

"DO THE DAISY CHAIN RAP"

The Daisy Chains – Chloë, Bridget, Maisie, Aimee and Shannon – are a group of girls from Humberside who wrote and recorded this rap to promote sun safety. You can listen to them at www.sunsense.co.uk – why not learn the words to help you be sun sensible?



Hey, we are the Daisy Chains
And we know sunburn is a right pain
So we hope you listen to our rap well
And learn to be sun sensible!

If you stay safe in the sun
You will have lots of fun
So cover up your shoulders
And get your sun cream on!
SPF 15 is the minimum
Anything higher is awesome!

'Cos sunburn hurts
It will make you feel glum
If you haven't got SunSense
You need to get some!

Staying in the shade is important, too
If you've heard it don't protect you –
That is untrue!

Drink lots of water to avoid dehydration
6 cups a day to be certain

Don't be shy, go out and buy
A pair of shades, to protect your eyes!

HEY YOU! Put on your cap,
And come and join in our Sun Safety Rap!

SUNSENSE MAKES MORE SENSE

FIND OUT MORE ABOUT BEING SUN SENSIBLE AT WWW.SUNSENSE.CO.UK