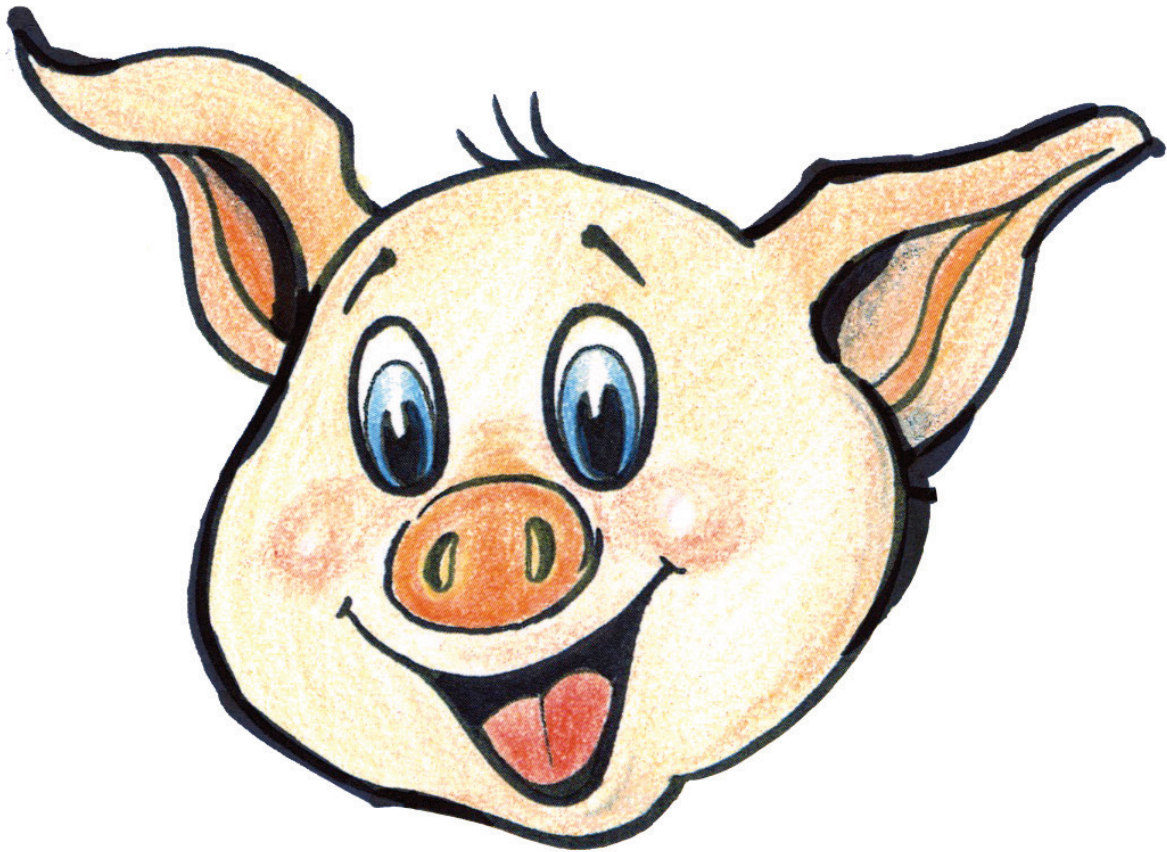
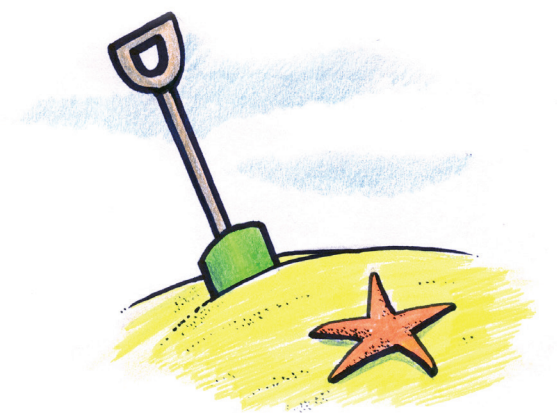


Percy Piglet and the Summer Picnic



a Care in the Sun story book



Written by
DECLAN CARVILLE

Illustrated by
DAVID McCABE

david.mccabe@live.co.uk

Designed by
CRIS

Communication Resource & Information Service

Care in the Sun

This book has been produced by the Skin Cancer Prevention Strategy Implementation Group which is co-chaired by the Public Health Agency and Cancer Focus Northern Ireland. It has been developed to highlight the need for children to protect themselves while in the sun and to provide information on how to enjoy the sun safely.

Recommendations for use

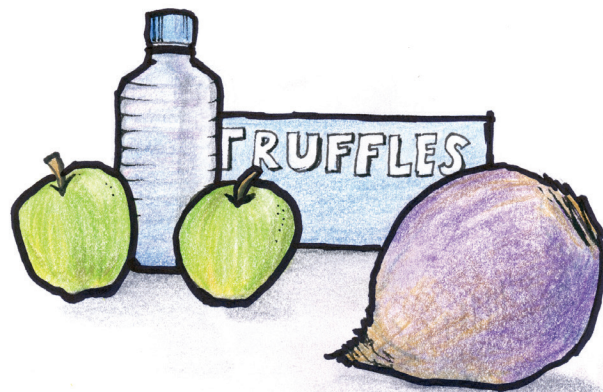
This book has been designed as a reader for teachers and other staff for use with children aged 3-6 years old. It is recommended that when the story is first read, the children's attention should be drawn to the illustrations. A second reading should then place a particular emphasis on the key sun safety tips identified on the back cover.

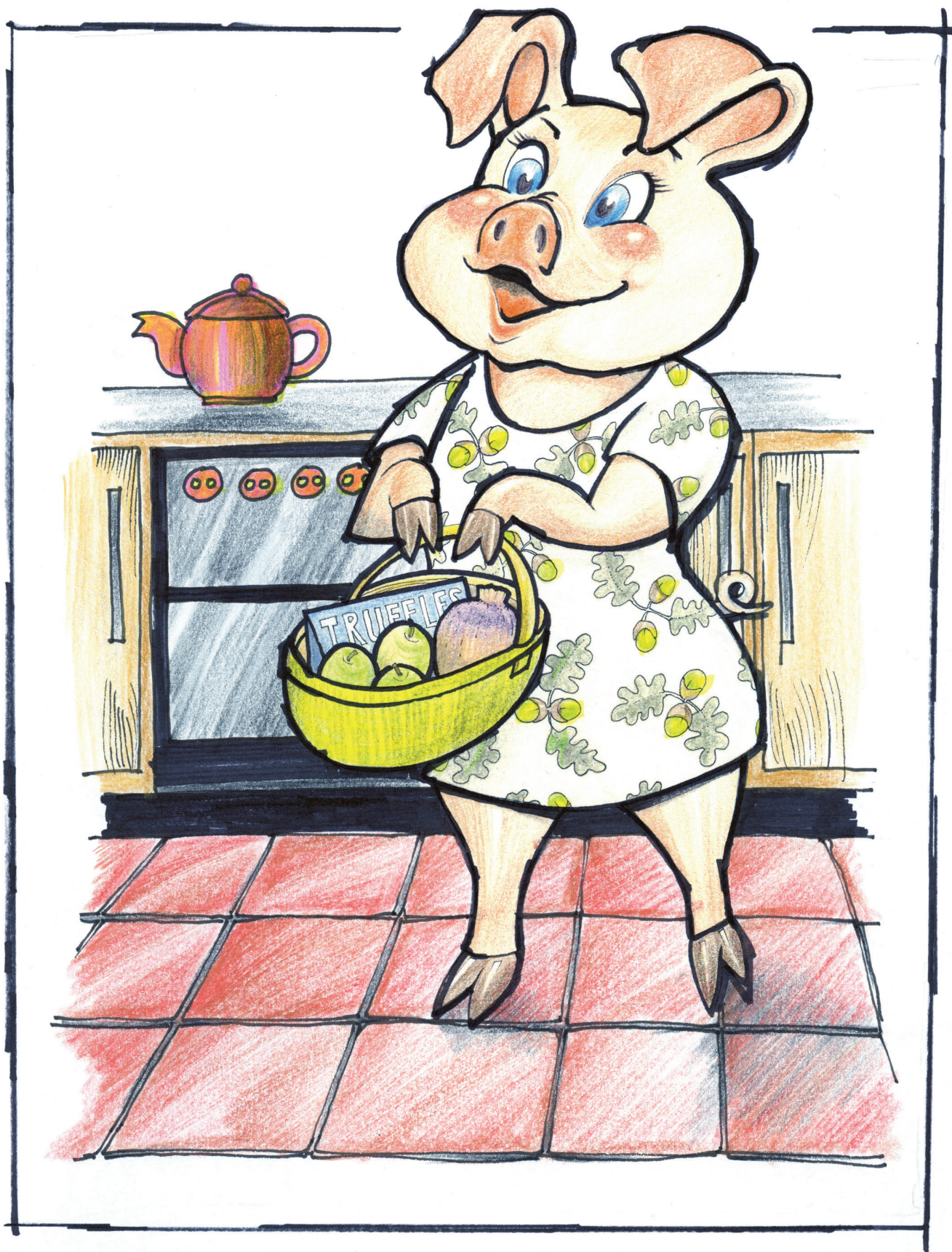
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Contact details: Skin Cancer Prevention Co-ordinator,
Cancer Focus Northern Ireland, 028 9066 3281 www.careinthesun.org

It was the day of the summer picnic and everyone was feeling very excited.

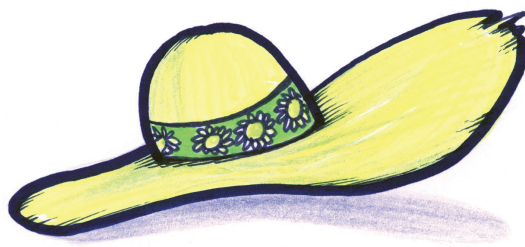
Mummy Pig had been busy all morning getting everything ready.





Percy Piglet's friend Dora Duck arrived early.
She was wearing her favourite summer outfit – a
colourful T-shirt, shorts and a pair of sunglasses.

