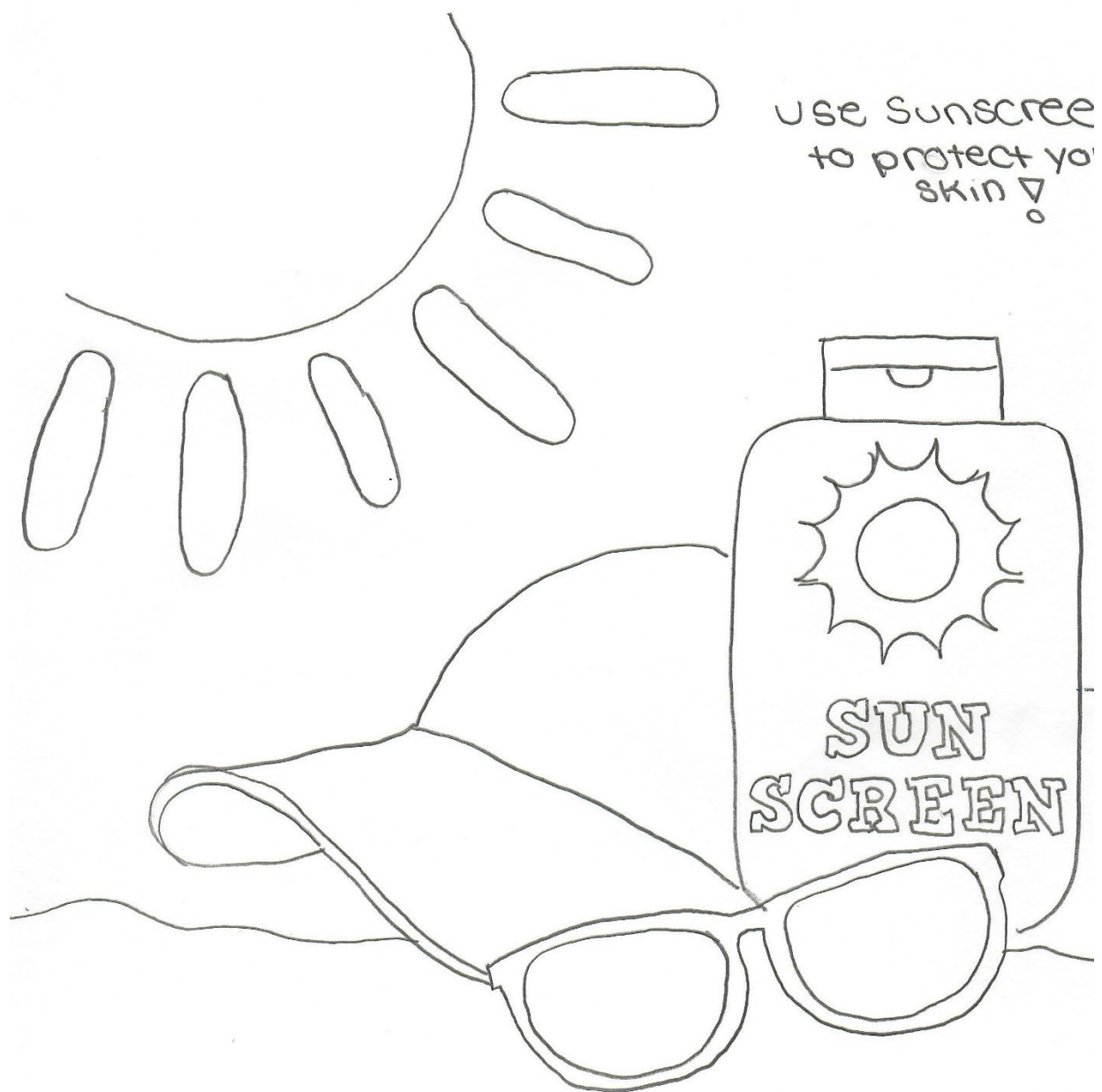
word Bank

- Richard Davis Hann
- Skin
- Sunlight
- 100%
- Cancer
- Sunscreen
- 10am and 4pm
- SPF 30+
- reapply
- wide

1. Always wear _____ even when it's cloudy.
2. RDK is named after _____.
3. _____ Cancer is the number one most common cancers.
4. Avoid sun between _____.
5. You should _____ Sunscreen every two hours.
6. Use sunscreen that is _____.
7. Wear a _____ brim hat to stay safe in the shade.
8. Wear sunglasses that are _____ protective.
9. Avoid direct _____ to not get sunburned
10. Melanoma is one of the most preventable types of _____.



Contributing Artist from Boca Raton High School: Boca Raton, FL



use sunscree
to protect yo
skin ☺

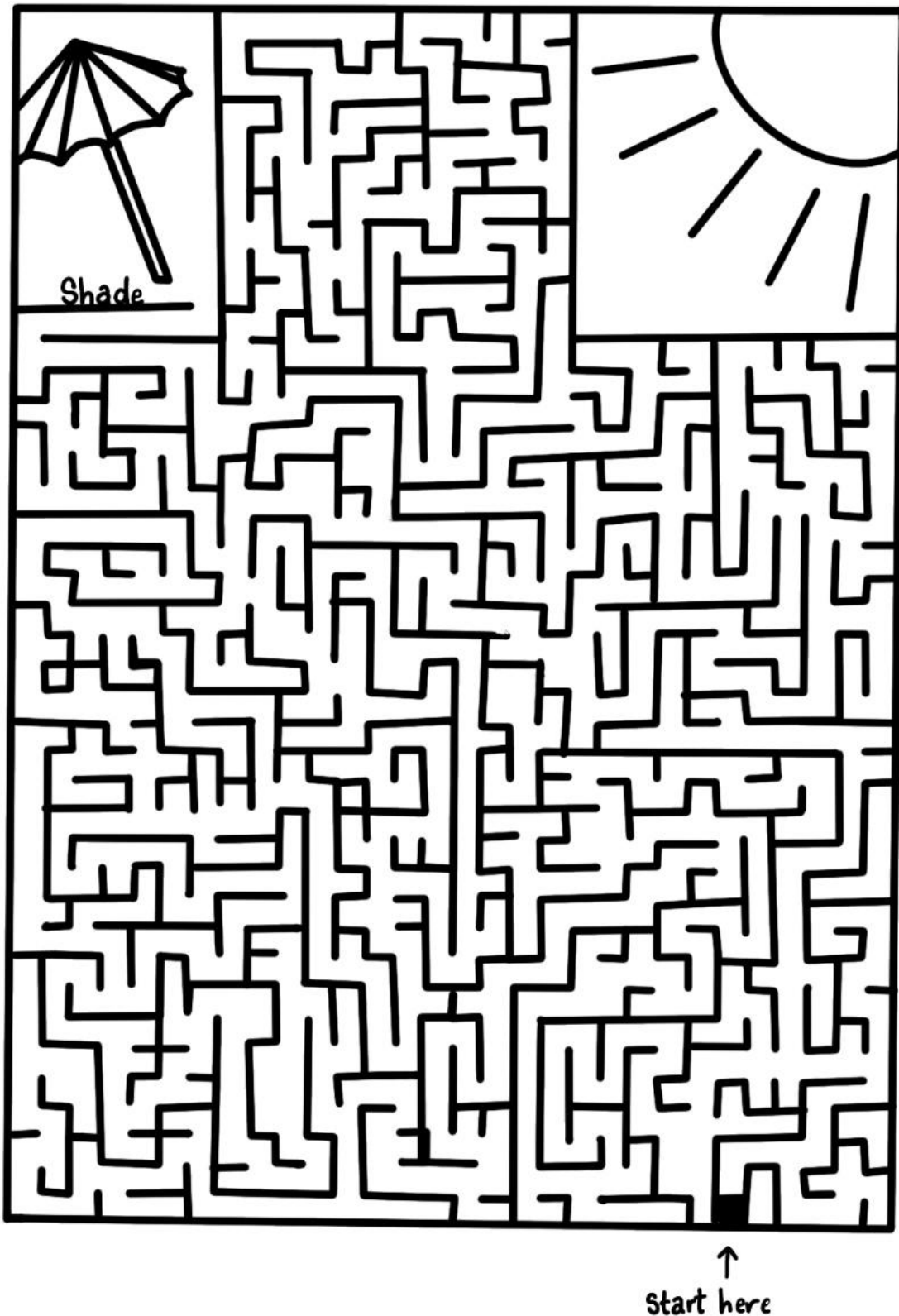
Contributing Artist from Plumosa School of the Arts: Delray Beach, FL



Make sure to
reapply sunscreen that
has a SPF 30 or higher
regularly to protect your
skin from harmful UV!

