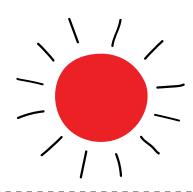
1. Going for a run after school

It is summer: day one of a heatwave.



Temperatures are over 30°C even in the evening.



Alysha often



2. What should she do as soon as she gets home?

Questions:

1. What is Alysha

experiencing?

Today, she gets home, gets changed into her running clothes and then goes out to start her run.



As she runs, she starts to feel dizzy. She is struggling to keep her usual pace and starts to get a headache.





She decides to

shorten her run.

3. How could she avoid feeling like this next time?





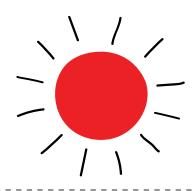






2. Checking on Grandad

It is summer: day two of a heatwave.



Temperatures are over 30°C even in the evening.



Every day, on his way home from school Valentino visits his grandad to check he is okav. Valentino usually does jobs for his grandad, to help him.



Today, his grandad has been working in the garden. Valentino is worried about dehydration so takes his grandad some water.

A while later, he notices his grandad seems unsteady and stops to take a seat. He seems to be breathing quickly and is very sweaty.

He asks his grandad if he is okay, and he says he feels dizzy and sick. He says he'll be fine; he just needs a moment to rest.



Questions:

1. What is Valentino's grandad experiencing?

2. What should Valentino do?

3. How could Grandad avoid this next time?



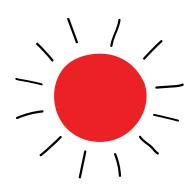






3. Football on the school field

It is summer: day three of a heatwave.



They eat sandwiches from home and play for the whole time.



Temperatures are over 30°C even in the evening.



Dylan knows it's important to drink plenty and has a large bottle of water with him every day.



At lunch time, Dylan usually goes to play football with his friends on the field.



On his way home from school Dylan feels uncomfortable, his skin feels hot and sore.



Questions:

1. What is Dylan experiencing?

2. What should Dylan do?

3. How could he avoid this next time?





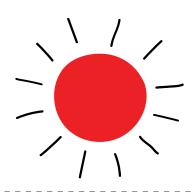






4. Visiting her sister for a meal

It is summer: day four of a heatwave.



When Zainab arrives, her sister is surprised to see her and doesn't understand why she's there, even though she comes around every week.

Temperatures are over 30°C even in the evening.



Her sister says she hasn't got anything ready for them to eat, she's not hungry and doesn't feel well. She is dizzy and has a headache.



Once a week, Zainab goes to eat at her sister's house. Her sister is a landscape gardener. It involves working outside all day, which can be hard in a heatwave.



Zainab notices that her sister looks very hot, but she isn't sweating.



Questions:

1. What is Zainab's sister experiencing?

2. What should Zainab do?

3. How could her sister avoid this next time?







