

Name _____ Date _____

Survival in the heat



Create a poster to explain the dangers of extremely hot weather and write instructions on what to do in very hot conditions.

First, find out the answers to these questions:

Why do you need to drink lots of water?

What else can you do to keep cool?

When is the most dangerous time of the day to be out in the sun?

What should you wear and why?

What factor sunscreen is most appropriate for different groups of people?

What are the dangers of exposure to the sun?

In the box, draw a labelled diagram of what to wear in the sun and any equipment needed.

Next, write a list of instructions suggesting what to do *before* going out in the sun. Mention how important it is to drink lots of water!

After that, add any interesting facts and figures about surviving in the heat that you have found.

Finally, think of a short snappy slogan to act as a reminder.