“Where's Percy Piglet?” asked Dora Duck
looking around the kitchen.





“He’s in the garden jumping up and down,”
replied Mummy Pig. “He cannot wait to go to the
beach!”

Outside it was already becoming very warm.





“Percy Piglet,” shouted Mummy Pig as they crossed the field to the beach. “Please slow down! And what about your hat? The sun is very hot. You have to be careful...”





But Percy Piglet would not listen.

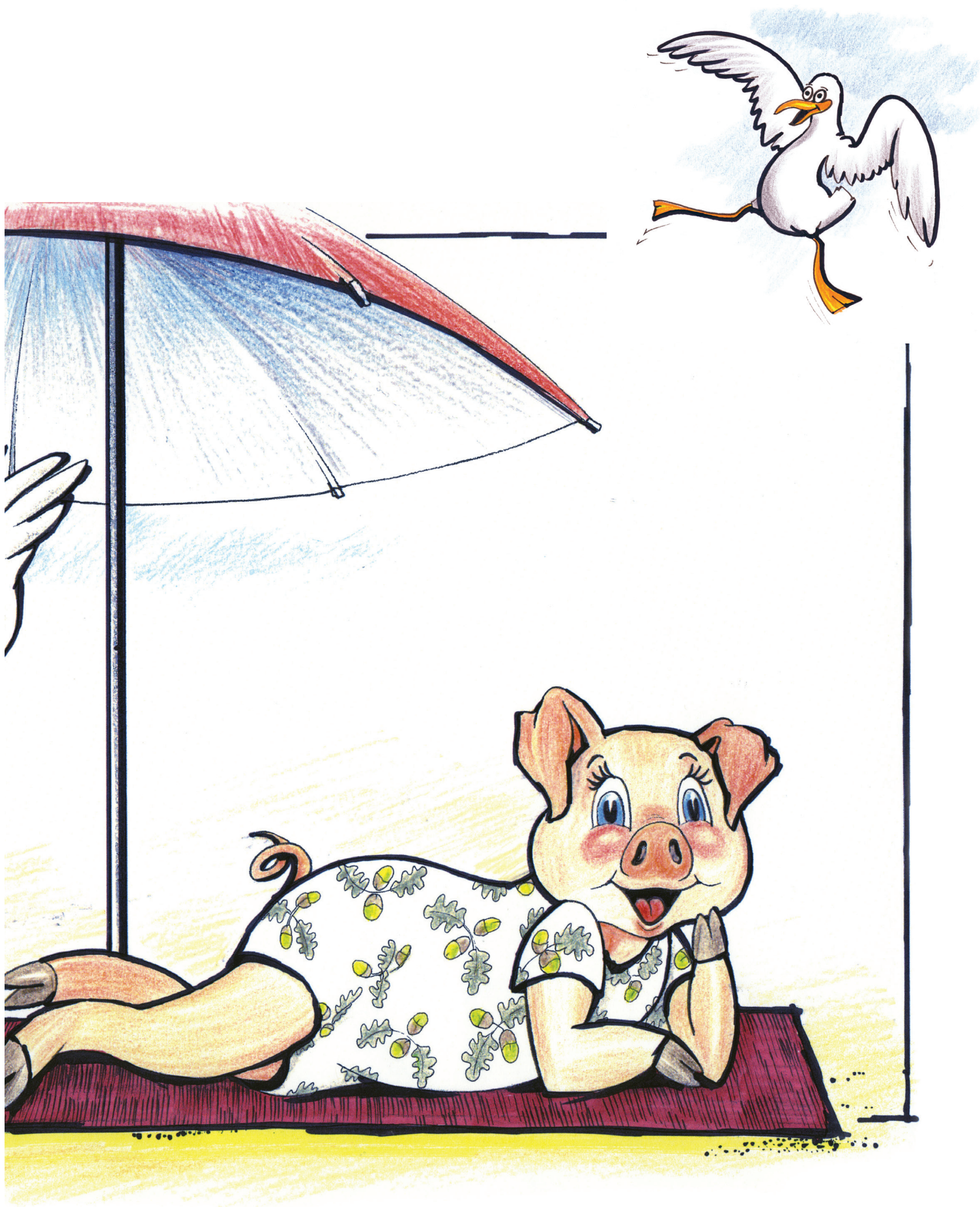
“A hat? On a day like this?” he laughed as he ran ahead of the others. “I’ll be first to paddle my toes in the water. Just you wait and see!”

When they arrived at the beach Mummy Pig and Dora Duck looked around to find the best place to have the picnic.

“I brought my big beach umbrella,” smiled Dora Duck, “so now we can all play in the shade until it gets cooler!”

