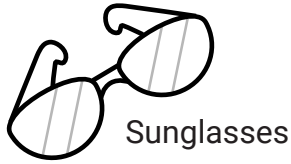


Heat and Sun Safety Matching Worksheet

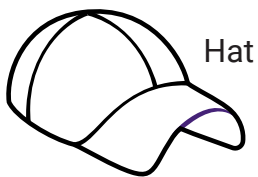
On this page is a list of items and text about how each helps to protect you from the heat or sun. Draw a line from the item to the matching text. Good luck!



Protects your head, face and eyes from the sun.



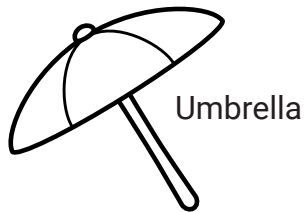
Drink it to replace the water you lost from sweating.



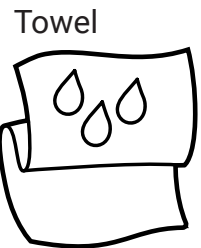
Moves air to help keep you cool.



Protects your eyes from the sun.



Absorbs less energy (heat) from the sun than dark colors.



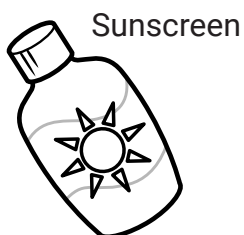
A cream that protects your skin from the sun.



Soak it in water and put it over your shoulders. It cools you down as the water evaporates.



Creates a spot of shade to protect you from direct sunlight.

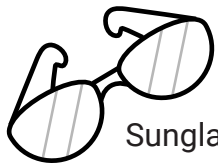


Sprays water on your skin to cool you down as the water evaporates.



Water from this outdoor fountain cools you down.

Heat and Sun Safety Matching Worksheet Key



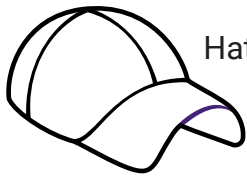
Sunglasses

Protects your head, face and eyes from the sun.

Drink it to replace the water you lost from sweating.



Mini fan



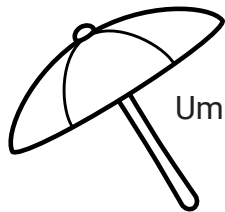
Hat

Moves air to help keep you cool.



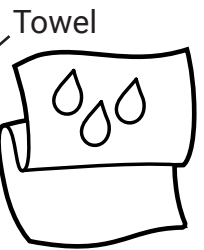
Water in a bottle

Protects your eyes from the sun.



Umbrella

Absorbs less energy (heat) from the sun than dark colors.



Towel

A cream that protects your skin from the sun.

Soak it in water and put it over your shoulders. It cools you down as the water evaporates.



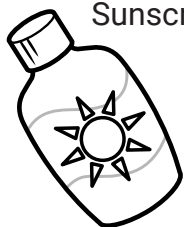
Light colored shirt



Mister spray bottle

Creates a spot of shade to protect you from direct sunlight.

Sprays water on your skin to cool you down as the water evaporates.



Sunscreen

Water from this outdoor fountain cools you down.



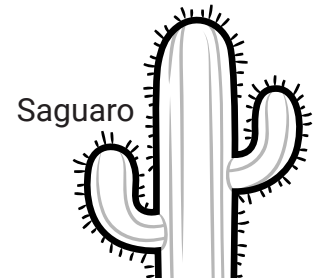
Splash pad

Plant and Animal Heat Strategy Matching Worksheet

On this page is a list of plants and animals and text about ways they stay cool in the heat. Draw a line from the organism to the matching text. Good luck!



Has extra long roots to get water from deep underground.



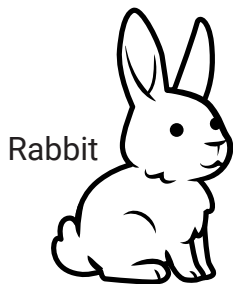
Has tiny leaves to help reduce loss of water.



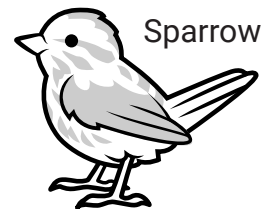
Has pleats (folds) that help with water storage and create shade.



