



Weather Together: heatwave safety

30 Minutes

Small group

Discussion

Apply your learning to prepare for and cope with a heatwave

What you need

- Print [heatwaves first aid posters](#), enough for one between two.
- Print [heatwaves first aid scenarios](#), enough for 1 per small group.
- Optional: laptops/tablets

Success criteria	- Must identify ways to help in a heatwave emergency. - Should explain how to avoid becoming unwell in a heatwave.
How to run the activity	1. Invite learners to take a pause [3], then introduce the objective and the big question [4,5]. 2. Ask learners to look at the image of a phone in the sun and discuss ideas [6]. Then, share the damage the sun can cause [7]. Support learners to make the connection that the sun can damage our bodies too [8]. 3. Explain that learners will learn some heatwave first aid and introduce the task [9]. Invite learners to reflect on their first aid learning by answering the questions [10]. 4. Explain that next learners will put their first aid into practice. Go through the instructions on the slide [11]. 5. Gather learner's attention and invite reflection [12]. 6. Refer back to the big question to review progress [13].
Ways to adapt	- Invite learners to answer the question 'how can heatwaves affect a phone?' by conducting their own research. You could invite them to do the same to learn about heatwaves first aid. - Invite learners to create roleplays of the scenarios or think of their own scenarios to show the class how to apply the first aid information.
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.



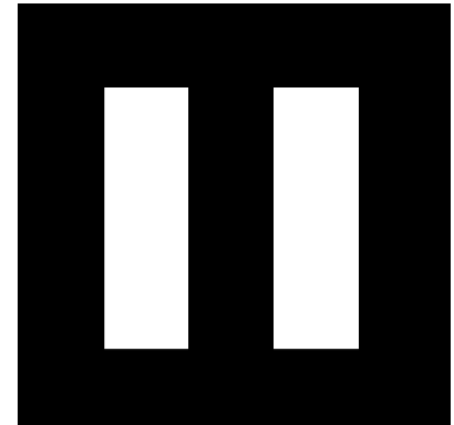
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Notice and name

Focussing your attention on different things can help quieten your thoughts.

1. Sit up straight with your feet flat on the ground and your hands resting in your lap.
2. Take a long, deep breath.
3. Look around you and name 3 small details you can see to yourself, in your head.
4. Then, listen and name 3 small sounds you can hear.
5. Finally, focus on your body and name one sensation you can feel.