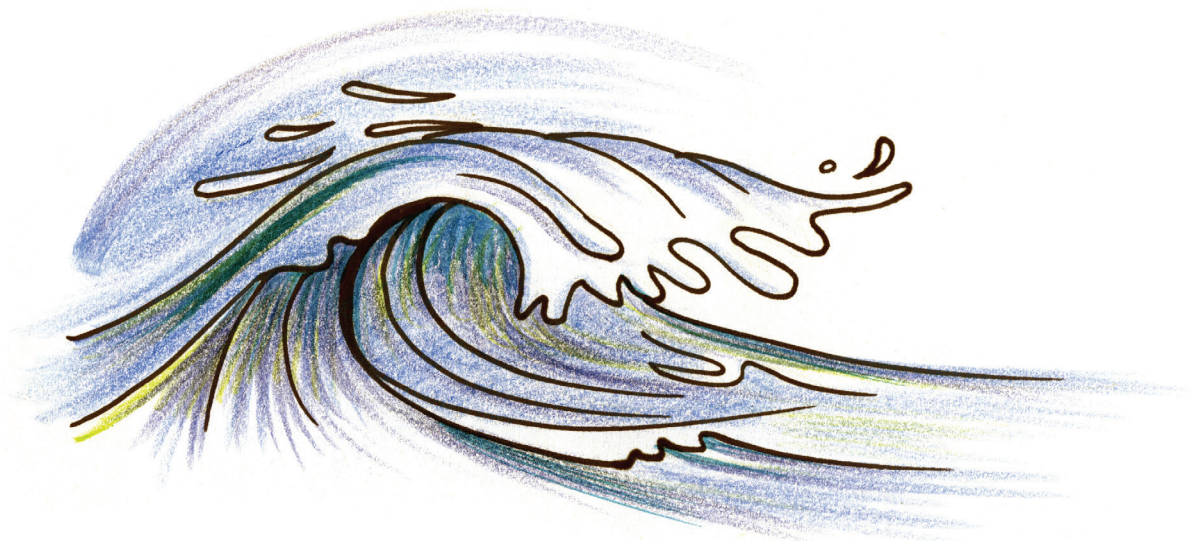
Percy Piglet, would you like to help me build a sandcastle?”

