

# Hot Days, Cool Fun:



A Youth Activity Book  
for Heat Safety

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I am a  
**HeatReady Champion**  
and this is my book!

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This booklet was created with support from the Environmental Protection Agency’s “Let’s Talk About Heat Challenge,” a national competition to innovate communication strategies that educate people about extreme heat and how to stay safe.

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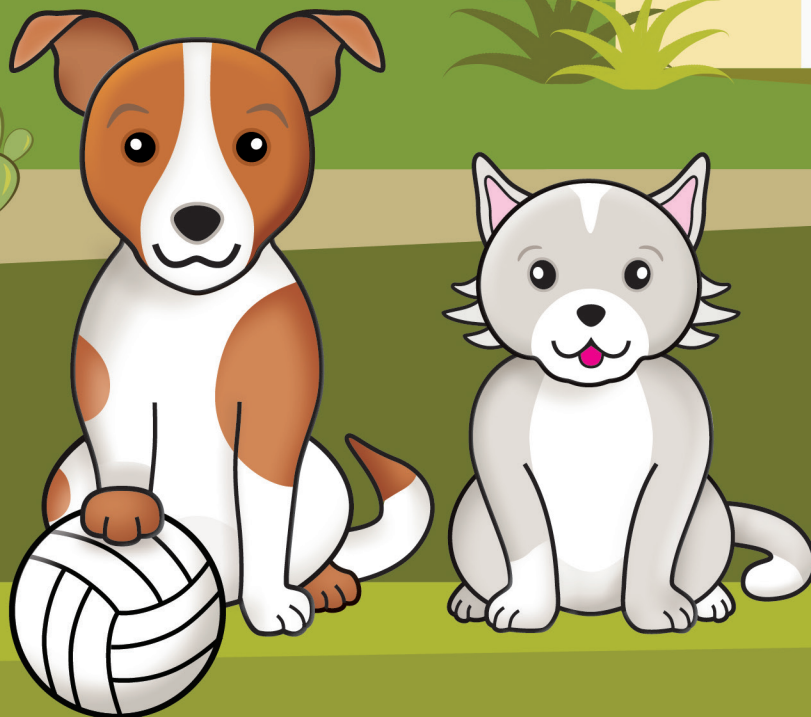
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**In a lively neighborhood in Phoenix, Arizona,** lived a happy dog named Max. Max loved to play with his friends in the park. One day, Max noticed that a new neighbor had just moved in, and it was a friendly cat named Sawyer. He went over to say hello to Sawyer and soon they were talking about all the things they had in common.

Max thought it would be fun to invite Sawyer to play volleyball with him at the park. Sawyer thought it sounded like a great idea and they quickly got ready. "It's very hot outside! Let's make sure we wear the right clothes and pack the right supplies to stay safe under the sun," Max said.



“Lightweight clothes are best for staying cool while playing outside. We should also apply sunscreen, wear a hat, and bring a water bottle to stay hydrated.” Sawyer was now ready for a day of fun in the sun!

When they got to the park, Max and Sawyer began to play. They passed the ball back and forth, laughing and having a great time. But soon, Sawyer started to feel dizzy and weak. She was sweating heavily, and her head hurt. Max recognized the signs of heat exhaustion, which is when the body gets too hot, and knew he needed to help Sawyer right away.



**Stop, rest, and cool off if you experience any of the following:**

- **Dizziness/weakness**
- **Upset stomach**
- **Heavy sweating**
- **Headache**

**If these symptoms worsen or you have stopped sweating, seek medical help. Heat stroke is a serious condition that puts our health at risk.**



Sunscreen should be applied 15 minutes before sun exposure and reapplied every two hours to best protect our skin.

## Pack your HeatReady kit!

Which items should you take to a day of fun in the sun?  
Join the correct items to the tote bag.



Max helped Sawyer hydrate and rest in the shade. To make sure Sawyer could recover fully, they visited the library to cool off in air conditioning and refill their water bottles. Soon Sawyer was feeling much better. Max was so happy he could help his new friend.

As they walked home, Max and Sawyer talked about how they could be better prepared for next time they played outside in the heat. They decided to always bring extra water, wear hats and sunscreen, take plenty of rests in the shade, and to know where the nearest cooling center is.

Max and Sawyer played together all summer, often in the park. They always had a lot of fun and they knew how to keep each other safe in the summer heat.



## Word Unscramble

BRNUSNU \_\_\_\_\_

STEWA \_\_\_\_\_

YDTHRAE \_\_\_\_\_

SREMUM \_\_\_\_\_

SNCREUSNE \_\_\_\_\_

# Help Max and Sawyer get to the library.

Follow the coolest route.



Cooling centers are air-conditioned places where you can cool down during hot weather. Libraries, community centers, and malls are some examples of places to seek heat relief and hydrate.



