

On a Hot Day, You Can Play Forever

On a very hot day, it can be hard to know what to do to feel good. If we run around, we may feel dizzy and sick to our stomachs. This is because our bodies can't get rid of the extra heat. However, if we just sit and do nothing, we may feel restless and bored. Are there things we can do to feel good and have fun when we're hot? Yes!

Playing in water is one way to feel cooler. Of course, people with a pool, river, brook, lake, or ocean nearby can play in the water very easily. People who do not have a body of water can still play in water, though. Playing in water from a sprinkler on the end of a hose can be cooling and fun (make sure the water is clean, first). Sometimes in the city, fire fighters will open a hydrant and let children play in the water. Taking a cool bath or shower, or even washing toys in a pan of cool water can feel good on a hot day.

It's also important for all animals, including humans, to drink water, especially in hot weather. If you feel thirsty, you are already dehydrated, so don't wait for thirst before you start to drink. On hot days, you can lose two gallons of water in one day, so many doctors agree that you should try to drink at least that much every day (that's about 16 glasses of water!). Drinks with caffeine and a lot of sugar are not good for you in general, and are even worse on hot days. Mixing a little fruit juice into your water is a fun way to help you drink plenty of water. On a hot day, you can learn how to say water in many different languages, or you might have fun making up exotic sounding names for water.

The food we eat also makes a difference in how we feel in the heat. Cold foods, such as ice cream, sherbet, flavored gelatin, and drinks with some ice can cool down our bodies. Fruits and vegetables are easy for the body and refreshing. Hot food and foods that are hard for the body to digest (like most proteins) make our bodies warmer. Plan a healthy menu for a hot day...one that doesn't involve any cooking, and is refreshing and cooling.

The clothes we wear can help us feel cooler, as well. Light-colored, light-weight clothes feel cooler in the sun than dark, heavy clothing. Loose sleeves and baggy pants are more comfortable in the heat than tight clothes. Natural fibers that "breathe", such as cotton, are cooler than polyester or other synthetic fabrics. What if you were a clothing designer? What kinds of clothes would you design for a hot day?

Even though it isn't healthy to run around during the hottest parts of the day, that doesn't mean a hot day isn't fun! You can play school, library, bank, and office while sitting still. You can look at books and read stories in front of a fan. You can paint, sculpt, color, or draw without moving your body very much. You can make up stories or poems and write them down. These are just some of many cool things to do on a hot day.

In many countries where it is very hot, people stay inside during the hottest part of the day (between noon and 4 p.m. usually). They sit quietly and rest (and even the grown-ups take naps!) during the hot part of the day. Then, they can stay outside in the cool of the evening, or get up in the morning before the sun is too hot, to do the activities that they want to do. Maybe some hot day, you can pretend you are in one of these countries, and spend the day doing what they do (prepare some typical meal, for example)—and don't forget to have the afternoon rest!

Questions That Test the Comprehension Level

Read the questions. Circle the answer that best completes the sentence.

1. The main idea of this essay is
 - (a) being hot is a bad thing.
 - (b) being cold is a good thing.
 - (c) it's fun to play in the water.
 - (d) there are things to do when it's hot.

2. On a hot day, it can be hard to know what to do to feel good because
 - (a) hot days are dark.
 - (b) hot days hurt.
 - (c) hot days can make us feel sick.
 - (d) hot days are no fun.

3. If we run around on a hot day the heat can make us feel dizzy because
 - (a) our heads prefer cold.
 - (b) our bodies can't get rid of the extra heat.
 - (c) cold is more natural.
 - (d) heat is confusing.

4. When it's hot we should
 - (a) just sit and do nothing.
 - (b) run around.
 - (c) pretend it isn't hot.
 - (d) do things that will not make us feel hotter.

5. Eating cold foods helps us feel cooler because
 - (a) they tickle our tongues.
 - (b) they cool our bodies.
 - (c) when we spill on ourselves we cool off.
 - (d) everybody's doing it.

6. We're cool when we wear loose clothing because
 - (a) all the famous rock stars do.
 - (b) it's the latest thing.
 - (c) body heat isn't trapped.
 - (d) none of the above.

Name _____ Date _____

Questions That Test the Application Level

Read the questions. Circle the answer that best completes the sentence.

1. You have no pool, brook, lake, pond, or river. How can you play in water outdoors?
 - (a) Imagine you're at the lake.
 - (b) Draw a picture of a lake.
 - (c) Play in water in a bowl.
 - (d) None of the above.

2. The meal that would help you feel coolest is
 - (a) Hot tuna-noodle casserole.
 - (b) Hot noodles and cold tuna.
 - (c) Cold noodles and hot tuna.
 - (d) Cold tuna-noodle casserole.

