



Heatwave

- A heatwave is a period of very hot weather lasting more than a few days.
- A heatwave is when the temperature rises high above what we normally get. This hot weather makes it very difficult to be outside doing the things we normally do. At night time it can make it hard to sleep. A heatwave affects people, animals and plants. They can be dangerous for vulnerable people.
- During a heatwave we may have to change the things we normally do to stay cool and safe. This can include not going out in the Sun, drinking cold drinks and eating cold foods. We may need to change the clothes we wear and rest more.
- A heatwave can make us feel uncomfortable and tired. This can make us unhappy. That is okay. We can try not to get angry with others. Getting angry is not okay.
- A heatwave is when the weather is very hot. It can make us uncomfortable and unhappy. But we can help ourselves by trying to stay cool.