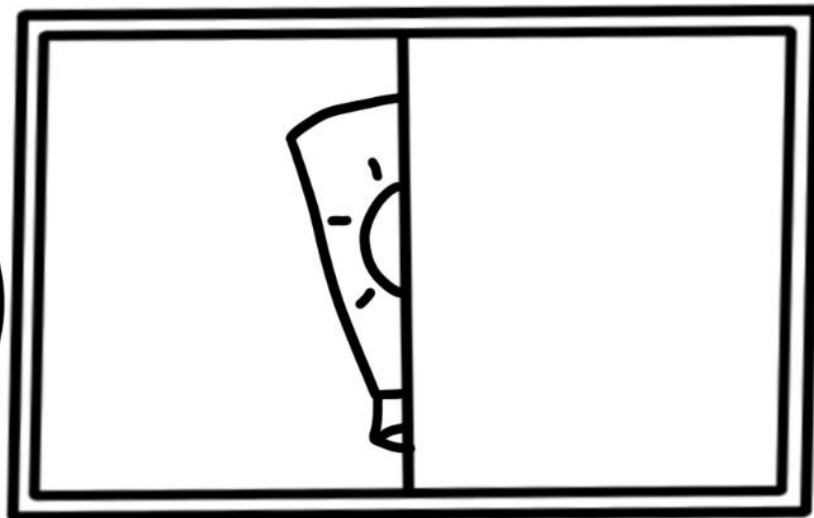
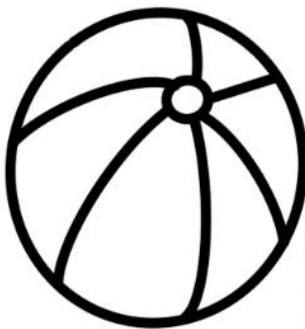
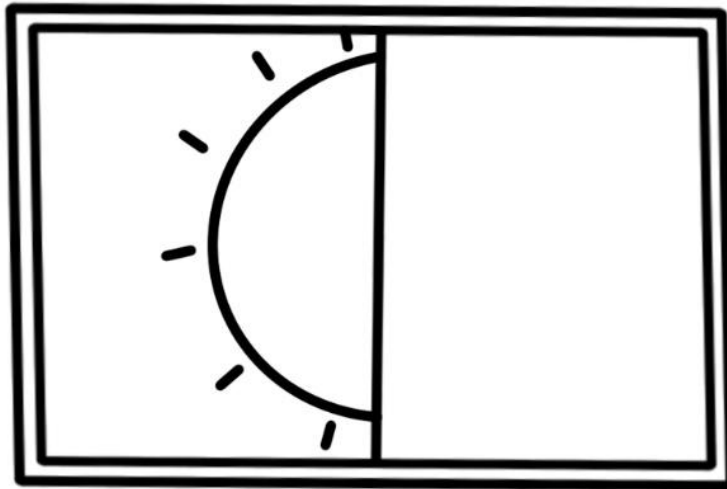
Contributing Artist from Boca Raton High School: Boca Raton, FL

Find The Shade

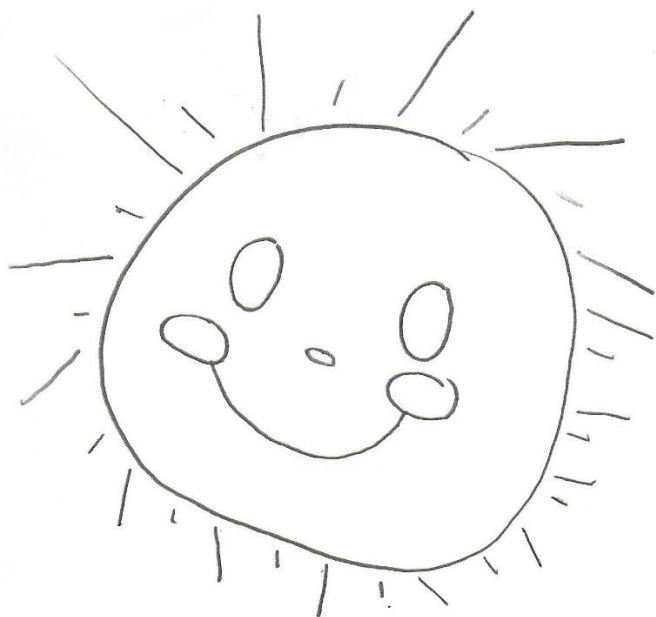


Contributing Designer from St. Laurentius Catholic School of the Arts & Sciences:
Philadelphia, PA

Finish the drawing



Contributing Designer from St. Laurentius Catholic School of the Arts & Sciences:
Philadelphia, PA



Drink More Water
to prevent
fainting



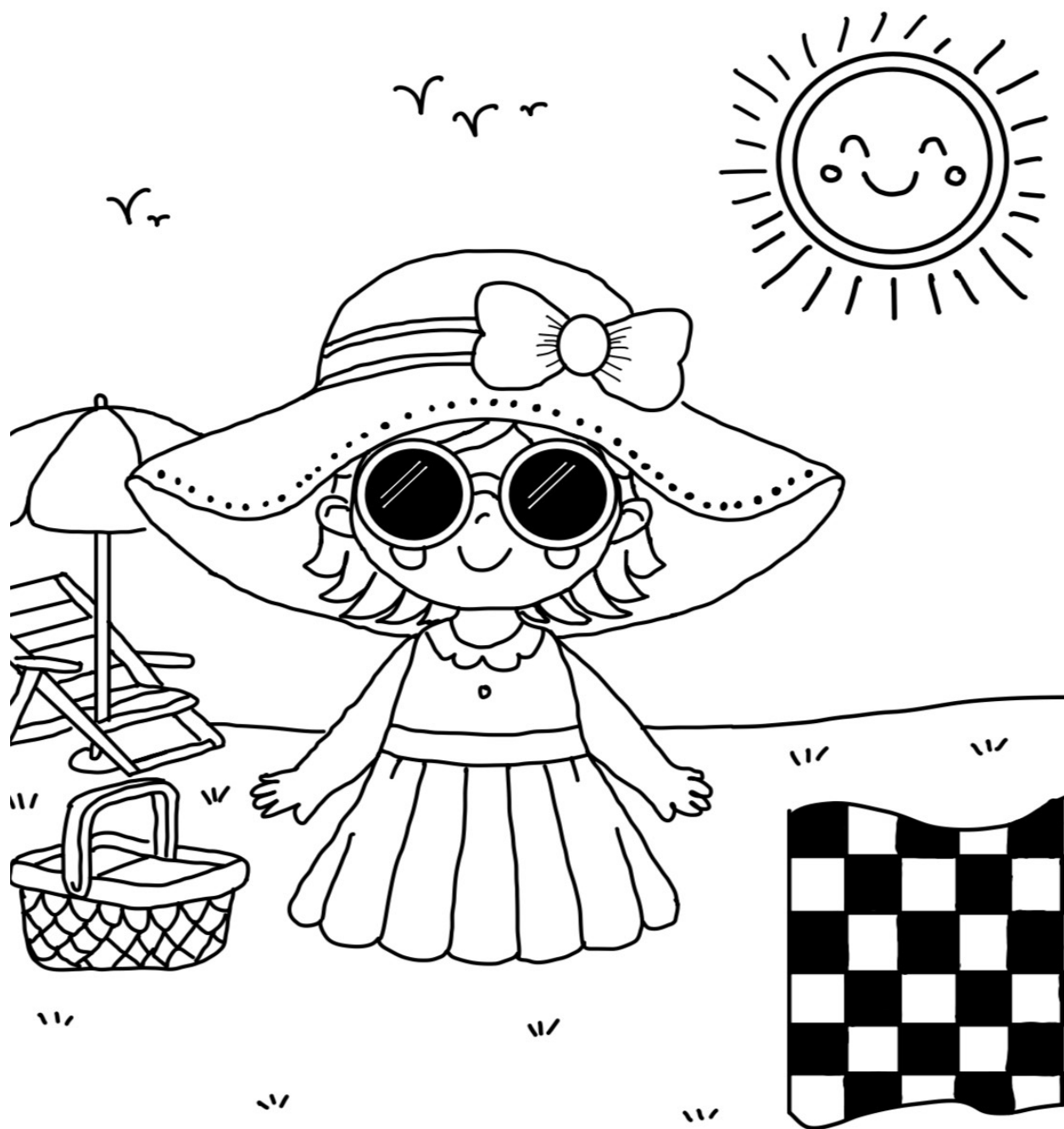
Contributing Artist from Plumosa School of the Arts: Delray Beach, FL

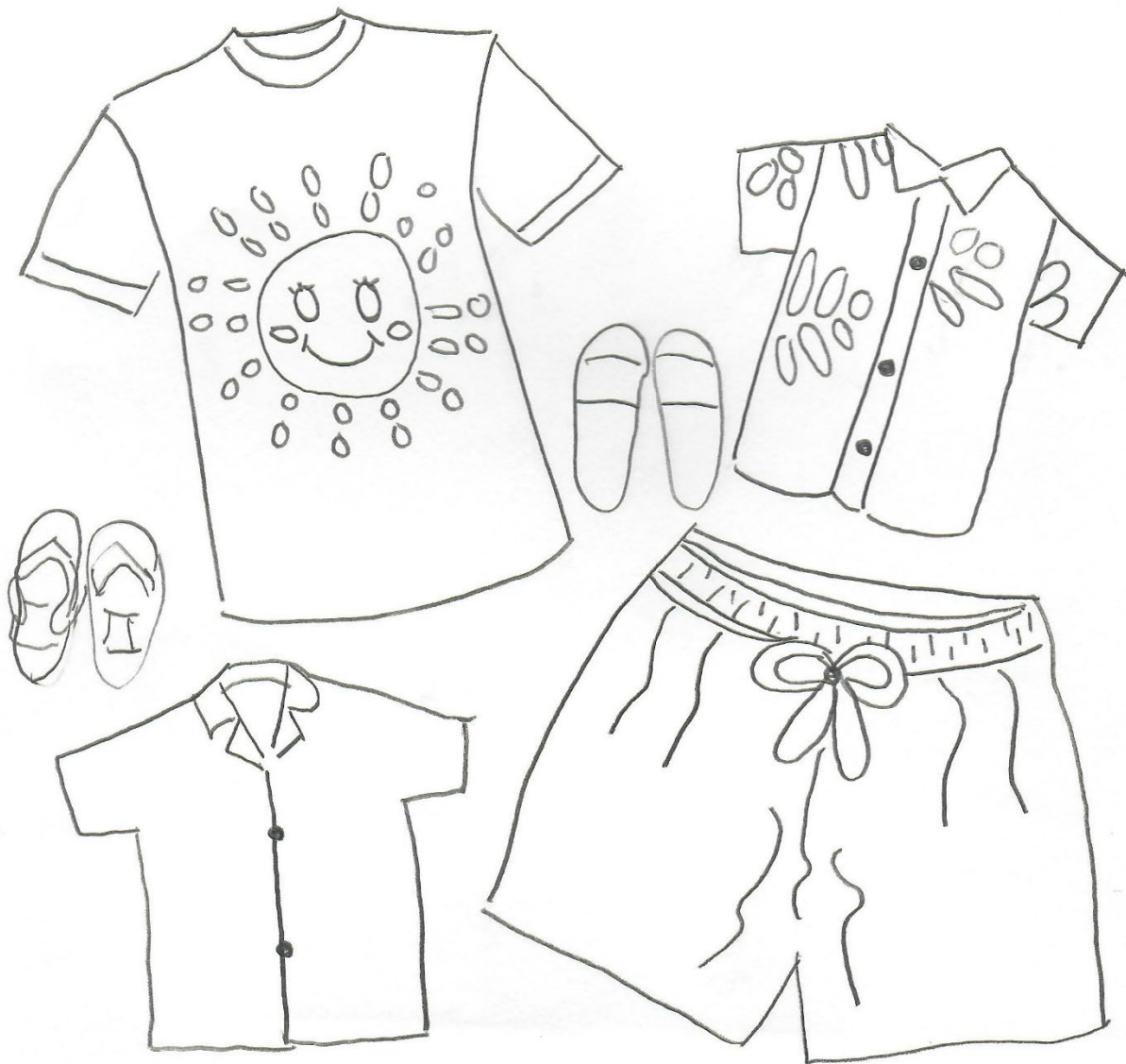
SUNSMART WORD SEARCH

W I D E B R I M H A T L E M
M I N E R A L A C I M E H C
E E C A L T A L L E R B M U
C D A P R O T E C T I O N P
R E A P P L Y A E D W A A N
E C L H C M Y L O T I O N U
A U N A S N A E E A O E S S
M S R A D I A T I O N D P C
T R E Y A L E N O Z O A R D
U V R A Y G L A S S E S A C
M U R T C E P S D A O R B L
T N E L O I V A R T L U O A
M L A B P I L A P A T A I A

