



Weather Together – Heatwaves : help others cope



30 Minutes



Independent



Creative



Share your learning to help others prepare and cope.

What you need

- Print outs of the [decision flowchart templates](#) for learners to choose from.

Success criteria

- Must create a resource to help someone prepare for a heatwave.
- Could share your resource with people in your community.

How to run the activity

1. Invite learners to take a pause [3].
2. Introduce the session and the big question [4,5].
3. Let learners know that they will create a decision flowchart to help share information about how to prepare and cope with a heatwave with friends and family [6]. Look at an example of a completed decision tree together [7]. Explain to learners that there are 3 options to choose from to create their decision trees [8].
4. Explain/recap the Weather Together award and progress trackers [9-11].
5. Encourage learners to reflect and decide how they will take action from today's session [12].
6. Refer back to the big question to review progress [13].

Ways to adapt

- You may prefer to allocate learners a decision tree to create, rather than having learners choose.
- Use laptops/tablets/a computer suite for this activity to enable learners to design their resource digitally. If you think it appropriate, learners could share/save a copy of their work to take home.
- Provide peer support by asking learners to work together to create one decision tree in a pair. One learner could be a researcher and the other a writer.

Curriculum links

- England: PSHE, Language and literacy, Citizenship
- Scotland: Health and wellbeing, Literacy
- Wales: Health and Wellbeing, Languages, Literacy and Communication
- Northern Ireland: Communication, Thinking skills and personal capabilities, Language and literacy

