

Activity 39: Regulating body temperature

1. Provide students with an outline of a body drawn on a blank piece of paper (see [Appendix 2](#)).
2. After coming inside from play, ask students to sit and notice where inside their bodies they feel heat.
3. Ask each student to circle on the body outline where they are noticing heat. For example, they could feel that their face feels hot, or their underarms feel hot and sweaty.
4. Ask the students to share where they noticed the heat.
Discuss strategies they can use to cool down. For example, take their jumper off; have a drink of water; turn on the air-conditioner.
It may be useful to use a mirror to show students their body cues. For example, use a mirror to show students that their face is red, they are puffing and they are sweating. These body cues show the body is hot and needs to cool down.