Find The Following Words:

Lotion	Broad spectrum	Protection Umbrella	Blocker Spray
Ultraviolet	UV Ray Glasses	Reapply	Lip balm
Radiation	Wide brim Hat	Ozone Layer	
Cream	Sun	Mineral	Chemical
		Shade	

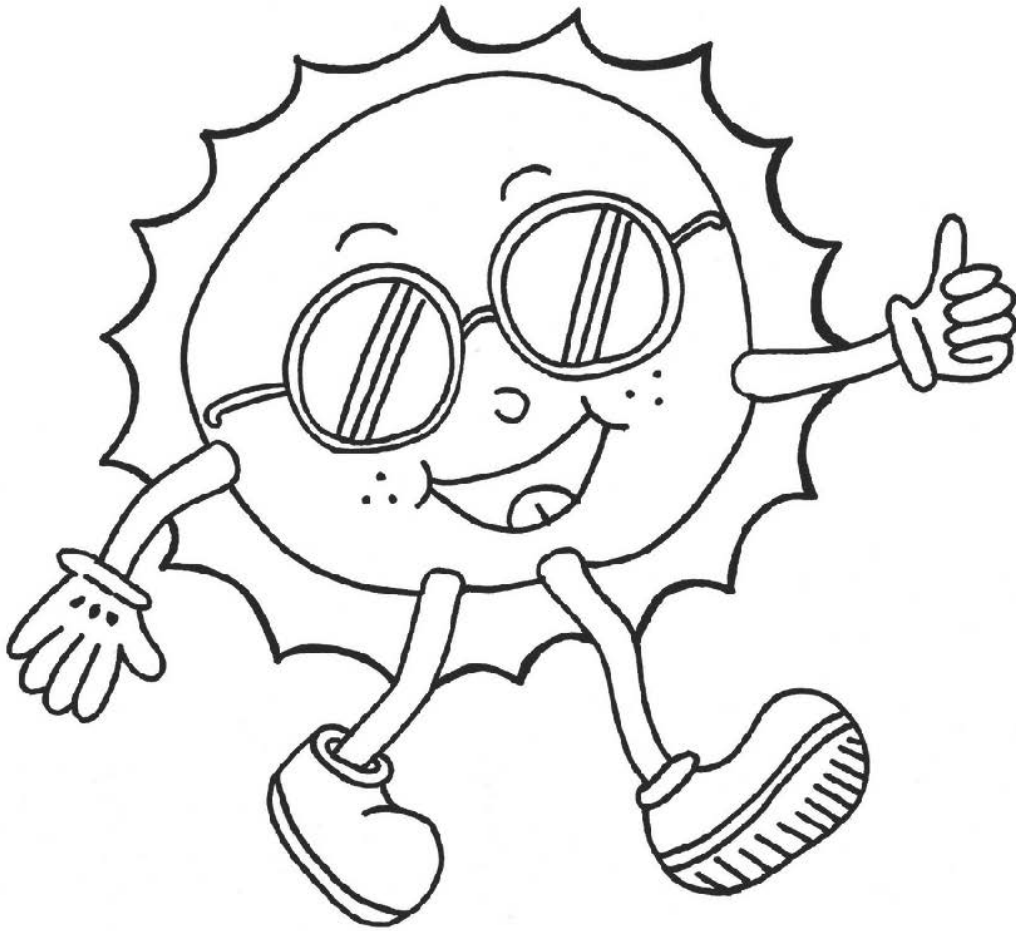




Wear protective clothing
to stay safe from
the sun ☺

Contributing Artist from Plumosa School of the Arts: Delray Beach, FL

wear
SUNGLASSES!



It is very important to wear sunglasses with
100% UV protection! Too much sunlight
can cause many future problems for your eyesight.
Be sure to shield your eyes, keeping them safe !

Contributing Artist from Boca Raton High School: Boca Raton, FL

Word Scramble!

can you uncover all the words!?

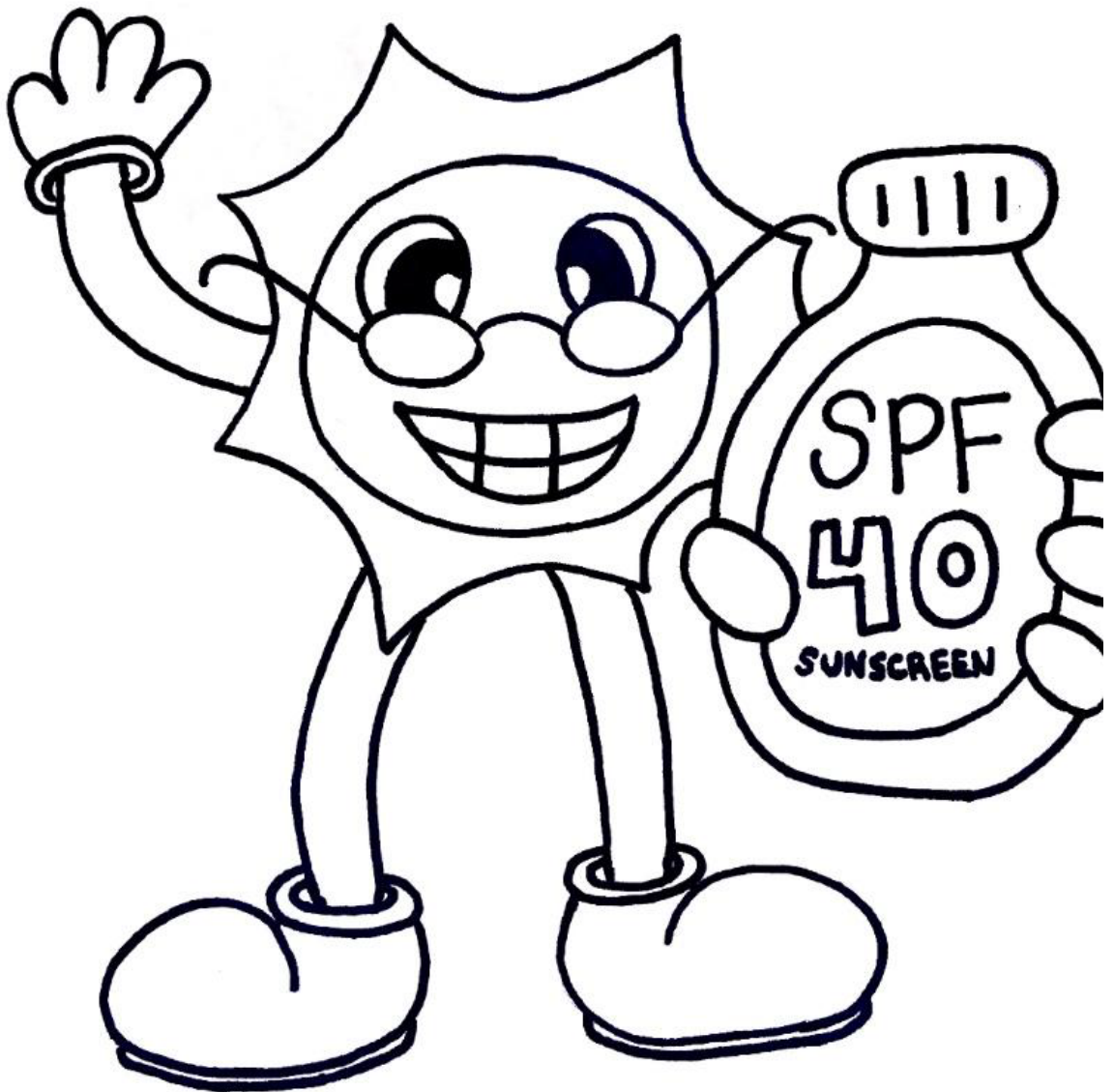
1. unsrenecs _____
2. vu - yrsa _____
3. nvs lssgae _____
4. eachb _____
5. ongl lvesee _____
6. elmaomna _____
7. nocea _____
8. murbella _____
9. mirb atn _____
10. edahs _____

Word Bank:

Shade	Sunscreen	long sleeved	
ocean	melanoma	brim hat	beach
uv-rays	Umbrella	sun glasses	

Contributing Designer from St. Laurentius Catholic School of the Arts & Sciences:
Philadelphia, PA

SunSMART



Contributing Artist from American Heritage School: Plantation, FL

SUNSCREEN INGREDIENTS

Directions: Words can go in any direction. Words can share letters as they cross over each other.