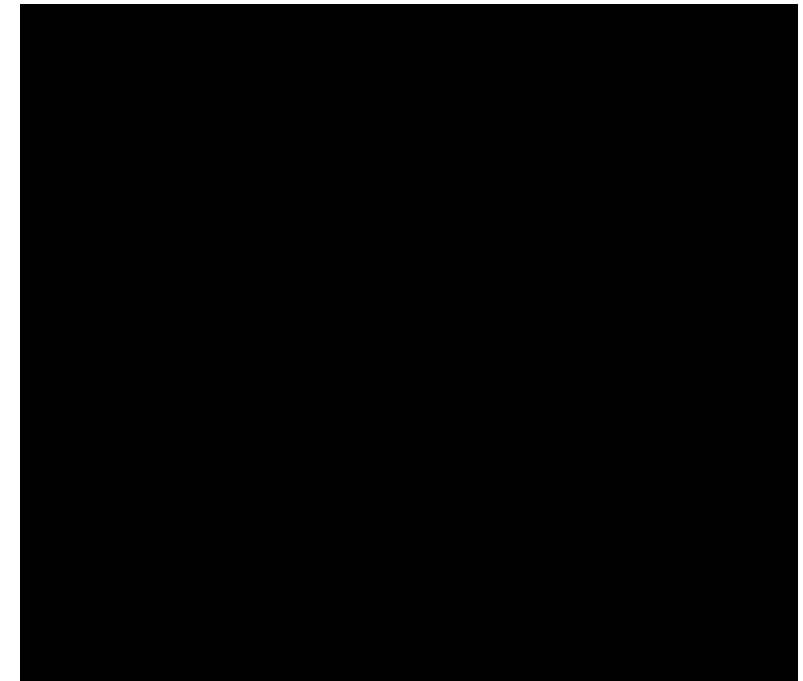


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Flame focus

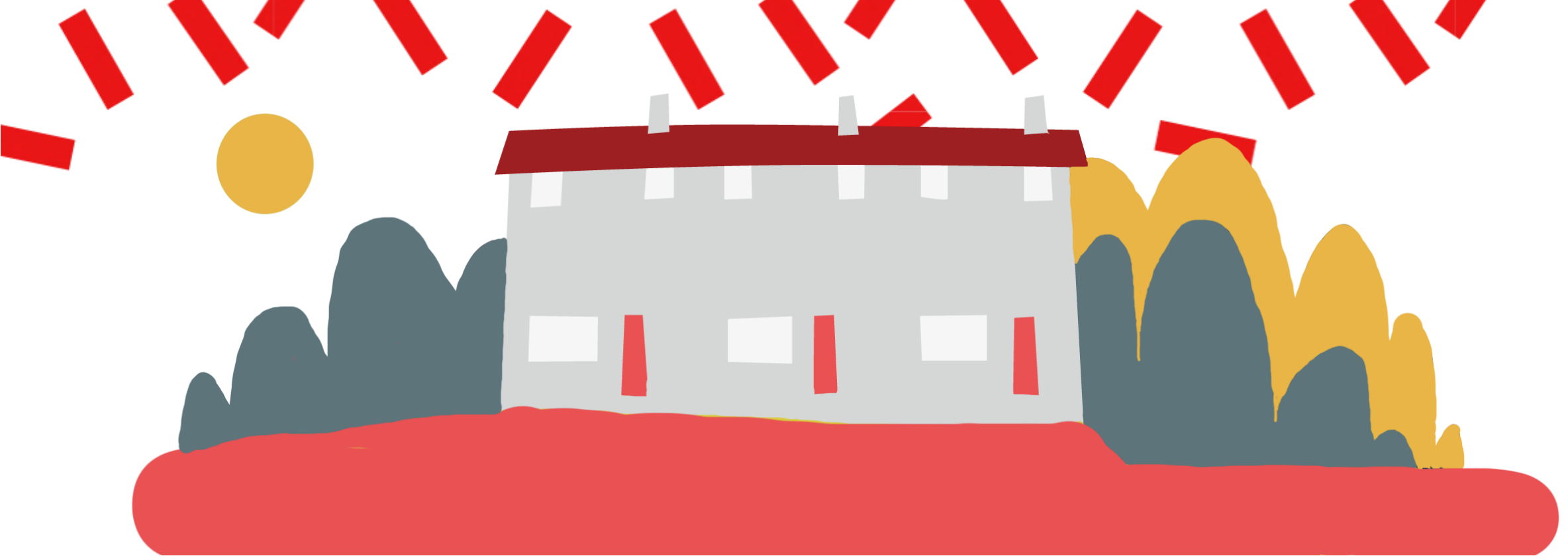
This activity can help you to find calm and stillness when you're feeling overwhelmed or hectic.

1. Sit up straight with your feet flat on the ground and your hands resting in your lap.
2. Take a few slow, deep breaths.
3. Focus your eyes on the candle, noticing its movements for 1 minute. When thoughts pop into your head, just notice them and let them go again.



Pause

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Objective: **Share** your learning to help others prepare and cope.

To meet this objective, you'll create a decision tree to help someone decide whether they're ready for heatwaves and encourage them to be prepared.

Earn points for sharing your resource at home!

Weather Together



Heatwaves



Help others cope



Share



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Heatwaves



Big question

Why is it important to **share** ways to prepare and cope with a heatwave with the people **you** know?

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Weather **Together**



Heatwaves

■ Help others cope

■ Share

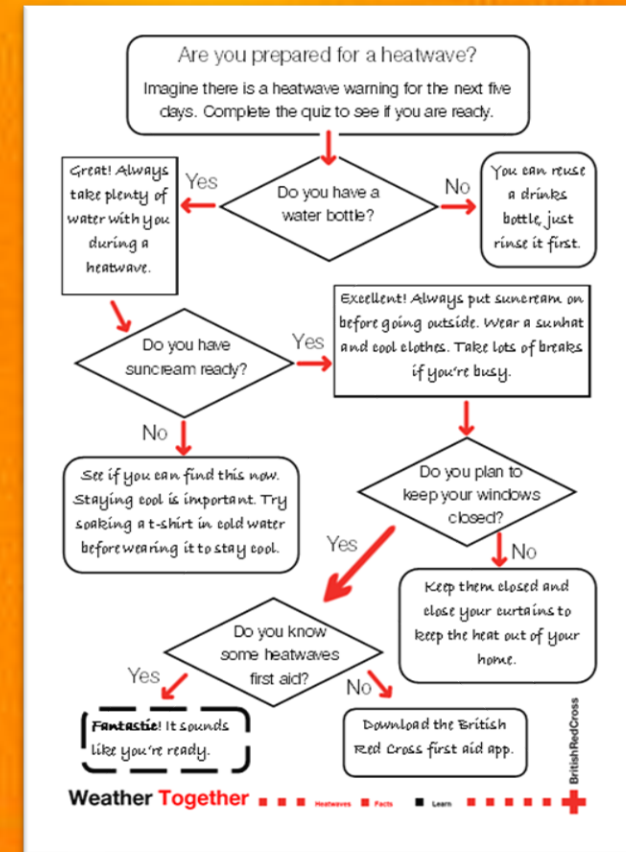


Heatwaves decision flowchart

A decision flowchart is a tool to help guide you to make choices based on possible scenarios or outcomes.

