

# Beat the Heat Worksheet

Many items that can help protect you from the heat or the sun are shown below. Your challenge is to write the correct name for each item. Good luck!



1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

## Bonus question

Can you think of any other items not shown here that can help protect you from the heat or sun?

# Beat the Heat Worksheet Key

1. Hat
2. Sunglasses
3. Damp towel
4. Light colored shirt
5. Water in a bottle
6. Mini fan
7. Mister spray bottle
8. Sunscreen

## **Bonus question, possible answers**

- Bandana
- Closed toe shoes
- Farming sleeves
- Gloves
- Long pants
- Long sleeved shirt
- Scarf
- Umbrella