

Skin Type Test: What is my skin type?

Activity Description

Content & Goals:

The activity relates to the four friends in our introductory story and their different skin types. The skin protection measures you should take depend on your skin type. Therefore, it is important to know one's skin type. In this exercise, the pupils are to find out their skin type and to deduct from this their individual sun protection programme, as an exercise in "sun-wise" behaviour.

Realization:

Can be integrated into classroom lessons

Variations:

Self or peer reflection

Requirements in material and media:

- Texts of the learning module
- Prepared working sheet

Time requirements:

- **Preparation time:** low time need (up to 1 hour)
- **benötigte Unterrichtszeit:** 1 period (45 mins.)
- **Wrap-up time:** low time need (up to 1 hour)

Working sheet

Please turn to the following page.

Working Sheet

Skin type test What is my skin type?

This working sheet will help you to determine your skin type and the skin type of your fellow students.

In your opinion, what is your skin type?

- Skin type 1 Skin type 2 Skin type 3
 Skin type 4 Skin type 5 Skin type 6

Why do you think that you have this skin type?

Please enter the reasons in the field below:

How much you need to protect yourself against UV radiation, resp. how much your fellow pupils need to do this, depends fundamentally on your / their skin type.

Which skin protection measures are important for the skin type that you mentioned above?

Please enter the measures into the field below: