

Name : \_\_\_\_\_ Date : 6 May 2026



You will learn how to:

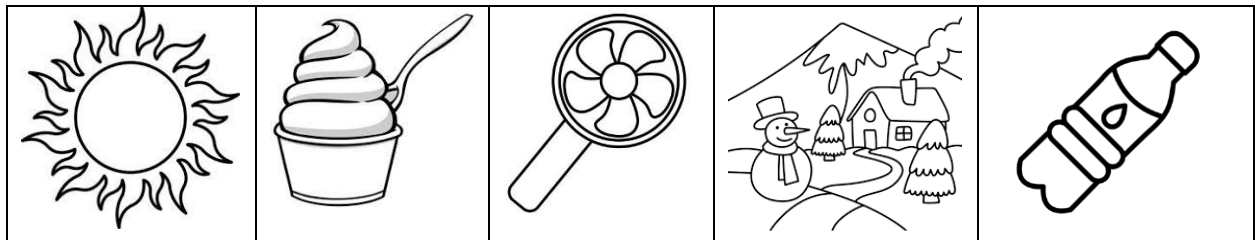
- stay cool,
- drink enough water,
- notice when heat is dangerous,
- know what to do if someone feels sick.

## PART 1- GETTING STARTED

### Activity 1



Colour the  hot weather things :




### Activity 2



How does  hot weather make you feel? Colour your answer:



When it is  **very hot**, your body sweats.  
Sweat helps cool your body.  
When you sweat, you lose **water**.  
You need to drink **water** to stay safe.



## PART 2- WHY WATER MATTERS?

### Activity 3



Read the question. Tick (/) and colour your answer:

1. What helps cool your body?



Water

Sweat

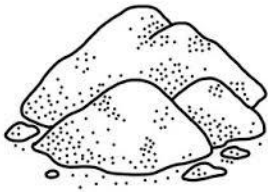
Shoes



2. What does your body lose when you sweat?



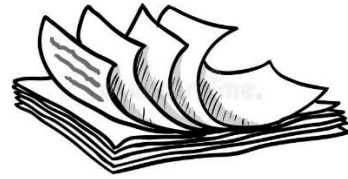
Sand



Water



Paper



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3. What should you drink when it is very hot?



Juice



Water



Nothing

## PART 3- GOOD CHOICES

### Activity 4

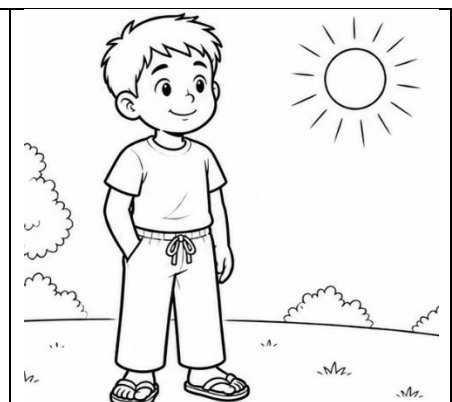
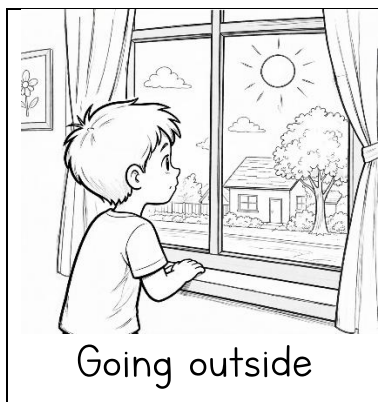
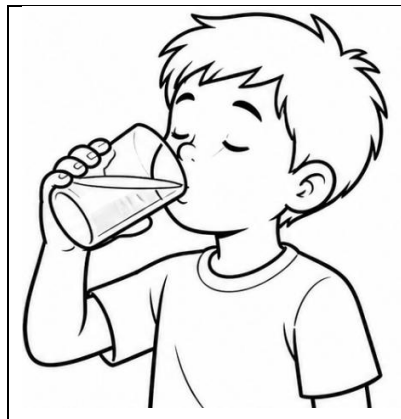
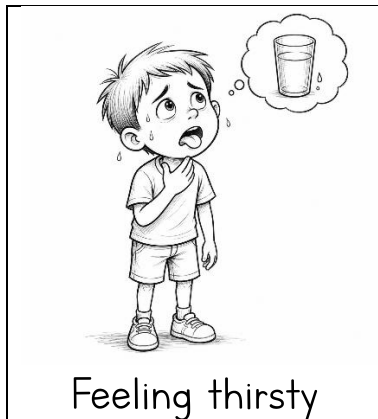
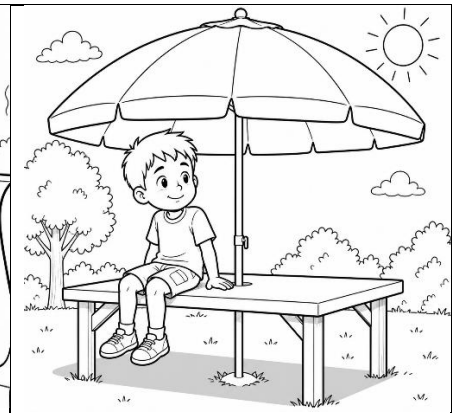
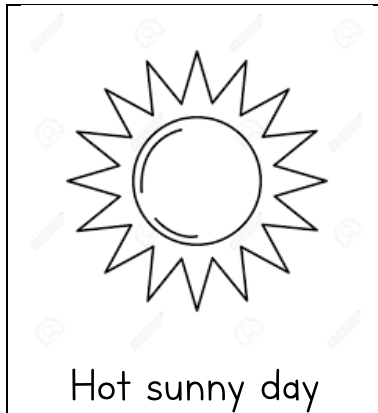


Colour the safe choice:

Situation

A

B



## PART 4- TOOLS OF STAYING SAFE

### Activity 5



Read and write:



water bottle  
water bottle



handheld fan  
handheld fan



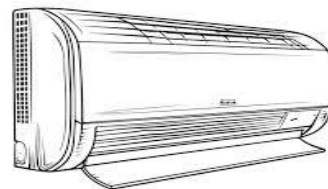
umbrella  
umbrella



sunscreen cream  
sunscreen cream



shade  
shade



air-conditioner  
air-conditioner



## PART 5- MY HEAT SAFETY CHECKLIST

### Activity 6



Have fun colouring the poster:

**MY HEAT SAFETY CHECKLIST**

Put a check next to things that help keep you safe.

- Drink water often
- Sit in the shade
- Wear light clothes
- Rest when tired
- Tell an adult if someone feels sick
- Stay out of very hot places
- Use a fan if possible
- Check on family members