

Staying Safe in Hot Weather

In the UK, the weather can sometimes get very hot. When it does, it's important to stay safe and look after your body.

Drink lots of water

Make sure you drink plenty of water during the day, even if you don't feel thirsty. This helps your body stay cool.

Stay cool

Try to stay in the shade, especially when the sun is strongest (around the middle of the day). You can also wear a hat and light, loose clothing.

Protect your skin

Wear sunscreen to stop your skin from burning in the sun. Ask an adult to help you put it on.

Keep your home cool

Close curtains or blinds to keep the heat out. Open windows when it's cooler, like in the evening.

Take it easy

Try not to run around too much when it's very hot. Rest often and stay in cool places.

Look after others

Check on younger children, older people, or pets to make sure they are safe and not too hot.

1. What should you drink a lot of in hot weather?
2. When is the sun strongest during the day?
3. What do you use to protect your skin from the sun?
4. What should you close to keep your home cool?
5. What should you try not to do when it is very hot?
6. Who should you check on when the weather is hot?
7. **Create an information poster advising children how to stay cool in a heatwave:**

Make it eye-catching, easy to read and informative