



## Grade 7 Sample Lesson Plan: Extreme Heat

### **Description**

Please see attached handout for a lesson submitted by a Virginia teacher

### **Handout**

The next page includes a handout for the lesson.

# Extreme Heat

1.n - Identify personal safety issues related to being home alone, caring for others, being in the neighborhood and community, and being online.

1.f - Describe ways to prevent weather- or climate-related physical conditions such as allergies, asthma, sunburn, dehydration, heat stroke, heat exhaustion, and hypothermia



What steps can I take to prepare myself for dangerous heat conditions?

How will I be able to identify when the heat levels are dangerous outside?

What steps can I take to help prepare my home for dealing with extreme heat conditions?

## Link

In this lesson you will be using <https://www.ready.gov/heat> to define key terms and also create your own personal safety and home safety plan for extreme heat dangers. When accessing the webpage, click on "Expand all Sections."

Before developing a safety plan it will be important to familiarize yourself with the vocabulary related to extreme heat. Use the website to define the key terms below. You will need to read through each section to access all of the terms.

- **Heat Wave** - Prolonged period of excessive heat, often combined with .
- **Heat Index** - A number in degrees Fahrenheit (F) that tells how hot it feels when  is added to the air temperature. Exposure to full  can increase the heat index by 15 degrees.
- **Heat Cramps** - Muscular pains and spasms due to . Although heat cramps are the least severe, they are often the  signal that the body is having trouble with the heat.
- **Heat Exhaustion** - Typically occurs when people  heavily or work in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of . If not treated, the victim's condition will worsen. Body temperature will keep rising and the victim may suffer heat stroke.
- **Heat Stroke** - A life-threatening condition. The victim's temperature , which produces sweating to cool the body, stops working. The body temperature can rise so high

	<p>that brain damage and death may result if the body is not cooled quickly.</p> <ul style="list-style-type: none"> <li>● <b>Excessive Heat Watch</b> - Conditions are favorable for an excessive heat event to meet or exceed local Excessive Heat Warning criteria in the next <input type="text"/> hours.</li> <li>● <b>Excessive Heat Warning</b> - Heat Index values are forecast to meet or exceed locally defined warning criteria for at least <input type="text"/> (daytime highs= 105-110° Fahrenheit).</li> <li>● <b>Heat Advisory</b> - Heat Index values are forecast to meet locally defined advisory criteria for <input type="text"/> (daytime highs= _° Fahrenheit).</li> </ul>
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	<h3 style="text-align: center; background-color: #4a7ebb; color: white; padding: 5px;">Explore</h3> <p>Understanding the key terms will help you create a safety plan for you and your family during extreme heat. Use information from your reading at <a href="https://www.ready.gov/heat">https://www.ready.gov/heat</a> and read additional information about preventing heat-related illness at <a href="https://www.cdc.gov/disasters/extremeheat/heattips.html">https://www.cdc.gov/disasters/extremeheat/heattips.html</a></p>
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	<h3 style="text-align: center; background-color: #e74c3c; color: white; padding: 5px;">Explain</h3> <p>What ways can you and your family protect against extreme and dangerous heat? Are there ways to protect your home?</p> <div style="border: 1px solid black; height: 30px; width: 100%; margin-top: 10px;"></div>
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	<h3 style="text-align: center; background-color: #f1c40f; color: black; padding: 5px;">Apply</h3> <p>Create a one page fact sheet or infographic that would help you and your family protect against extreme heat and heat-related illness. Double click the youtube video below to learn what an infographic is and how it can be used.</p>
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## Reflect

Answer the reflection question below:

What are the three most important things to remember about protecting yourself during extreme heat?

1.

2.

3.