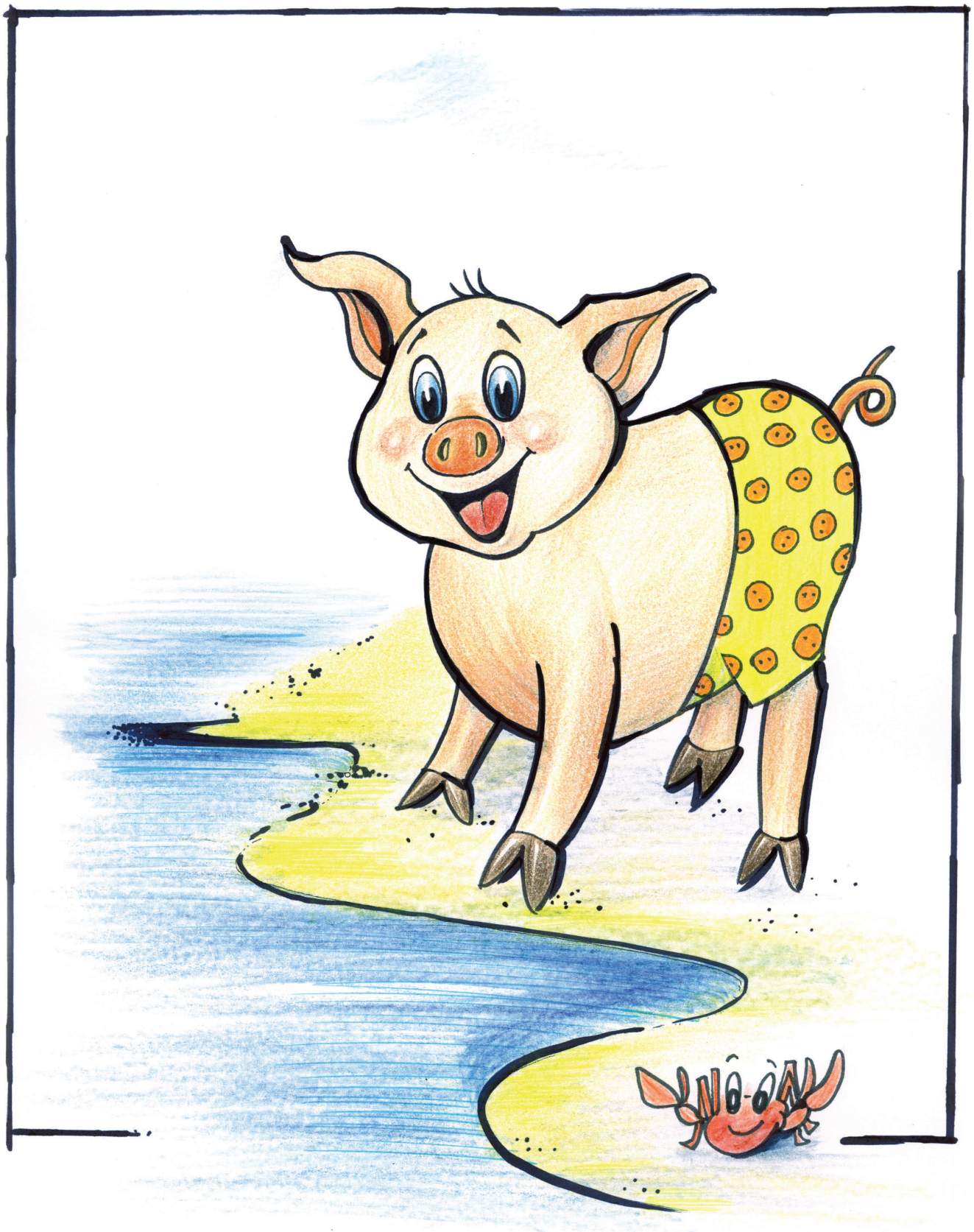




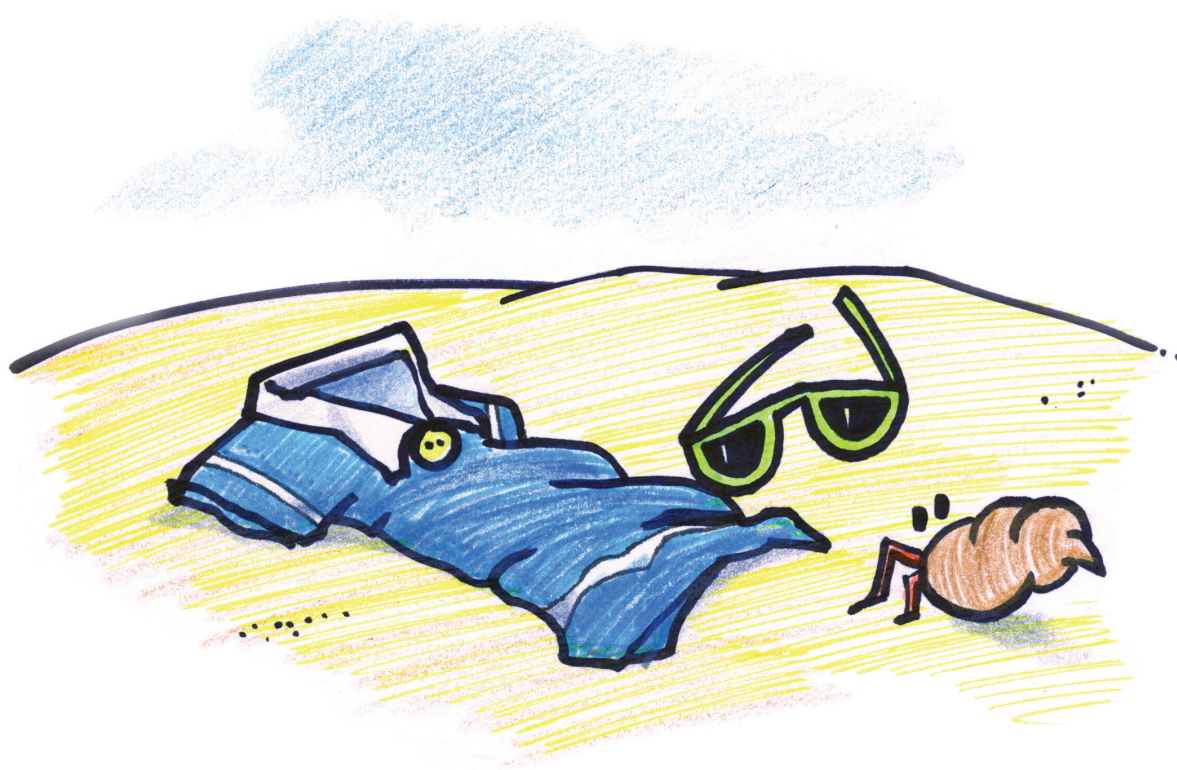
But Percy Piglet was much too busy.