Your challenge is to **create** a decision flowchart to help someone decide whether they are ready for a heatwave and decide what action they should take.

Then you can **share** your decision flowchart with people you know to help them prepare.



Weather Together

Heatwaves

Help others cope

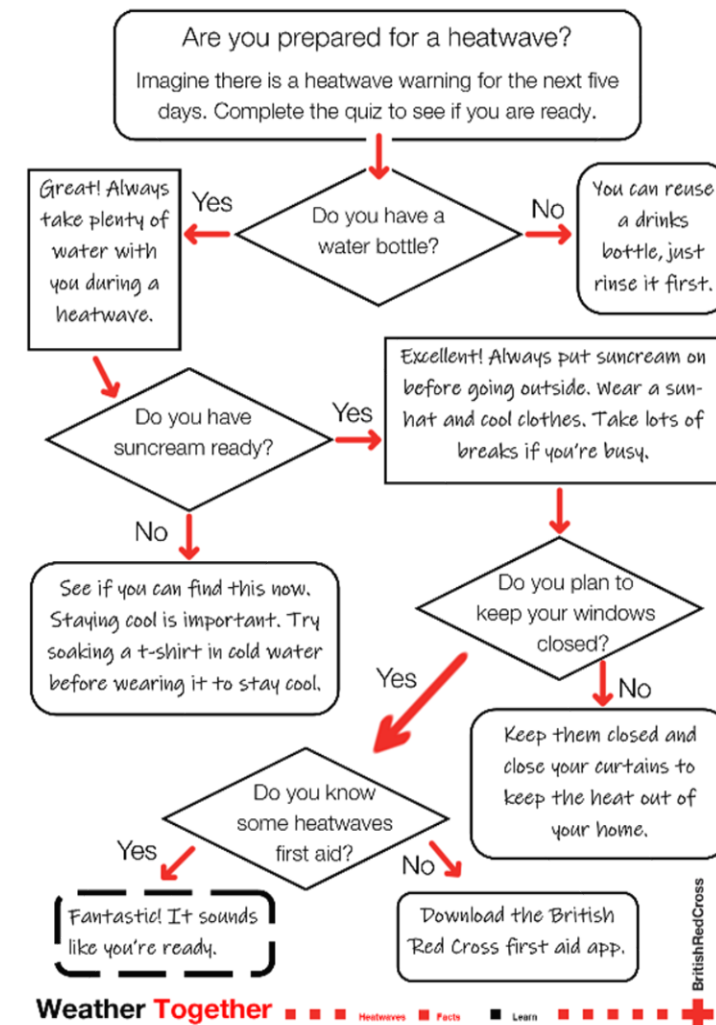
Share



How to make a heatwaves decision flowchart

Have a look at this example together.

Is there anything else you would ask or include?



Next slide

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Heatwaves

Help others cope

Share



Heatwaves decision flowchart - options

Option 1:
create your own

Option 2:
use the outline to
add your own
ideas

Option 3:
add your ideas to
complete the
decision tree

Achieve the Weather Together award

- By sharing ways to prepare for and cope with extreme weather, you can become a Weather Together ambassador
- Every time you share, earn 50 points.
- Use the Weather Together award tracker to keep a record of your points. Ask a responsible adult to sign the tracker each time you share some advice.



Weather Together Award Tracker

Name: _____

Use this tracker to achieve the Weather Together award. Every time you share some of your learning from the Weather Together toolkit, ask a responsible adult to sign the tracker.

Every share is worth 50 points:

- Bronze = 150
- Silver = 300
- Gold = 450

			Bronze
Silver			
			Gold

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Weather Together

Heatwaves Help others cope Share

Award

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Achieve the Weather Together award

