

Lesson Plan - Heat Exhaustion

The students will learn to recognise heat exhaustion, how to avoid it and what to do if they, or someone they are with, gets heat exhaustion.

A lesson for upper elementary and middle school children (Ages 9 to 13)

Learning Outcomes

After the lesson the students should know how to recognise heat exhaustion when they play outdoors in the heat.

Time Required

30 minutes

Materials/Resources

- Teachers' online resources: [EMedicine Health](#) has five pages which cover basic facts and more scientific information on heat exhaustion
- Loose-leaf A4 paper
- Construction paper for posters
- Colored pens or pencils
- Whiteboard

Pre-Activities

Teacher led discussion based on summer outdoor activity. Teacher needs to ask and gather responses to the following questions:

- *What kind of weather do you like best in the summer?*
- *Where do you play during the summer?*
- *What kind of games do you play?*
- *What do you take with you when you play outside?*
- *Do you ever get too hot while you're playing?*
- *How do you deal with that?*

Activities

1. Teacher divides the class into groups of four and gives out the awareness quiz (one per group).
2. Students choose one spokesperson to deliver results.
3. Teacher writes the answers on the whiteboard and discusses each one with the students.

Answers to Quiz:

- | | |
|----------|----------|
| 1. False | 7. False |
| 2. True | 8. False |
| 3. False | 9. True |
| 4. False | 10. True |
| 5. False | 11. True |
| 6. True | 12. True |

Assessment

Teacher distributes loose-leaf A4 paper. Instructs the students, still working in groups, to:

- Divide the paper into three columns lengthwise
- At the top of the columns write the titles: Prevention-Symptoms-Action
- Make a pamphlet on heat exhaustion to take home.

Extension Activity

Give each group construction paper and colors. Instruct them to draw a poster to warn other students against heat exhaustion.