

Sort the cards into those heatwave solutions that involve a behaviour change (something you can do yourself) and those that would involve changing the school buildings or routines. Are some a mixture? Why?

Drink more water during the school day

Change the timetable of the day, or the start and finish of school, so activities are not during the hottest part of the day.

Add blinds or shutters to the windows.

Stay in the shade when playing outside.

Move to a cooler classroom if yours gets too hot.

**Limit the opening of windows.
Open windows at night.**

Wear cool, loose clothing. Wear a hat, sunglasses, and sun cream.

Turn off electric lights and other appliances.

Avoid high energy activities during hot weather.

Which of these are the easiest changes to make, and which are the most difficult? Why? Are there any solutions here that your school has already done during hot weather? We are going to be investigating some other possible solutions that your school could consider during this lesson.