Certificates



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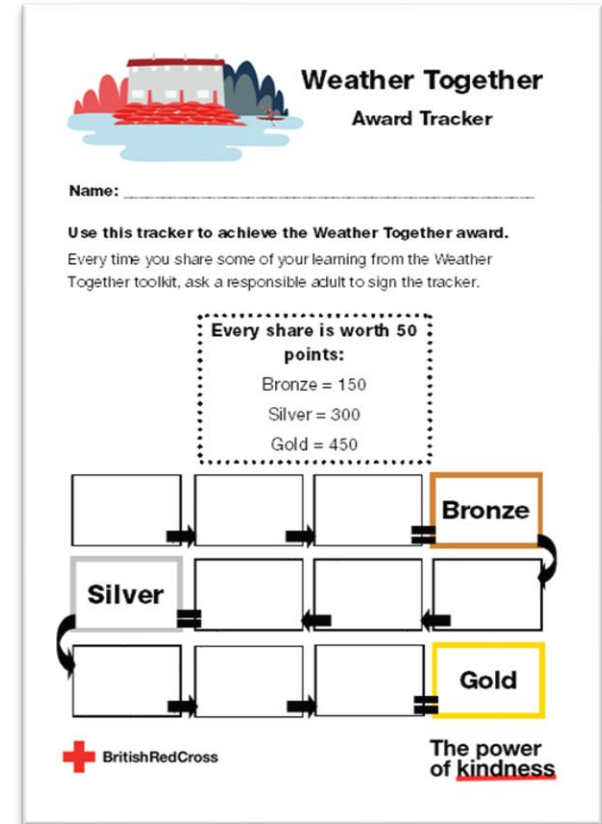
■ ■ ■ Heatwaves ■ Help others cope ■ Share ■ ■ ■ ■



Weather Together award – how's it going?

If you've already made a start at working towards the award, take a moment to review how it's going.

- How have you shared information?
- What worked?
- What are you pleased with?
- Is there anything you'd change for next time?
- How is your progress towards the next certificate?



Weather Together Award Tracker

Name: _____

Use this tracker to achieve the Weather Together award.
Every time you share some of your learning from the Weather Together toolkit, ask a responsible adult to sign the tracker.

Every share is worth 50 points:

- Bronze = 150
- Silver = 300
- Gold = 450

The tracker shows a grid of boxes with arrows indicating progress. The 'Bronze' box is highlighted in orange, the 'Silver' box in grey, and the 'Gold' box in yellow.

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Review

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Weather Together



Heatwaves



Help others cope

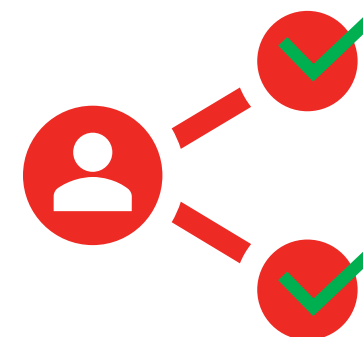


Share



Take a moment to reflect

Reflect



First, decide what you will do today to help **yourself**.

Next, decide how you will earn points and **help others** by sharing your work.

Then, share your ideas with the group.

Weather Together



Heatwaves

Help others cope

Share



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Big question

Why is it important to **share** ways to prepare and cope with a heatwave with the people **you** know?

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Heatwaves

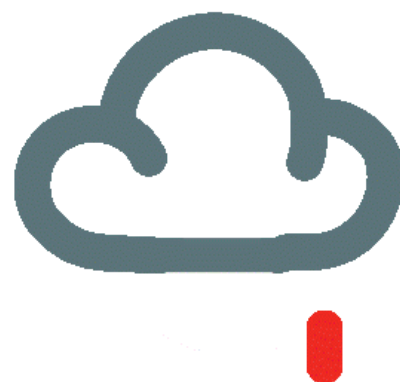
■ Help others cope

■ Share



End

Thank you



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Heatwaves

Help others cope

Share



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Resources and support

Weather **Together**



Heatwaves



Help others cope



Share



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Where to find more information



Stay cool in a heatwave

Find out the very best ways to keep cool in the heat, and why you shouldn't believe some of those old myths.

> [How to keep cool during hot weather](#)

Learn how to stay cool in hot weather.



<https://www.redcross.org.uk/stories/health-and-social-care/first-aid/beat-the-hot-weather-top-tips-for-staying-cool>

Visit the British Red Cross website to read the Feeling the Heat report.



<https://www.redcross.org.uk/about-us/what-we-do/we-speak-up-for-change/feeling-the-heat-a-british-red-cross-briefing-on-heatwaves-in-the-uk>

Visit the British Red Cross website to learn more about how to prepare for and cope with heatwaves.