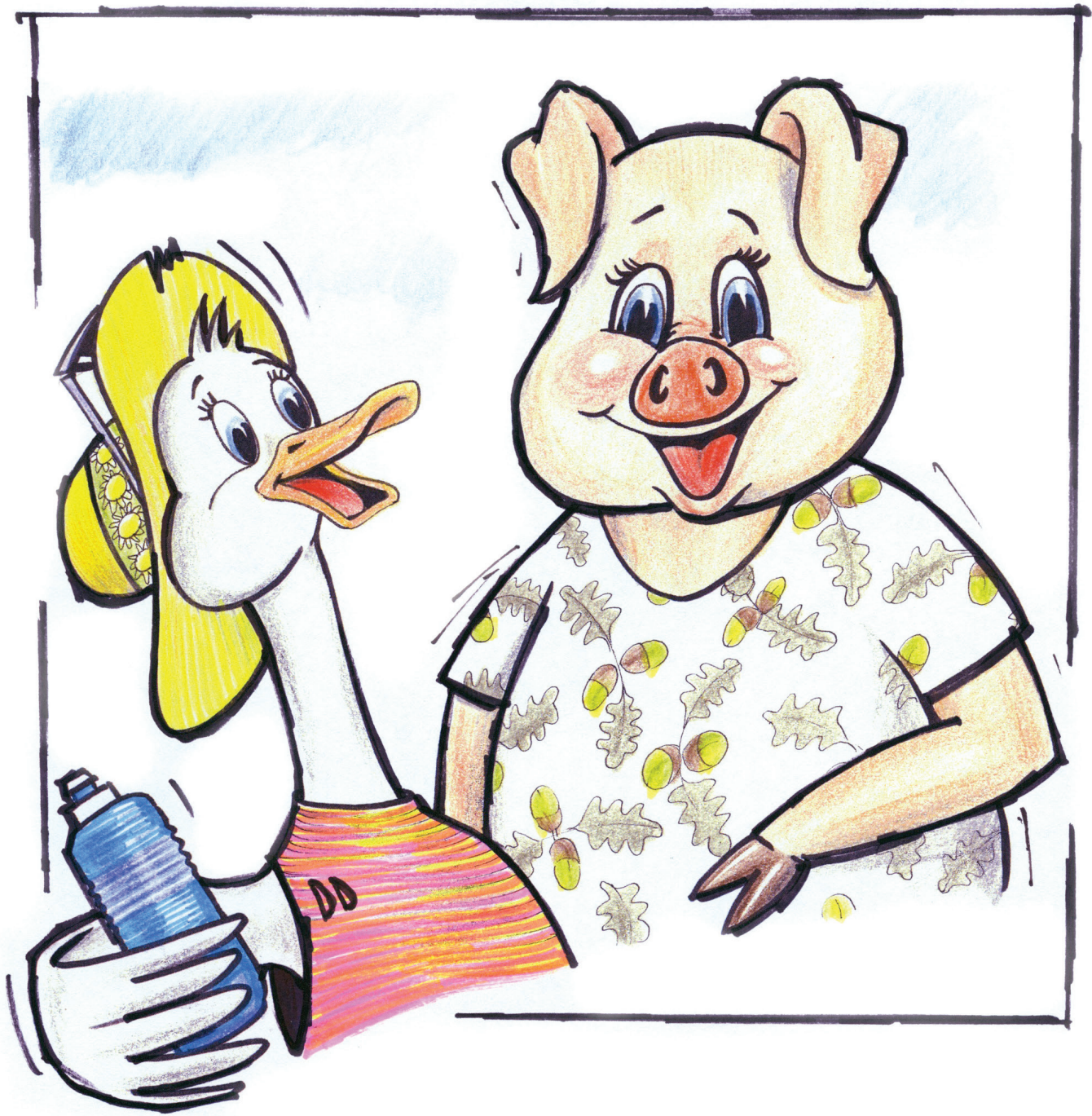
As soon as he saw the sea he raced to splash
about in the water.





“Is Percy Piglet wearing any sun cream?” asked Dora Duck, enjoying a cold drink of water. “And why has he taken off his T-shirt and sunglasses? Doesn’t he know we have to be safe in the sun? Even when we are playing in the sea...”





“I asked him to rub sun cream on before we left the house,” replied Mummy Pig, “But he was too excited. I’m afraid he wouldn’t listen...”

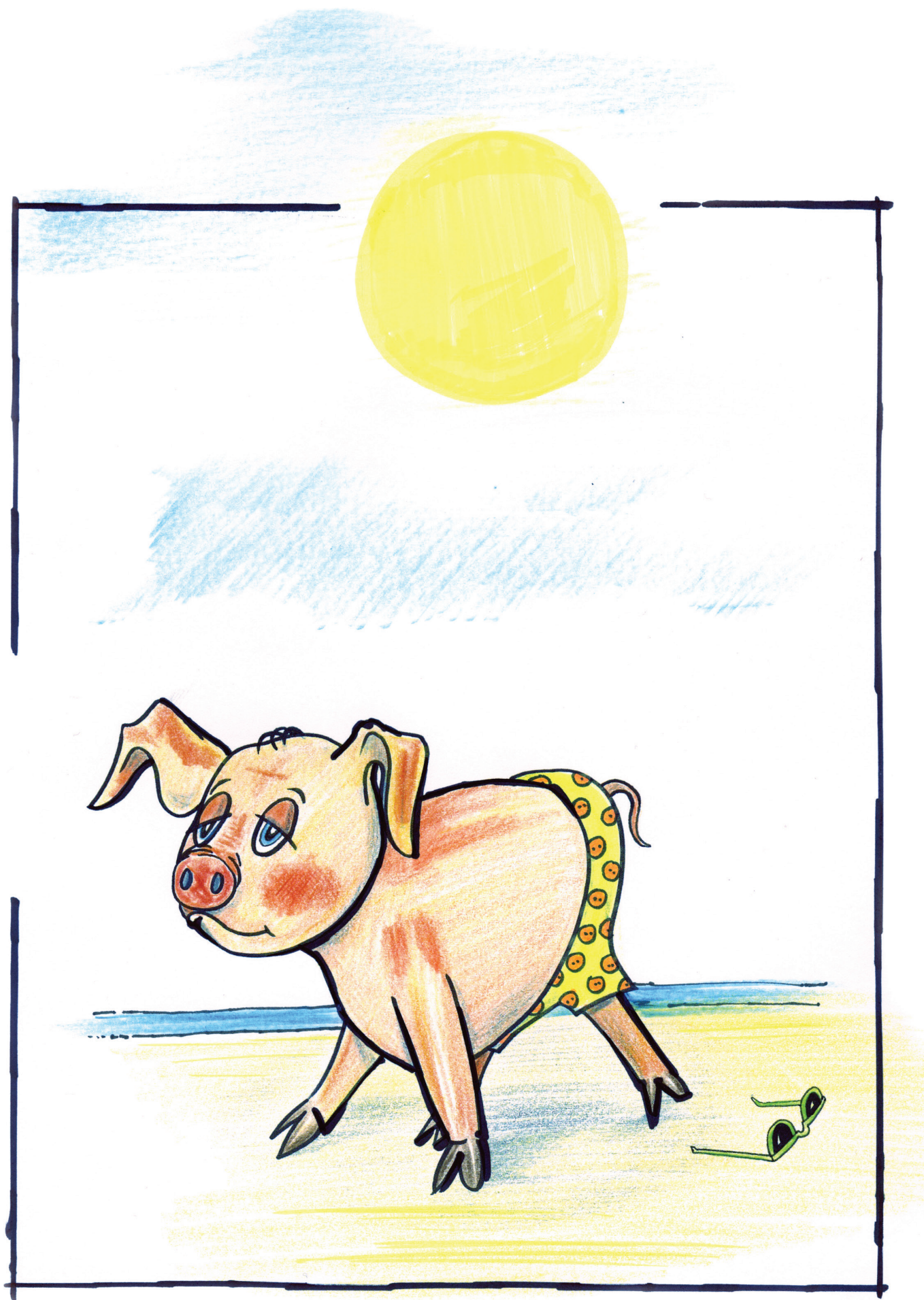
Later that morning as the sun became hotter, it wasn't long before Percy Piglet returned to the cool shade of the umbrella – looking very ill indeed.

