
What to do in a heat wave

Fill in the blanks

Fill in the missing words in the following sentences.

What to do in a heat wave:

1. Drink lots of water – _____.
2. Slow down. Try to _____.
3. Find places to _____, such as _____, libraries, and _____.
4. Wear a hat or use an umbrella _____.
5. Wear _____ clothes.
6. Stay out of the sun to _____.
7. Stay _____ or in shady _____ during _____.
8. Do not leave children or pets _____.
9. Check on older family members, friends and neighbours to make sure _____.

What's the word?

Unscramble the letters and write the words on the lines.

1. epatremteru _____
2. uelprp _____
3. hairnbetg _____

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Make a plan

There are places in your community that you can visit to cool down during a heat wave, such as:

- libraries
- malls
- parks
- community centres
- pools
- cooling centres

Find places in your community where you and your family can go to cool down. Write them in the table below:

Location	Address

What can you do?

Think of three things you can do to protect yourself in a heat wave. Write them on the lines below.

1. _____

2. _____

3. _____

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Answers

Fill in the blanks

1. before you are thirsty
2. limit your activities
3. cool down, malls, community centres
4. when outdoors
5. light and loose-fitting clothes
6. prevent sunburn
7. indoors, areas, the hottest part of the day
8. inside a parked car
9. they are comfortable and safe

What's the word?

1. temperature
2. purple
3. breathing