3. The game you could play that would not make you hotter is
 - (a) tag.
 - (b) hide and seek.
 - (c) checkers.
 - (d) leap frog.

4. The thing that wouldn't feel good on a hot day is
 - (a) playing in the water.
 - (b) eating hot food.
 - (c) wearing light-weight clothing.
 - (d) looking at books.

5. The way we couldn't play in water is
 - (a) washing toys.
 - (b) taking a bath.
 - (c) wading in a brook.
 - (d) reading a book.

6. On a hot day, it will not be cooling to
 - (a) play in the water.
 - (b) eat cool foods.
 - (c) wear light clothes.
 - (d) sit in front of a fire.

Questions That Test the Analysis Level

Read the questions. Circle the answer that best completes the sentence.

1. We can expect the day to be hot when
 - (a) there is snow on the ground .
 - (b) it is raining.
 - (c) the moon is full.
 - (d) the sun is shining in the summer.

2. If we're hot, we should choose clothes that
 - (a) are heavy.
 - (b) are orange.
 - (c) are too small.
 - (d) are loose and light.

3. If we're hot, it would be cooling to eat
 - (a) hot spaghetti.
 - (b) ice cream.
 - (c) hot baked potatoes.
 - (d) hot pork chops.

4. If we've been running around on a hot day and feel dizzy, we should
 - (a) sit down and cool off.
 - (b) keep running around until we collapse.
 - (c) hang upside down.
 - (d) do exercises.

5. If a friend complains of being too hot, you could suggest that he
 - (a) sing.
 - (b) sit in the shade.
 - (c) run around.
 - (d) do jumping jacks.

6. The writer of this essay probably
 - (a) knows nothing about hot days.
 - (b) hates hot days.
 - (c) knows a lot about hot days.
 - (d) all of the above.

Questions That Test the Synthesis Level

Read the questions. Circle the answer that best completes the sentence.

1. If it has been hot during the past three days, and the sun is shining today
 - (a) it will probably be cold today.
 - (b) it will probably be hot today.
 - (c) it will probably be snow today.
 - (d) none of the above

2. For the hottest cup of water, I should
 - (a) put it in the shade without a top.
 - (b) put it in the sun without a top.
 - (c) put it in the shade with a top.
 - (d) put it in the sun with a top.

3. The coolest outfit for a hot day would be
 - (a) shorts and a loose top.
 - (b) jeans and a loose top.
 - (c) jeans and a tight top.
 - (d) long pants and a heavy sweater.

4. A cooling snack on a hot day would be
 - (a) hot gingerbread with hot lemon sauce.
 - (b) hot apple pie with cocoa.
 - (c) hot buttered popcorn with tomato soup.
 - (d) cold pudding with lemonade.

5. The thing that will not help keep a kitchen cool is to
 - (a) avoid using the oven.
 - (b) close the curtains to keep out the sun.
 - (c) avoid using the dishwasher.
 - (d) put away the groceries.

6. To keep a dog comfortable on a hot day we should provide
 - (a) plenty of water.
 - (b) plenty of food.
 - (c) plenty of toys.
 - (d) plenty of rough play.

Questions That Test the Evaluation Level

Read the questions. Circle the answer that best completes the sentence.

1. Running around in the sun when I'm already hot is
 - (a) not important.
 - (b) a bad idea.
 - (c) a good idea.
 - (d) a strange idea.

2. A good summer camp program must include
 - (a) basket weaving.
 - (b) a huge lake.
 - (c) rest time during the hottest part of the day.
 - (d) lot of desserts.

3. The best way to take care of a dog when it's hot out is to
 - (a) let it take care of itself.
 - (b) ignore it so it doesn't get spoiled.
 - (c) let it wear one of those cute little doggy coats.
 - (d) keep it cool and well-watered.

4. The person who is the coolest is the one who is
 - (a) running around the track in the sun.
 - (b) digging a ditch in the shade.
 - (c) reading in the sun.
 - (d) washing his car in the shade.

5. If the sun's shining on a hot summer day, and the thermometer says 30 degrees,
 - (a) the thermometer is in the shade.
 - (b) the thermometer is measuring Celsius.
 - (c) the thermometer is broken.
 - (d) the thermometer is stupid.

6. The best place to be on a hot day is
 - (a) where you can keep cool.
 - (b) where you can get sunburned.
 - (c) where you can listen to music.
 - (d) where you can get overheated.

Name _____ Date _____

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ANSWERS

Comprehension

1. d
2. c
3. b
4. d
5. b
6. c

Application

1. c
2. d
3. c
4. a
5. d
6. d

Analysis

1. d
2. d
3. b
4. a
5. b
6. c

Synthesis

1. b
2. b
3. a
4. d
5. d
6. a

Evaluation

1. b
2. c
3. d
4. d
5. b
6. a