O	N	Z	P	P	T	U	C	H	M	E	B	B	H	Z
T	C	F	O	P	R	H	T	O	G	G	F	I	M	J
D	S	T	A	E	E	U	Y	M	P	C	O	A	N	A
X	E	B	I	M	F	I	J	O	S	N	G	E	T	G
B	A	B	I	N	B	A	M	S	P	I	S	N	F	K
T	T	C	R	H	O	U	S	A	T	Z	F	E	R	H
G	A	W	Z	O	I	X	H	L	K	H	X	L	A	G
L	G	V	Z	N	S	N	A	A	Q	R	M	Y	G	Q
G	U	C	A	R	F	B	M	T	Y	H	I	R	R	N
X	Z	T	G	Y	S	U	A	E	E	Y	N	C	A	A
W	I	A	V	O	B	E	N	Z	O	N	E	O	N	W
T	N	Z	C	I	X	O	T	L	L	P	R	T	C	M
F	O	X	Y	B	E	N	Z	O	N	E	A	C	E	V
W	N	O	I	T	C	E	T	O	R	P	L	O	J	U
E	T	A	L	A	S	I	T	C	O	Z	J	G	R	U

Absorbed

Avobenzene

Chemical

Fragrance

Homosalate

Mineral

Octinoxate

Octisalate

Octocrylene

Oxybenzone

Paba

Protection

Safe

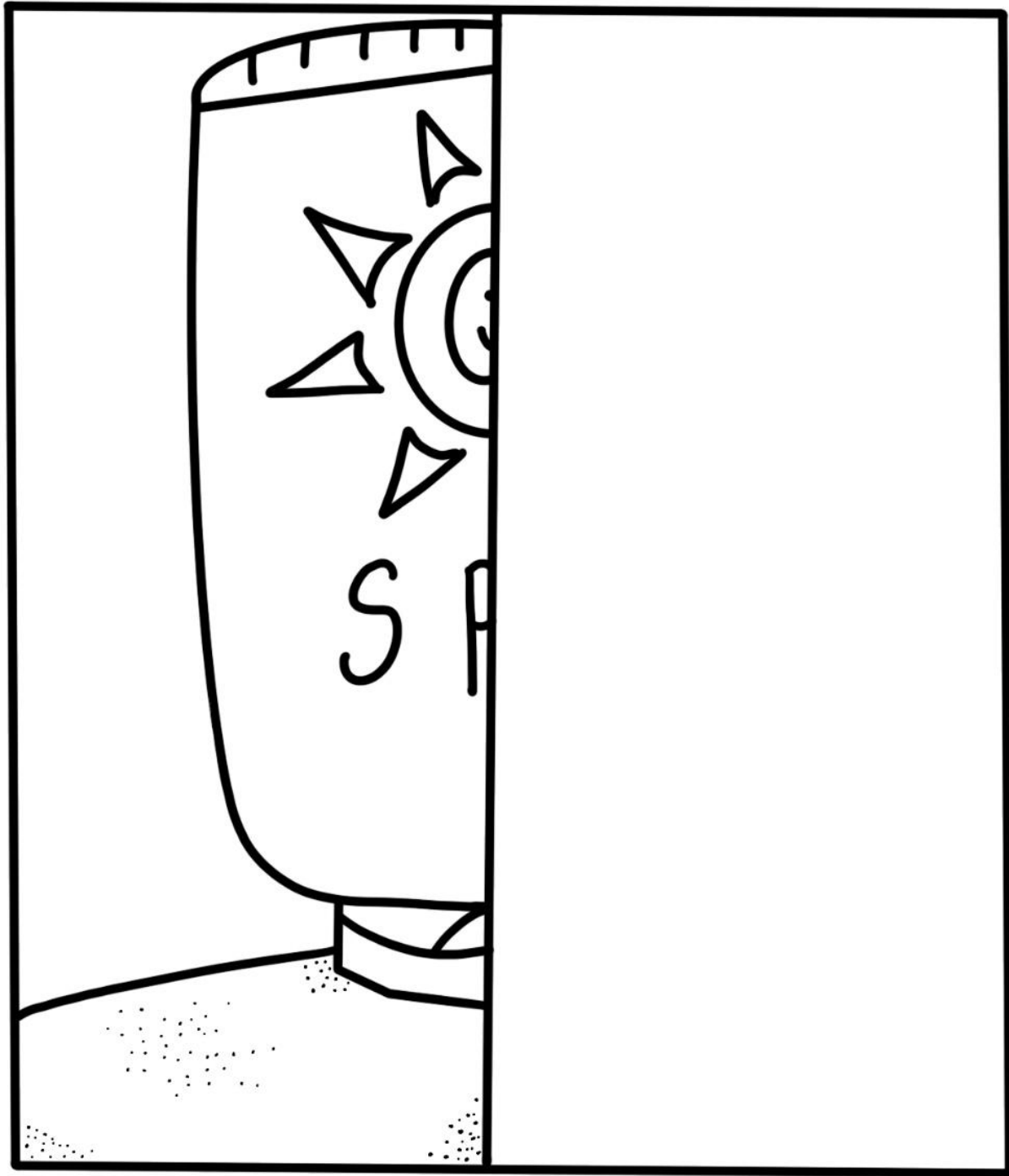
Titanium

Toxic

Zinc

Contributing Designer from RDK Melanoma Foundation: West Palm Beach, FL

Finish the drawing!

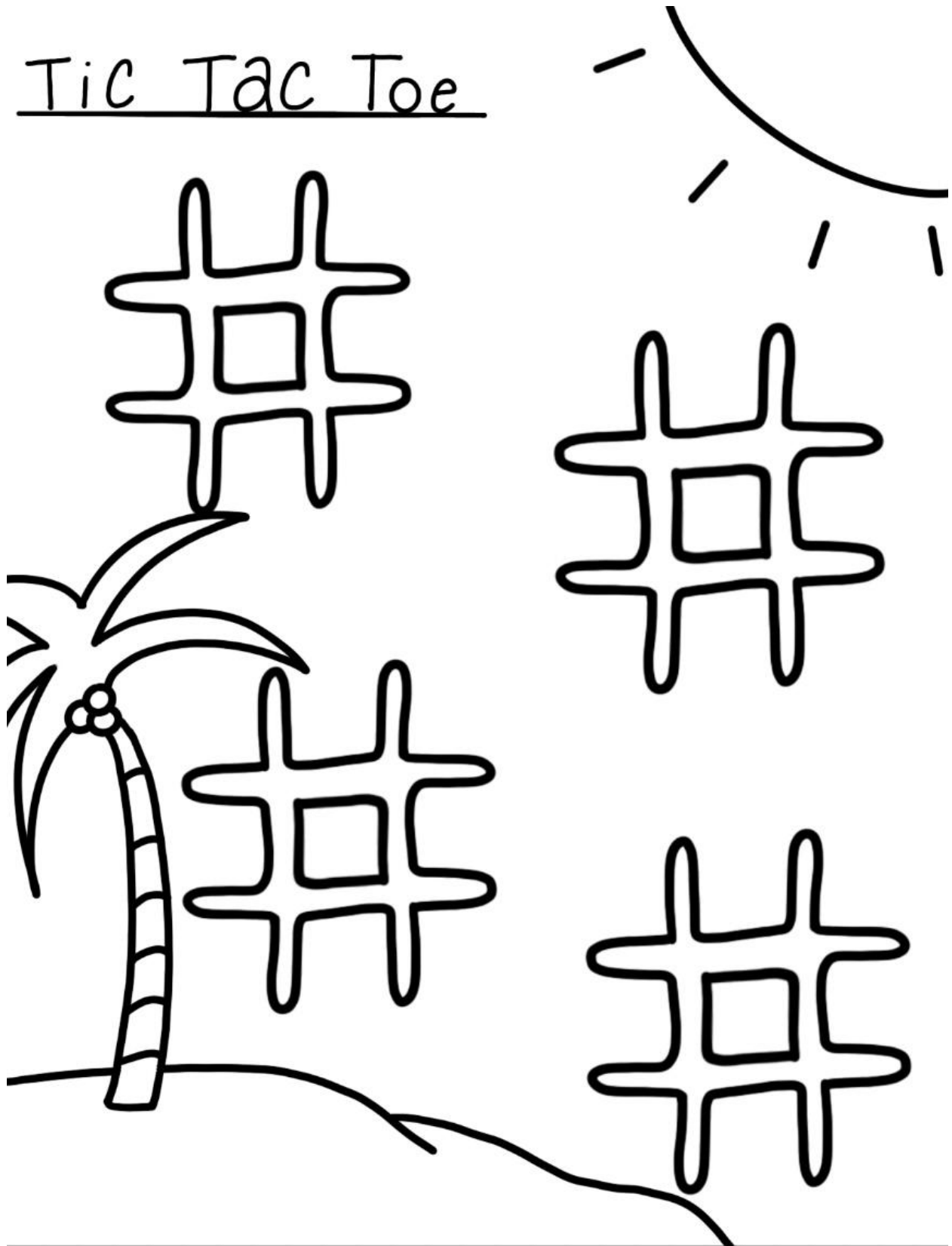


Contributing Designer from St. Laurentius Catholic School of the Arts & Sciences:
Philadelphia, PA



Contributing Artist from Plumosa School of the Arts: Delray Beach, FL

Tic Tac Toe



Contributing Designer from St. Laurentius Catholic School of the Arts & Sciences:
Philadelphia, PA

SUN SAFETY

Directions: This is a word search that has a hidden message in it. First find all the words in the list. Words can go in any direction and share letters as well as cross over each other. Once you find all the words, copy the unused letters starting in the top left corner into the blanks to reveal the hidden message.