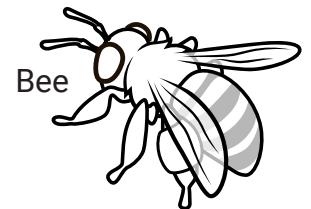
Helps heat leave the body by moving air quickly in and out through their mouth.



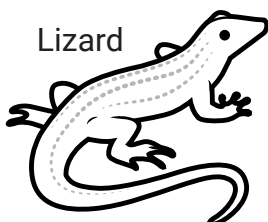
When there's no water, they dry out and stop growing until they get water again.



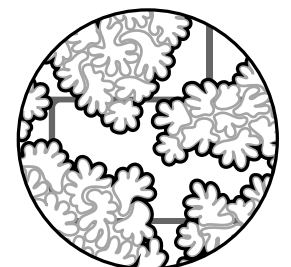
Has long thin ears with a big surface area to get rid of heat.



They align their body with the sun so less direct sunlight hits them.



They fan their wings to help hot air leave their hive.

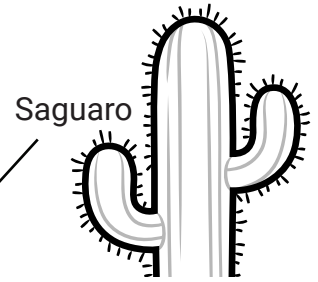


Has shallow roots that grow sideways to quickly collect water when it rains.

Plant and Animal Heat Strategy Matching Worksheet Key



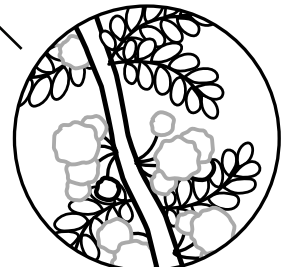
Has extra long roots to get water from deep underground.



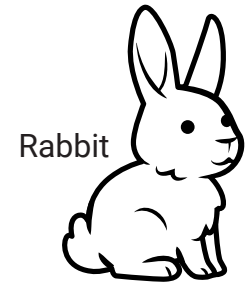
Has tiny leaves to help reduce loss of water.



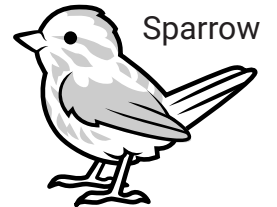
Has pleats (folds) that help with water storage and create shade.



Helps heat leave the body by moving air quickly in and out through their mouth.



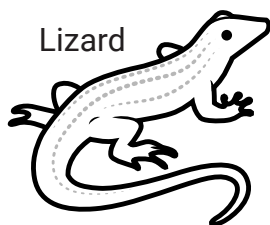
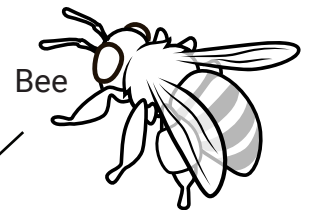
When there's no water, they dry out and stop growing until they get water again.



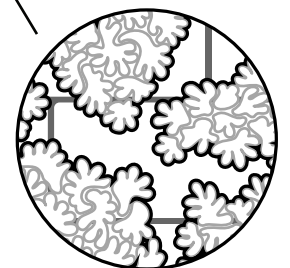
Has long thin ears with a big surface area to get rid of heat.



They align their body with the sun so less direct sunlight hits them.