“I don't feel so well,” he said, rubbing his tummy.
“And my head hurts.”

“Drink some water,” said Mummy Pig, reaching into the picnic basket. “You need to slow down. It's much too hot to be running around in the sun...”

“Percy Piglet,” said Dora Duck, adjusting her hat.
“Just look at your nose! It is so red! Does it feel sore?”

Percy Piglet tried touching the end of his nose.

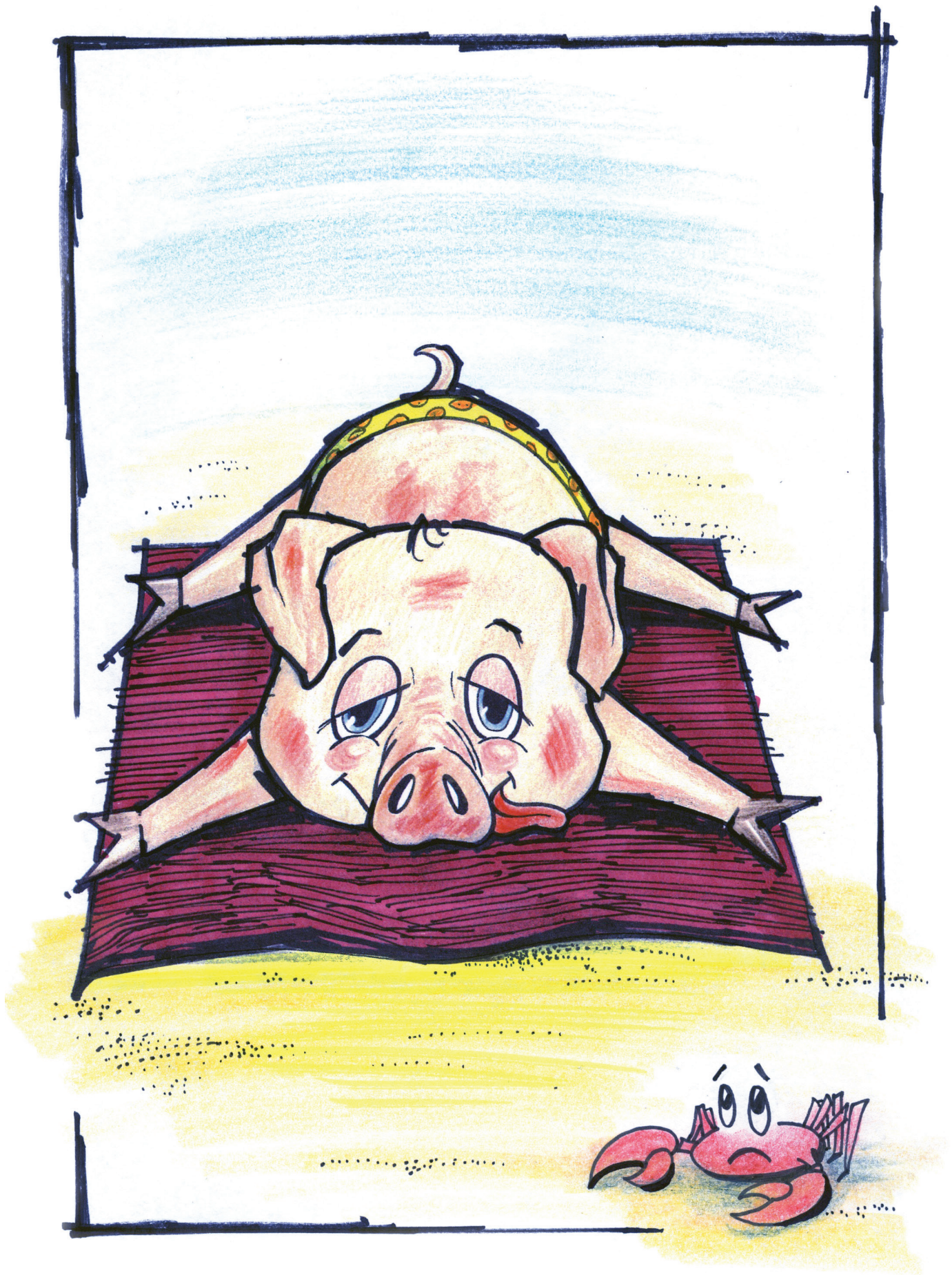


“And why didn’t you put on some sun cream?” asked Mummy Pig. “Or wear your hat? If you had listened to us before we left you wouldn’t be feeling so sick now...”

Percy Piglet was very sad indeed. He had been so looking forward to their day at the beach, and now all he wanted to do was lie down and have a sleep.

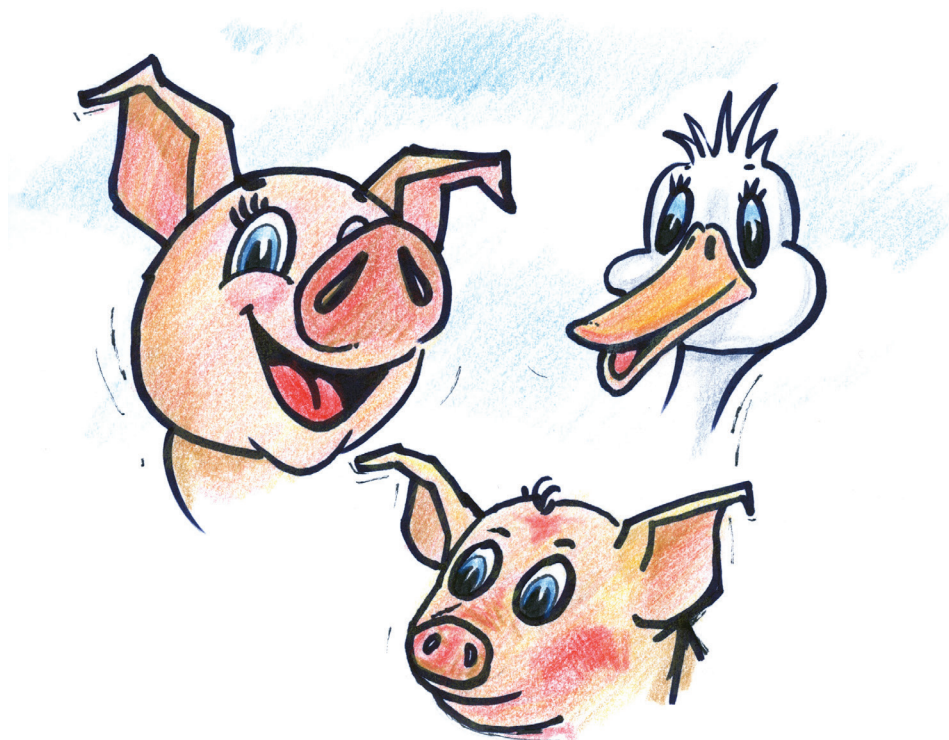
“Maybe if I just sit here,” he said resting his head on the rug, “I’ll feel better in a little while...”

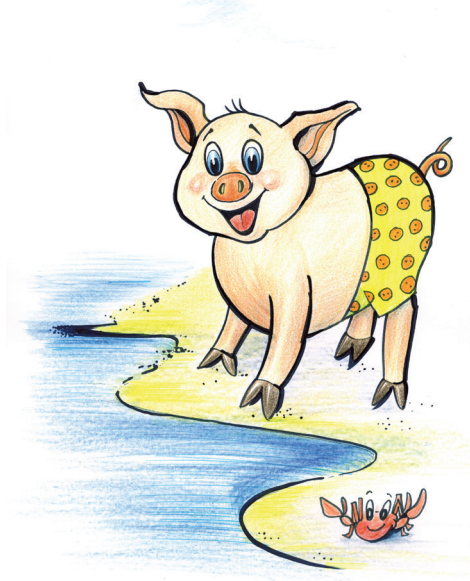
But Percy Piglet had to stay in the shade for the rest of the day – while the others enjoyed their trip to the seaside.



“Playing outside when it is warm and sunny can be a wonderful time for everyone,” said Mummy Pig, reaching down to give Percy Piglet a hug, “but we do have to be very careful.”

Percy Piglet nodded his head. “But just you wait and see,” smiled Mummy Pig, “on our next visit to the beach, I just know we are going to have an even better time... All of us!”





Percy Piglet is looking forward
to a summer picnic with
Mummy Pig and his good
friend Dora Duck. But his fun
day is ruined when he ignores
advice to take care in the sun.

Enjoy the sun safely

- Play in the shade between 11am and 3pm when the sun is strongest
- Cover up in the sun - wear a hat, T-shirt and sunglasses
- Use sunscreen to protect your skin
- Don't let your skin burn
- Drink plenty of water

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