B	E	S	U	N	S	P	E	N	A	F	S	S	E	G
R	I	S	K	L	I	F	E	M	Y	V	E	R	F	N
I	V	V	J	L	A	E	K	H	G	P	S	O	X	I
P	I	W	V	S	R	U	L	G	A	B	S	T	O	H
P	S	F	D	C	Y	E	F	T	A	T	A	C	P	T
A	V	P	S	H	S	U	M	M	E	R	L	A	S	O
M	L	N	F	P	C	D	A	J	L	E	G	F	Y	L
C	U	L	S	U	N	A	L	A	R	E	N	I	M	C
S	H	D	E	I	S	J	E	S	U	N	U	C	U	G
S	E	E	Z	R	D	D	M	B	O	E	S	V	R	S
W	N	Y	M	S	B	S	K	I	N	A	R	V	N	I
Z	N	B	E	I	K	M	V	T	L	R	F	Z	I	Q
J	P	V	X	T	C	X	U	Z	R	T	L	J	W	T
F	P	U	G	Y	N	A	K	T	D	H	Z	H	Y	I
B	A	L	M	C	C	C	L	A	Y	E	R	S	D	N

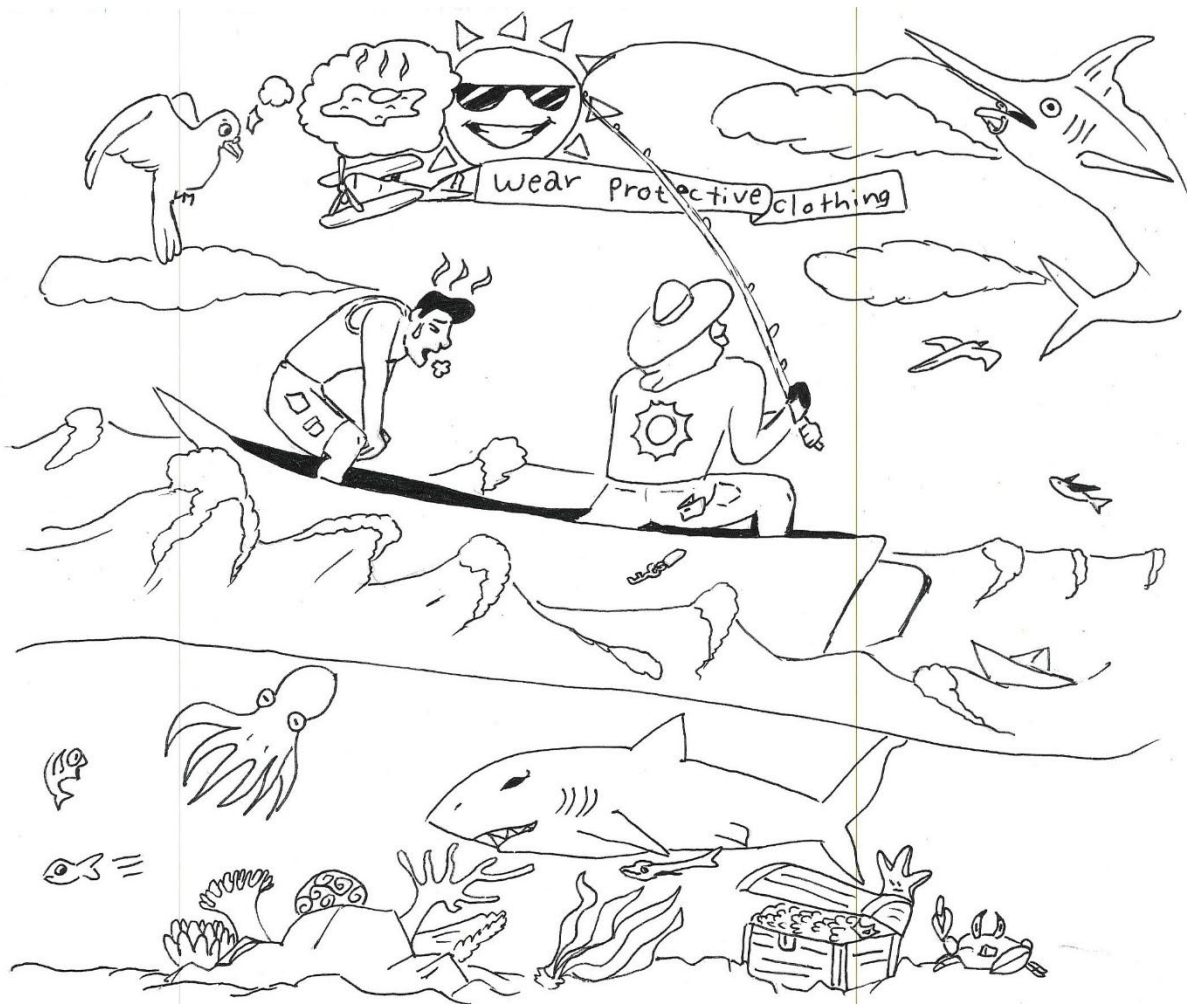
Balm	Be	Beach	Chemical	Clothing
Earth	Factors	Hat	Lip	Mineral
Risk	Safe	Skin	SPF	Summer
Sun	Sunglasses	Sunscreen	Umbrella	UPF

— — — —

— — — — —

— — — — —

Contributing Designer from RDK Melanoma Foundation: West Palm Beach, FL



FIND THE FOLLOWING IN THE PICTURE



Brain



pizza



sunscreen



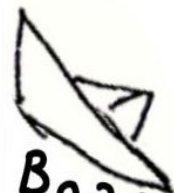
Sun



key

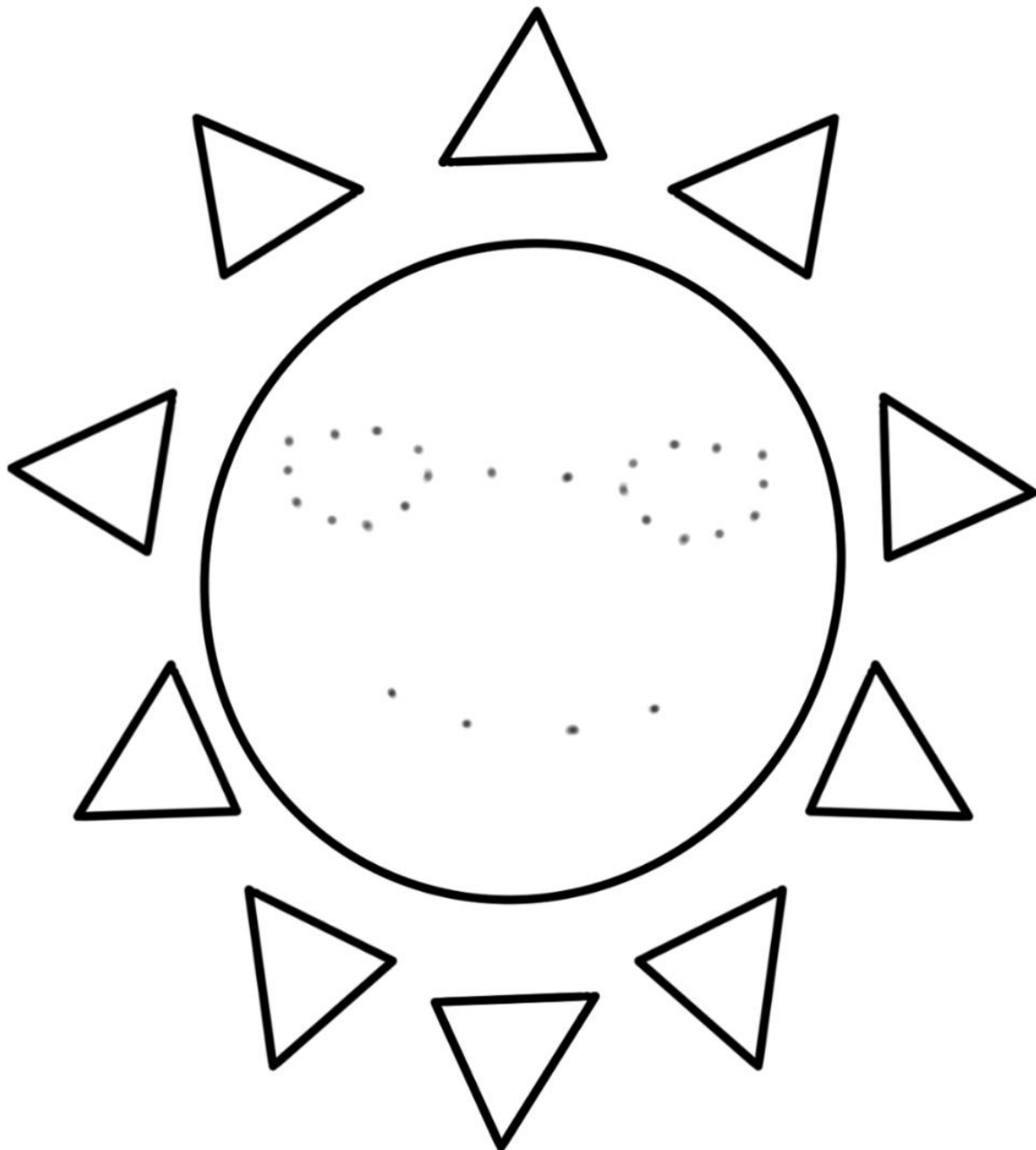


coin



Boat

Connect the dots to finish
the sun!



Contributing Designer from St. Laurentius Catholic School of the Arts &
Sciences: Philadelphia, PA