Take a pause



happy place

Pause

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Heatwaves

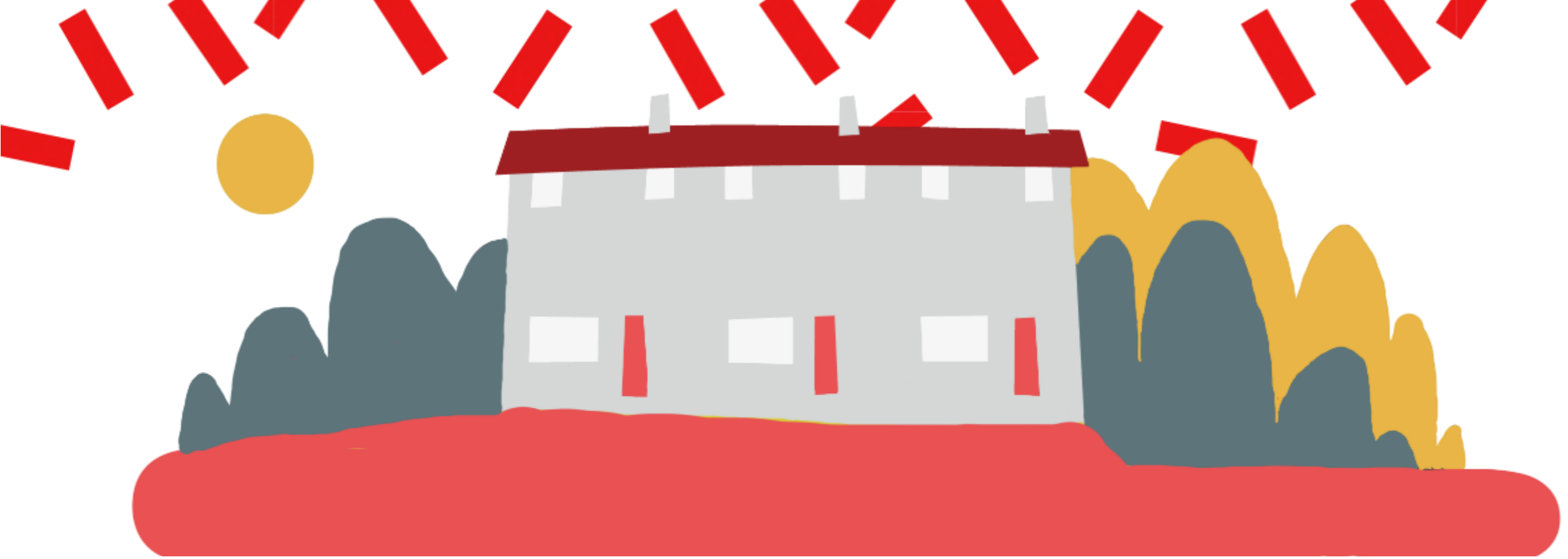


Safety



Apply





Heatwaves

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Objective: **Apply** your learning to prepare for and cope with heatwaves.

To meet this objective, you'll learn about heatwaves first aid and apply this knowledge through engaging in a scenario.

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Big question

How can **you** prepare for and cope in a heatwave?

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How can heatwaves affect a... phone?

First, identify what you can see in this image.

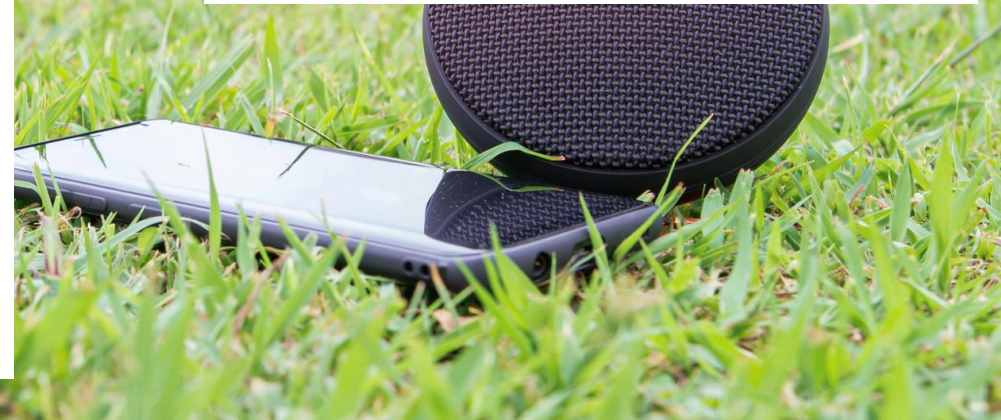
Then, think about what could go wrong with this.

Here's some questions that might help you:

Have you ever left your phone in direct **sunlight** and found a problem?

Have you ever left your phone in a **hot car** and noticed anything different about it?

Have you ever noticed **heat** causing problems for your phone?



How can heatwaves affect a... phone?

Heatwaves can cause your phone to get too hot, especially if you leave it in direct sunlight.

This can damage the parts inside your phone.

The circuit board can warp (bend or distort) and your battery can overheat.

Next slide

Direct sunlight can damage the screen, causing it to crack or stop responding when you touch it.

You may notice your phone works much slower in a heatwave, even without being in sunlight.

Discuss
What problems might you have in a heatwave if you can't use your phone?

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How can heatwaves affect your... body?

Just like your phone, your body can be damaged by heatwaves and sunlight too.

In the next part of this activity, you'll find out how heatwaves can affect your body and what you can do to stay safe.

■ Next slide ■



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Heatwaves



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How can heatwaves affect your body?