# Where are Max and Sawyer?



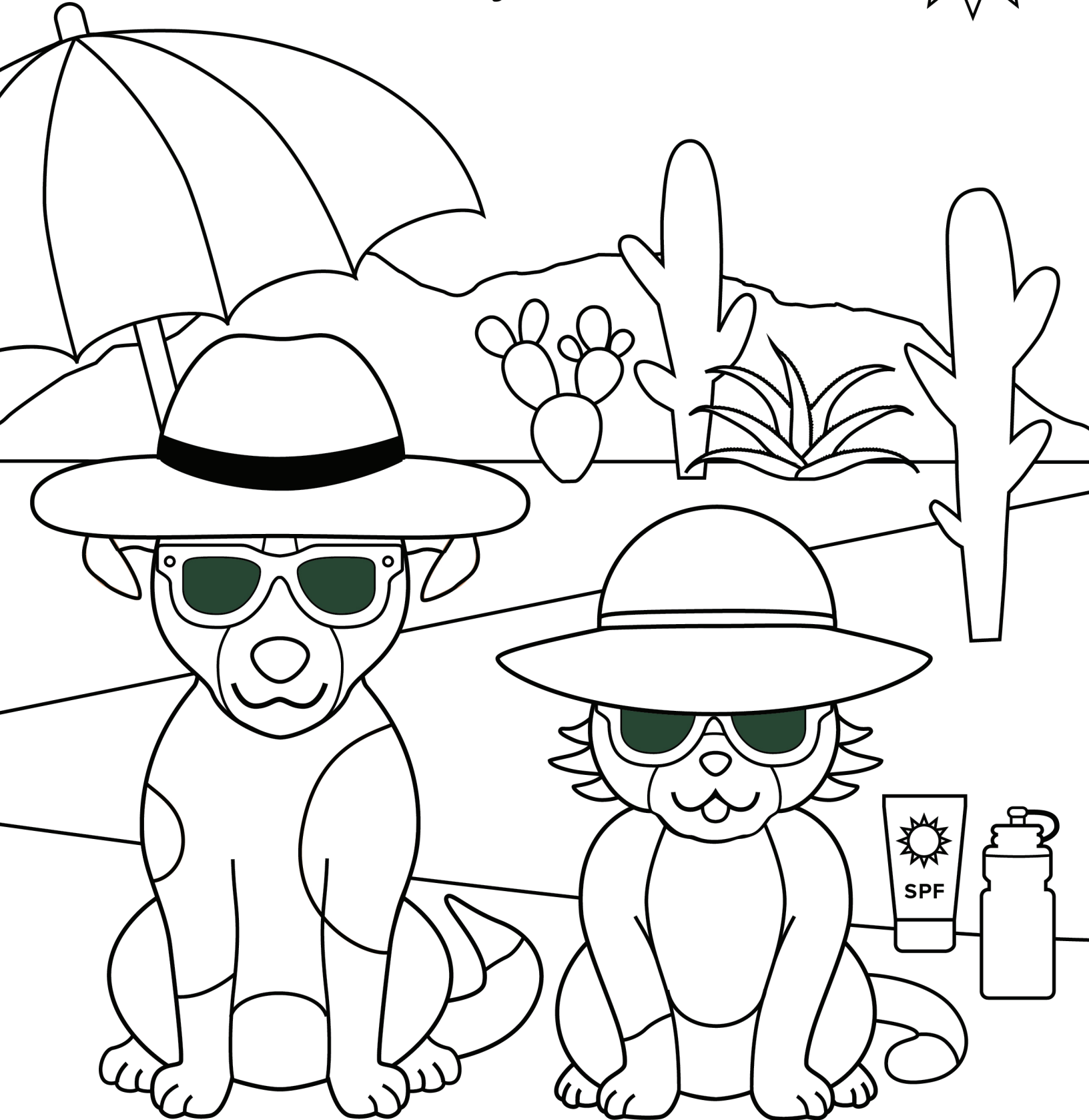
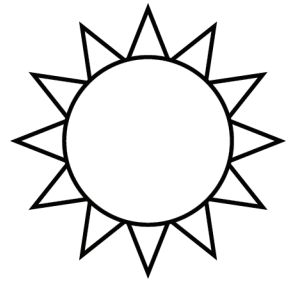
KEY:  
Max and Sawyer can be found in seven places.



# Connect the Dots



**Max and Sawyer are ready  
for a day in the sun!**



# ACTIVITY KEYS

**Pack your HeatReady kit!**  
Which items should you take to a day of fun in the sun?  
Join the correct items to the tote bag.

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**Word Unscramble**

BRNUSNU	<u>SUNBURN</u>
YDTHRAE	<u>HYDRATE</u>
STEWA	<u>SWEAT</u>
SREMUM	<u>SUMMER</u>
SNCREUSNE	<u>SUNSCREEN</u>

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**Help Max and Sawyer get to the library.**  
Follow the coolest route.

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**Connect the Dots**

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To learn more about heat and be better prepared, visit [phoenix.gov/heat](http://phoenix.gov/heat)