MICHAEL JACK WORD SEARCH

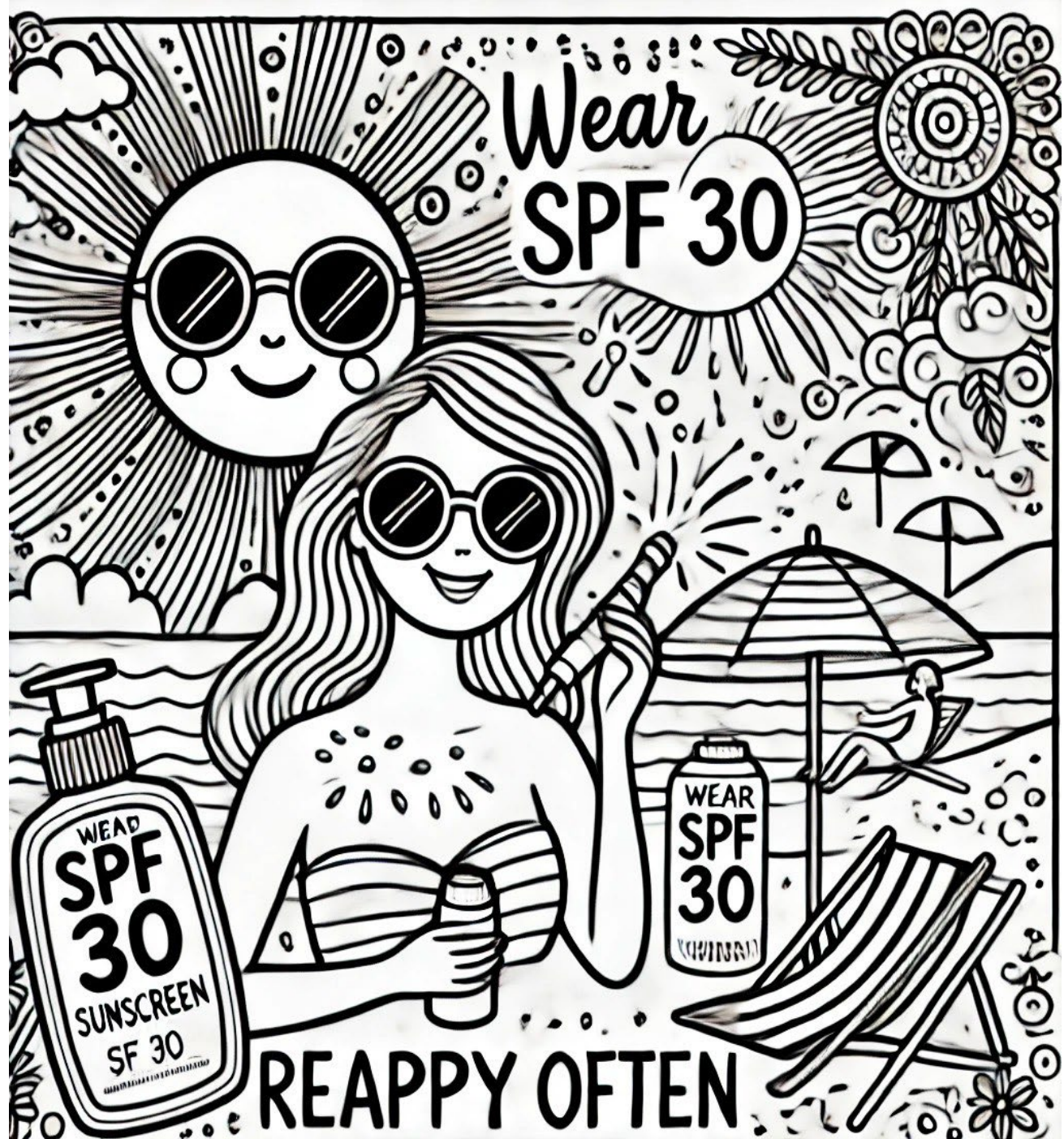
Directions: Words can go in any direction. Words can share letters as they cross over each other.

V	A	O	P	S	S	D	M	R	Y	C	P	M	S
D	U	T	L	C	U	I	U	A	B	Q	A	I	U
I	M	R	A	H	N	S	X	G	N	I	R	K	N
S	P	I	Y	M	S	T	H	R	O	A	K	E	S
P	I	P	E	I	C	G	O	U	S	U	G	J	M
E	R	L	R	D	R	B	M	S	T	S	T	E	A
N	E	E	S	T	E	A	E	I	R	G	H	Q	R
S	C	S	A	B	E	S	R	N	I	W	R	D	T
E	N	A	T	C	N	E	U	G	K	S	O	O	B
R	G	A	T	E	O	B	N	L	E	L	W	U	A
Z	L	C	F	C	A	A	J	E	O	I	T	B	T
L	O	H	M	N	H	L	C	J	U	D	U	L	Y
D	V	A	X	F	O	L	O	H	T	E	P	E	U
T	E	N	O	B	A	L	L	F	I	E	L	D	D

Find The Following Words:

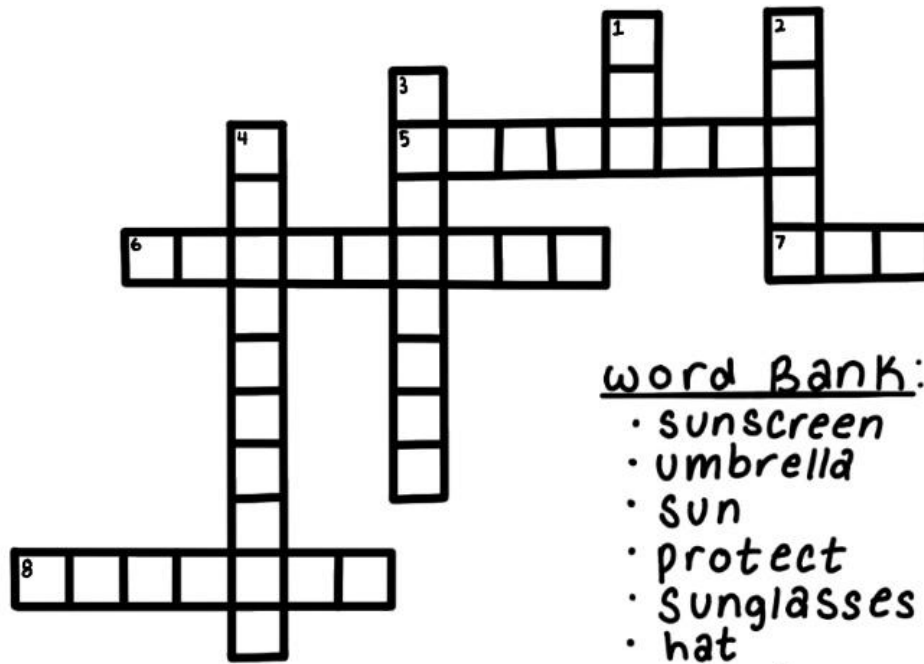
Mike	Schmidt	Baseball	Bat	Homerun	Catch	Slide
Park	Dispenser	Ballfield	RBI	Strikeout	Throw	Steal
Glove						

Contributing Designer from RDK Melanoma Foundation: West Palm Beach, FL



Contributing Artist from American Heritage School: Plantation, FL

Sun-Safe Crossword Puzzle



word Bank:

- sunscreen
- umbrella
- sun
- protect
- sunglasses
- hat
- beach
- melanoma

Across:

5. A word for skin cancer caused by too much sun.
6. Something you put on to protect your skin from the sun.
7. A cool accessory that protects your head from sunburn.
8. What you do to keep your skin safe.

Down

1. A big glowing star that gives the world light.
2. A place with waves, sand, and seashells.
3. Wear these to protect your eyes from bright light.
4. Something you put up to hide in the shade.

Contributing Designer from St. Laurentius Catholic School of the Arts & Sciences:
Philadelphia, PA



Contributing Artist from Touro College of Osteopathic Medicine: Great Falls, MT

Answer Sheets Behind

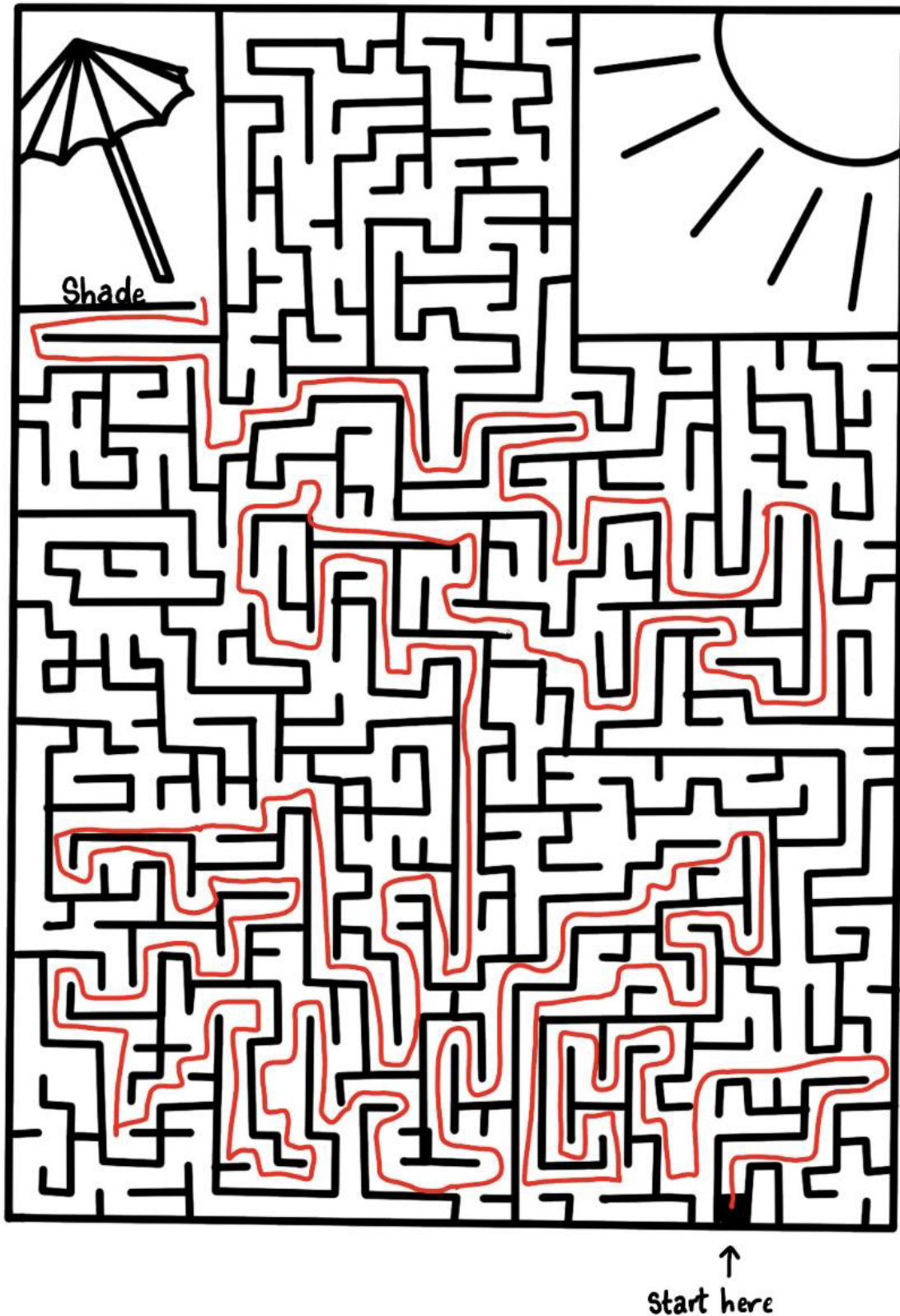
Fill in the Blank

word Bank

- Richard Davis Kann • 100% • 10am and 4pm
- Skin • Cancer • SPF 30+
- Sunlight • Sunscreen • reapply
- wide

1. Always wear sunscreen even when it's cloudy.
2. RDK is named after Richard Davis Kann.
3. Melanoma cancer is the number one most common cancers.
4. Avoid sun between 10 am and 4 pm.
5. You should reapply sunscreen every two hours.
6. Use sunscreen that is SPF 30+.
7. Wear a wide brim hat to stay safe in the shade.
8. Wear sunglasses that are 100% protective.
9. Avoid direct sunlight to not get sunburned
10. Melanoma is one of the most preventable types of cancer.