During a heatwave,
people could experience:

- [dehydration](#)
- [sunburn](#)
- [heat exhaustion](#)
- [heatstroke.](#)

(Select the links to view the first aid advice.)

Your task:

It is important to know what these are and be able to spot the signs so that you can stay safe in a heatwave.

1. In pairs, carefully read and discuss the first aid information. Ask your teacher any questions you have.
2. Team up with another pair and test each other on the information.
E.g. what is it called when...
E.g. what is a symptom of...
E.g. how can you help with...

How to stay safe in a heatwave?

Now that you've learned how a heatwave can affect our bodies, think about how you could **prevent** this, and **help others** prevent this too.

Safety

How can you stay safe in a heatwave?

Discuss with a partner.

Refer back to the heatwave first aid information.

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Heatwaves



How to stay safe in a heatwave?

Now, try to apply what you've learned so you're prepared for a heatwave and know how to cope.

1. In your group, read and discuss your scenario.
2. Answer the questions on your scenario card.
3. Be ready to share your ideas with the whole group.

What are they experiencing?

What should they do?

How could this be prevented next time?

Scenarios

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Next, share your ideas
with the group.

For your scenario, briefly
explain the situation.

Then, share your
answers.

What were they
experiencing?

What should they do?

How could this be
prevented next time?

Share learning

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Big question

How can **you** prepare and cope with a heatwave?

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End

Thank you



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Resources and support

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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



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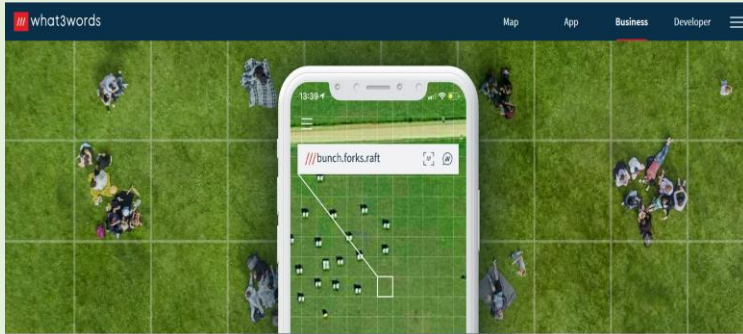


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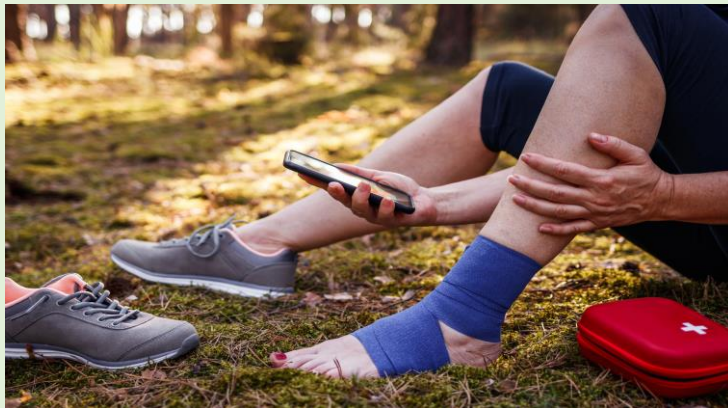
Resources



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



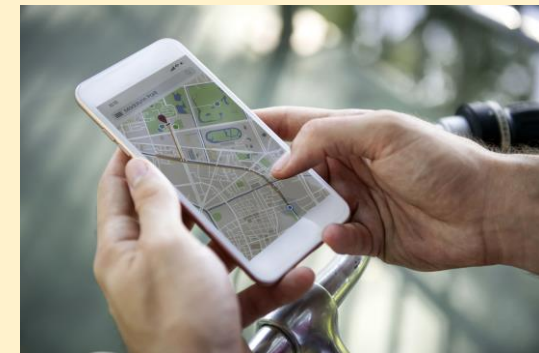
How to tell the emergency services where you are



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



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First aid app

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](#)

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