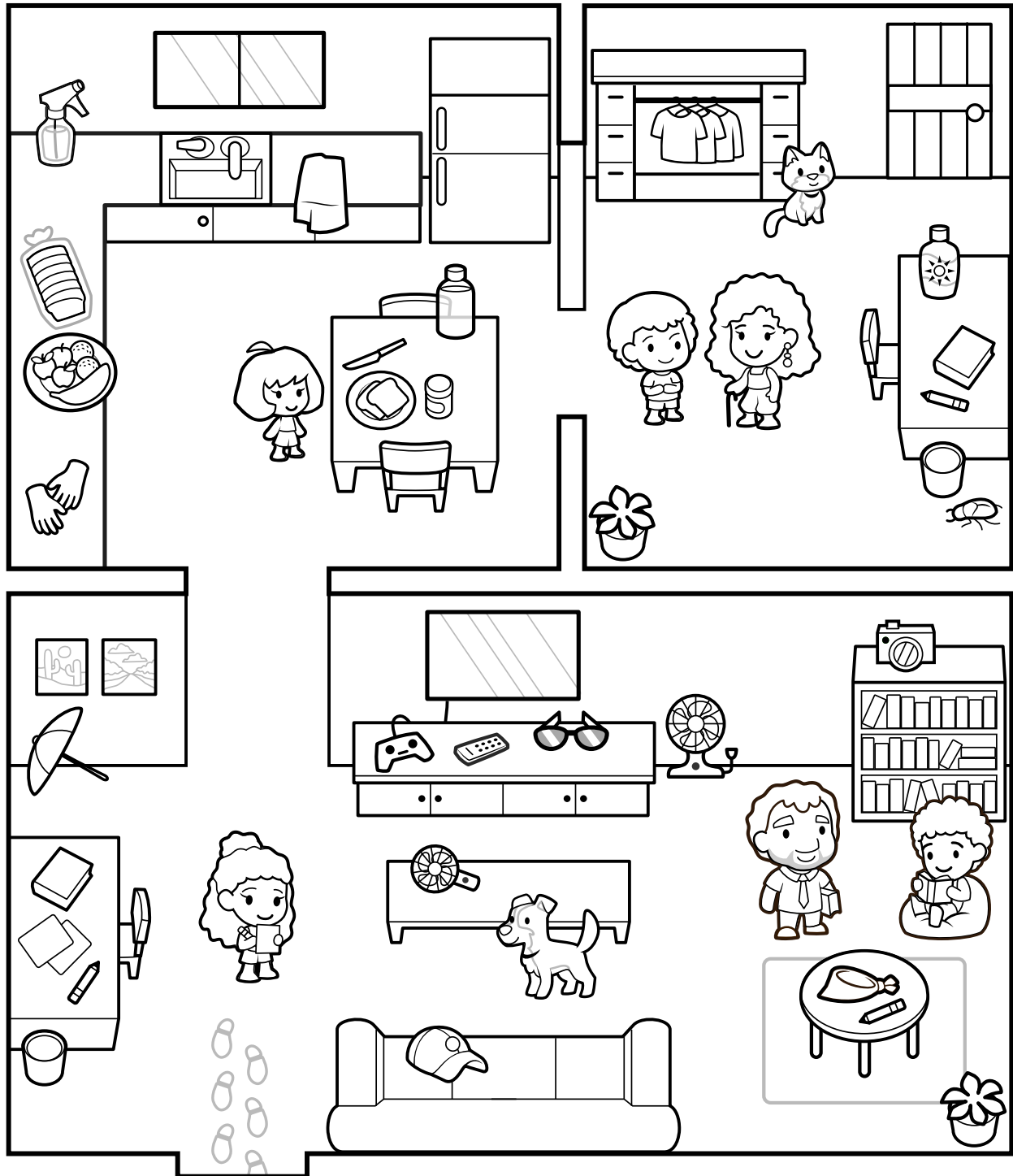
They fan their wings to help hot air leave their hive.



Has shallow roots that grow sideways to quickly collect water when it rains.

Heat and Sun Safety Item Search

Look at the rooms below. Your challenge is to find and write the names of 10 items you see here that can help protect you from the heat or the sun. Good luck!



1. _____
2. _____
3. _____
4. _____

5. _____
6. _____
7. _____
8. _____

9. _____
10. _____

Heat and Sun Safety Item Search Key

Possible answers, which can be listed in any order.

- Mister spray bottle
- Towel
- Water in a bottle
- Light colored shirt
- Long sleeved shirt
- Sunscreen
- Gloves
- Umbrella
- Sunglasses
- Fan
- Mini fan
- Hat
- Bandana

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

Beat the Heat Coloring Page



Playing outside is fun! But, it's important to stay safe. The items shown above can help protect you from the heat or the sun.