<https://www.redcross.org.uk/get-help/prepare-for-emergencies/heatwaves-uk>

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Heatwaves

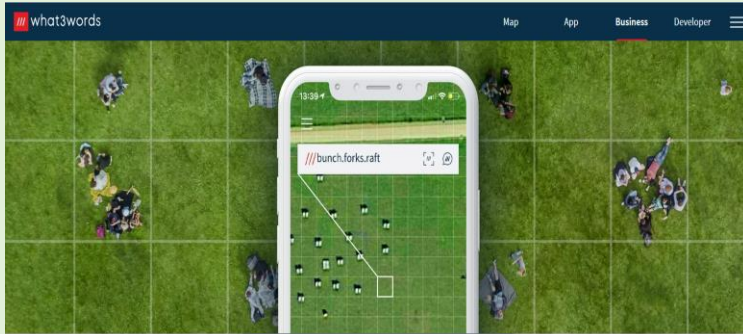
Help others cope

Share

Resources

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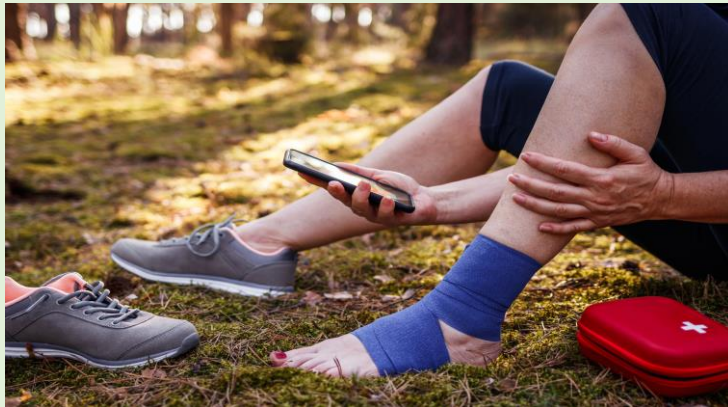




Never get lost again

With the what3words app, it's easy to find, share and save precise locations.

1. You could get the **what.three.words** app



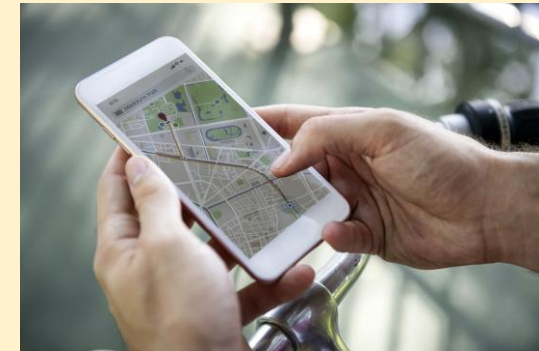
How to tell the emergency services where you are



what3words.com/products/what3words-app

2. Some **smartphones** have a built-in feature to call the emergency services and share your location. Find out how to use this on your phone.

3. You could also use a **maps app** to pinpoint and share your location. Learn how to do this so you're ready for an emergency.





You can also find tips on how to prepare for emergencies both at home or while out and about.



Use this QR code to download

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Learn first aid skills with our free app



First aid app

BritishRedCross

Weather Together



Heatwaves



Help others cope



Share



Flooding

How it affects everyone Learn

Read 3 characters' flood stories and discuss how they could be affected.

Investigating your risk Learn

Look at local flood maps and the role of the emergency services to explore how flooding can affect us all.

Worksheet: note writing help

The dangers of flooding Learn

Examine images of flooding and identify the dangers.

Game of BOB Apply

Play a scenario game to find out about bug out bags and why it is important to have one ready.

Prepare your home Apply

Play a 'choose your own adventure' game to learn how to respond to flood alerts and warnings.

Sharing ways to prepare Share

Create resources to share with friends and family. This activity is designed to be repeated.

Heatwaves

Facts Learn

Find out about the effects of heatwaves through completing a quiz.

Worksheet: heatwave facts to print

Safety Apply

Learn how heatwaves affects our body and the first aid to help. Apply these to different scenarios.

Poster: heatwaves scenarios

Poster: heatwaves first aid

Help others cope Share

Create a decision flowchart to share with friends and family to help them prepare for a heatwave.

Worksheet: decision flowcharts



Rate these resources

Fill in this quick survey to help us improve Weather Together.

[Link](#)

Eco-anxiety

What is it Learn

Read a character's experience of eco-anxiety and use this to define what it is.

How to cope Apply

Examine a list of ways to cope and apply this to yourself and others.

Worksheet: coping with eco-anxiety

Helping others Share

Create a video/script for social media of how to cope with eco-anxiety to share with friends and family.

Worksheet: eco-anxiety video script

For use across all topics

Starters

Bronze certificate

Plenaries

Silver certificate

Weather Together
award tracker

Gold certificate

Open another activity

Click here to open the full web index.

[Link](#)

Weather Together



Heatwaves



Help others cope



Share



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