Find The Shade



Word Scramble!

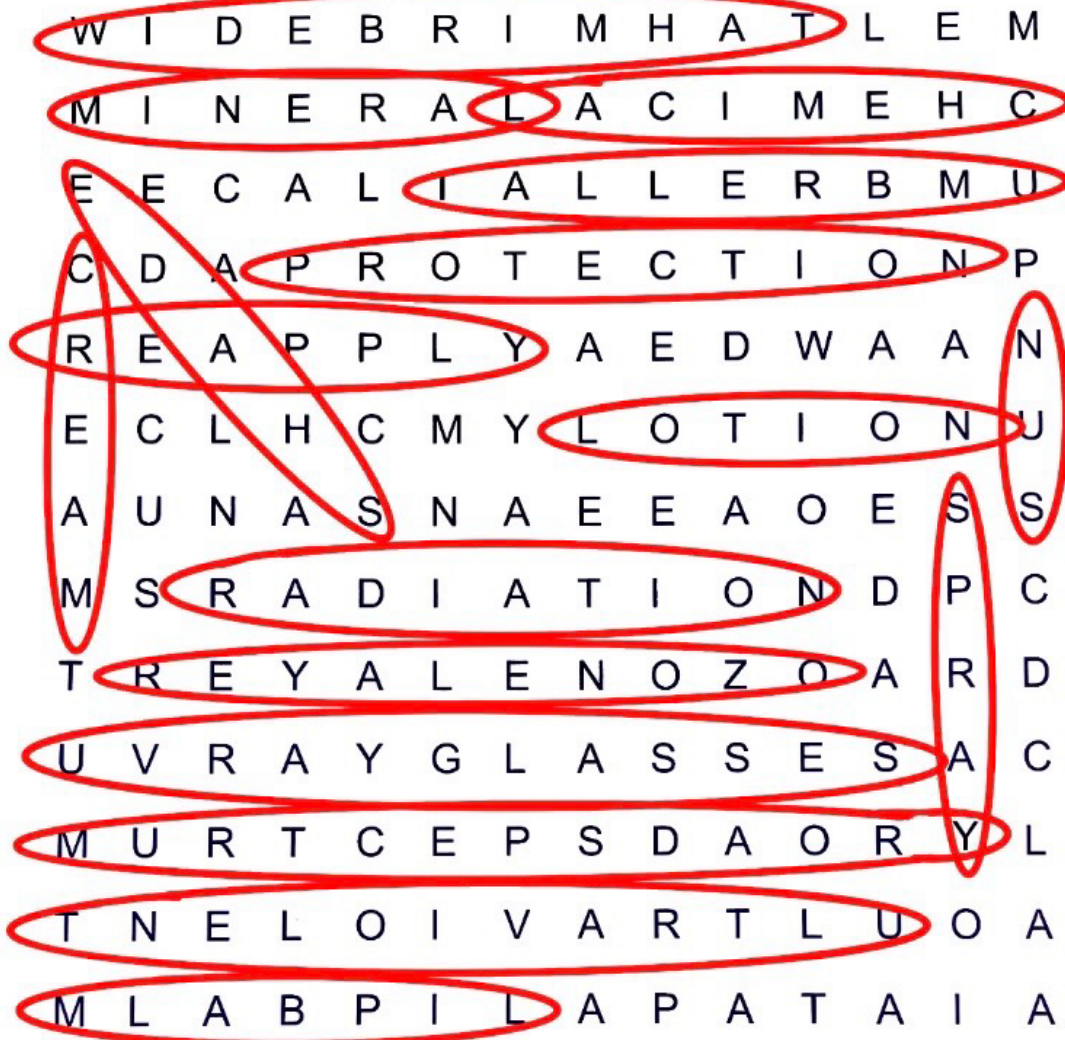
can you uncover all the words!?

- | | |
|----------------|---------------------------|
| 1. unsrenecs | <u>sunglasses</u> |
| 2. vu - yrsā | <u>uv</u> <u>rays</u> |
| 3. nvs lssgae | <u>sun</u> <u>glasses</u> |
| 4. eachb | <u>beach</u> |
| 5. ongl lvesee | <u>long</u> <u>sleeve</u> |
| 6. elmaomna | <u>melanoma</u> |
| 7. nocea | <u>ocean</u> |
| 8. murbella | <u>umbrella</u> |
| 9. mirb atn | <u>brim</u> <u>hat</u> |
| 10. edahs | <u>shade</u> |

Word Bank:

Shade	Sunscreen	long sleeved	
ocean	melanoma	brim hat	beach
uv-rays	Umbrella	sun glasses	

SUNSMART WORD SEARCH

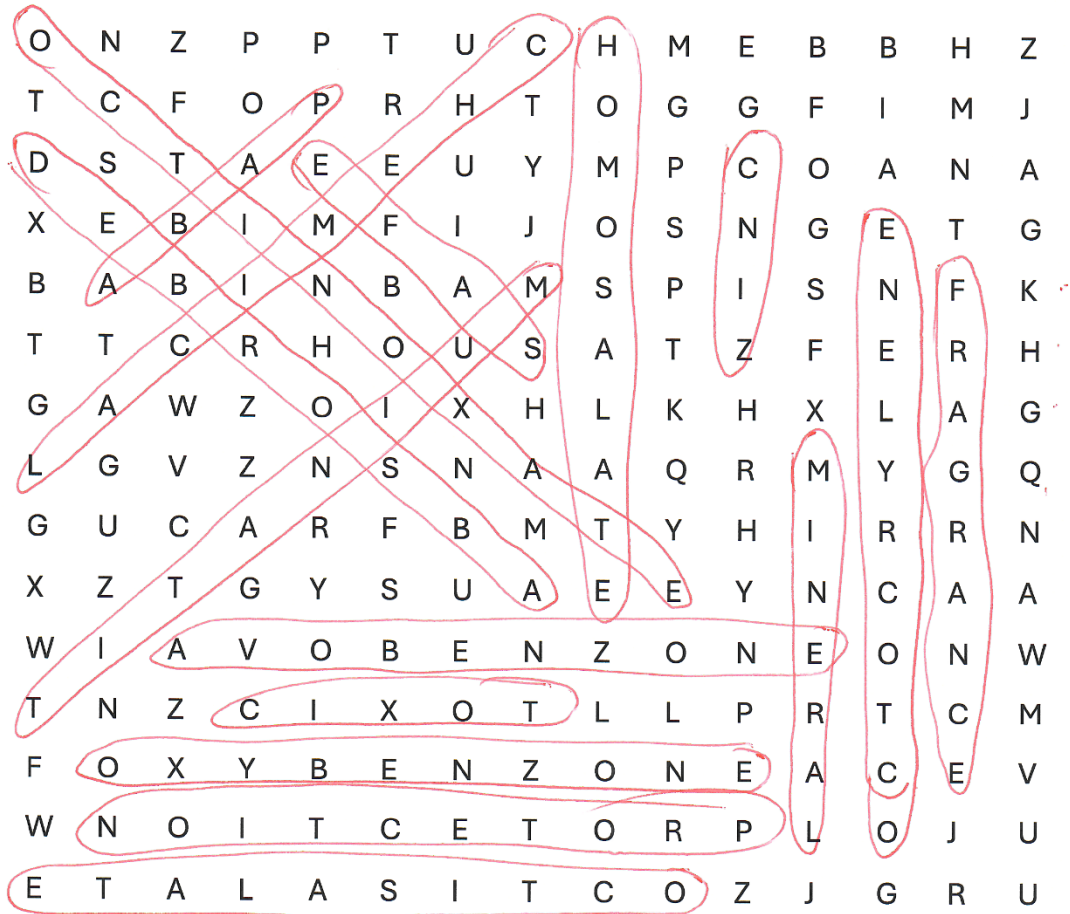


Find The Following Words:

Lotion	Broadspectrum	Protection	Umbrella	
Spray				
Ultraviolet	UV Ray Glasses	Reapply	Lipbalm	Ozone Layer
Radiation	Widebrim Hat	Mineral	Chemical	Shade
Cream	Sun			

SUNSCREEN INGREDIENTS

Directions: Words can go in any direction. Words can share letters as they cross over each other.



Absorbed

Avobenzene

Chemical

Fragrance

Homosalate

Mineral

Octinoxate

Octisalate

Octocrylene

Oxybenzone

Paba

Protection

Safe

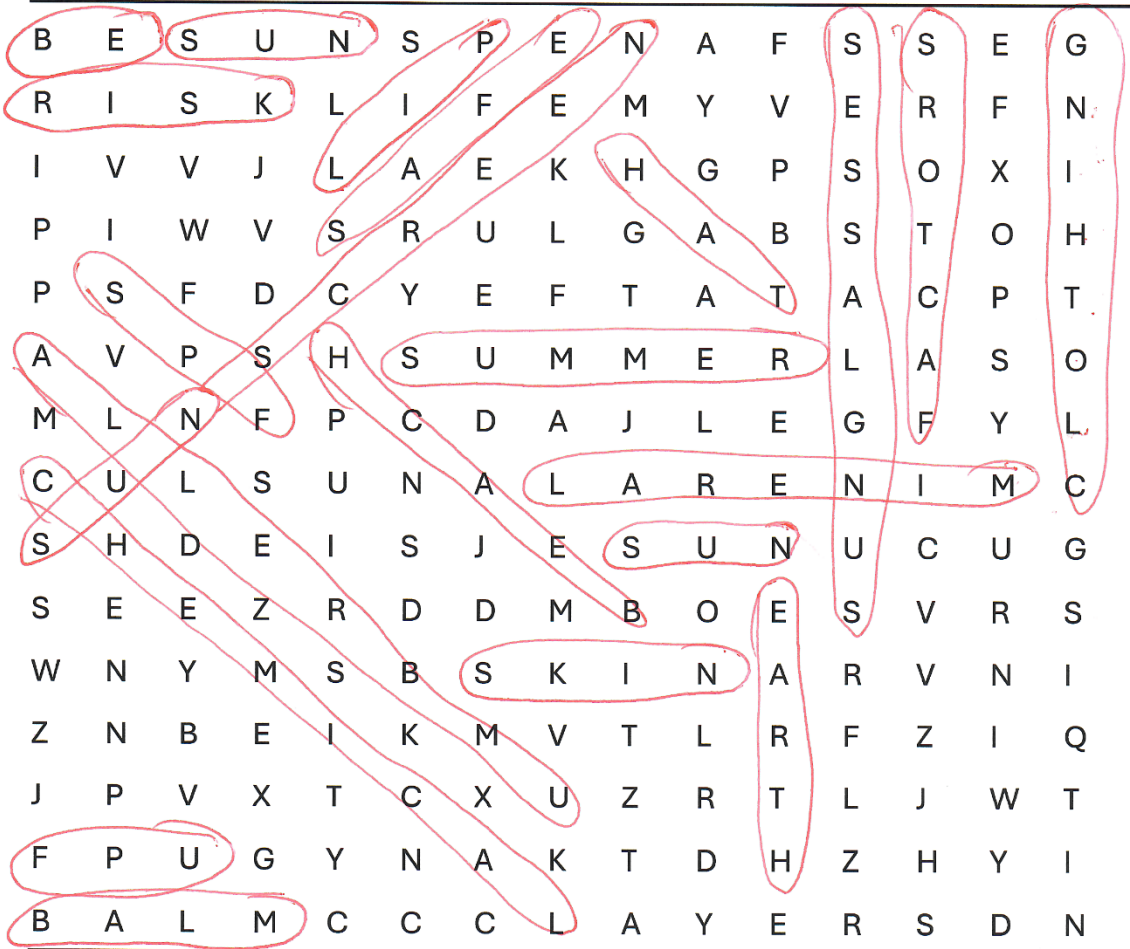
Titanium

Toxic

Zinc

SUN SAFETY

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Balm	Be	Beach	Chemical	Clothing
Earth	Factors	Hat	Lip	Mineral
Risk	Safe	Skin	SPF	Summer
Sun	Sunglasses	Sunscreen	Umbrella	UPF

BE

SUN

SAFE



key

coin

Boat

Sun

Brain

Pizza

Sunscreen

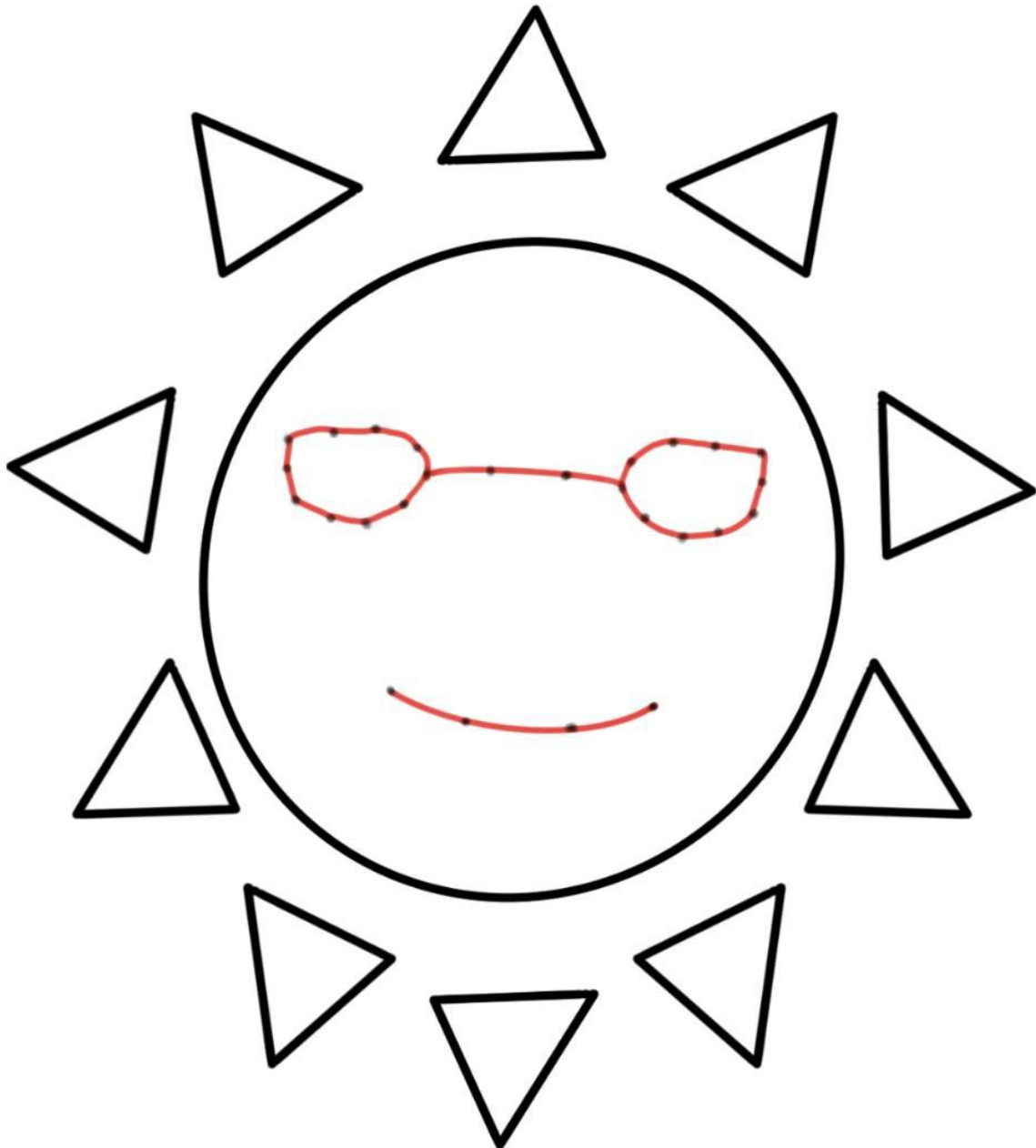
MICHAEL JACK WORD SEARCH

V	A	O	P	S	S	D	M	R	Y	C	P	M	S
D	U	T	L	C	U	I	U	A	B	Q	A	I	U
I	M	R	A	H	N	S	X	G	N	I	R	K	N
S	P	I	Y	M	S	T	H	R	O	A	K	E	S
P	I	P	E	I	C	G	O	U	S	U	G	J	M
E	R	L	R	D	R	B	M	S	T	S	T	E	A
N	E	E	S	T	E	A	E	I	R	G	H	Q	R
S	C	S	A	B	E	S	R	N	I	W	R	D	T
E	N	A	T	C	N	E	U	G	K	S	O	O	B
R	G	A	T	E	O	B	N	L	E	L	W	U	A
Z	L	C	F	C	A	A	J	E	O	I	T	B	T
L	O	H	M	N	H	L	C	J	U	D	U	L	Y
D	V	A	X	F	O	L	O	H	T	E	P	E	U
T	E	N	O	B	A	L	L	F	I	E	L	D	D

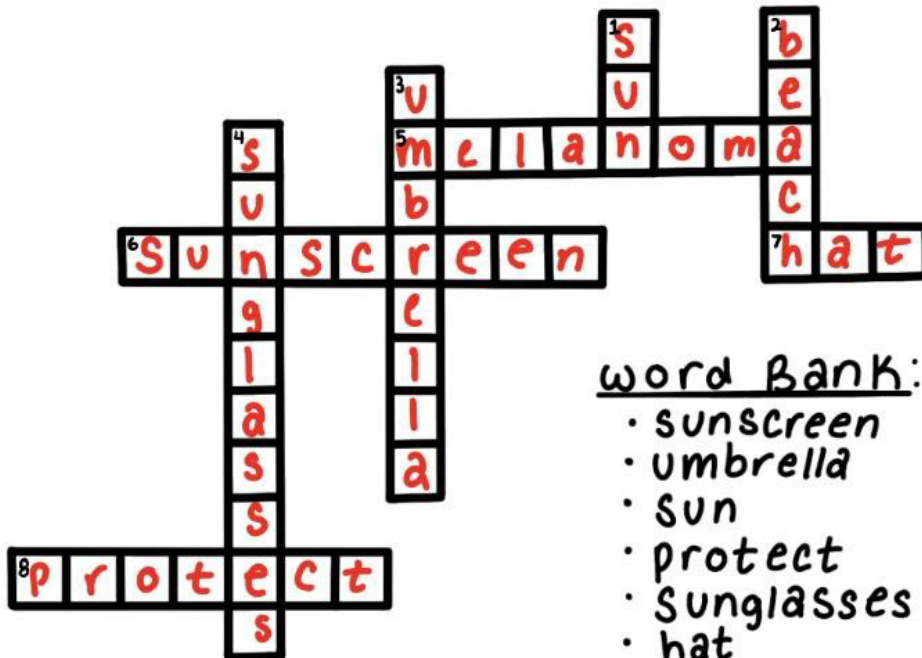
Find The Following Words:

Mike	Schmidt	Baseball	Bat	Homerun	Catch	Slide
Park	Dispenser	Ballfield	RBI	Strikeout	Throw	
Steal	Glove					

Connect the dots to finish
the sun!



Sun-Safe Crossword Puzzle



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- sunglasses
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**Book prepared by 8th Grade
students of Saint Laurentius School.**

RDK Melanoma Foundation
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561.655.9655
<https://melanomafoundation.com/>