



Preventing injury
one child at a time



Hyperthermia Lesson & Heart Pledge

Developed By:

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Theme	The power of the sun (good and destructive)
Objective	The goal of this activity is to showcase the power of the sun to help things grow when harnessed but also that the same solar power can be harmful if not respected.
Needs	Rectangular container, small round dish, saran wrap, rubber band, rock, water, water bottle, Gatorade, soda, heart pledge certificates, optional kickball, and hula hoops
Activity 1	<p>Create a water still.</p> <ol style="list-style-type: none"> 1. Place water in the container & the small dish in the middle of that water 2. Cover larger rectangular container with saran wrap, then tightly place a rubber band around the container to hold the saran wrap 3. Place a rock in the middle to form a funnel down toward the small dish 4. Place in the sun <p>Allow to sit and go on with club/site activities</p>
Discussion	<p>Talk with your club members about the power of the sun</p> <ul style="list-style-type: none"> - It is needed to grow plants and food - Provides warmth - Gives off so much heat, it can be harnessed for (solar) energy
Activity 2	Go out in the back yard/playground/gym and have youth play a game of kickball, hula hoop, run around, or do any physical activity that gets them moving. As they sit and relax, have them notice how their body sweated, indicating the sun was so hot that the body is trying to cool itself off.
Discussion	<p>So one of the ways the sun can be detrimental is by creating so much heat that it evaporates our water and causes us to dehydrate.</p> <p>How do we overcome that? <i>Drink water and get in the shade!!!</i> Feel how much cooler it is in the shade than the direct sun?</p> <p>Add on: So what is the best type of drink in the summer for us? Show a Gatorade, a bottle of water, and a soda. Have them pick one.</p> <p><i>Water is the best because we are made mostly of water. Soda can have caffeine which dehydrates us, and Gatorade has other nutrients but we really only need them if we are really exercising hard for HOURS, otherwise it is just extra calories.</i></p>
Back to Activity 1 to wrap up	Your “still” should have made just a few drops of water in the small round bowl. Talk about how the saran wrap made it so hot and multiplied the sun’s power more quickly, to the point that the sun evaporated the water. The saran wrap allowed us to re-collect it so the youth can “see” it.
Other Notes	See back side for conclusive discussion and for the pledge activity.



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Main Idea	<p>One other way the sun’s energy is “collected” & multiplied is inside a car. Have you ever gotten inside a car in the summer and it was “really” hot?</p> <p>Well if we are inside a car when it is 77 degrees and we close the doors, it can get over 90 degrees in less than 20 minutes!! It heats up like our water did, very quickly! Your body would do the same thing it does when you exercise it would start to sweat to try and keep cool.</p> <ul style="list-style-type: none"> • You would know enough to get out of the car! But what if you were a little baby/child and could not get out on your own? Sometimes parents get so busy they forget a sleeping baby and in the summer this could be deadly. • So this summer we are going to take the “heart” pledge as one of the H’s in 4-H. We will all pledge that if we are shopping with mom and dad, a grandparent, or just out and about and see a small child left alone in a vehicle, we will tell an adult immediately to get help for that child.
Conclusion	<p>Give each participant a certificate to sign the heart pledge and tell them they are helping Safe Kids share the message in the community to save kids lives this summer!!</p>



To learn more about Safe Kids Charlotte Mecklenburg please visit:

<http://www.safekidscharmec.org/>

To learn more about Mecklenburg County Cooperative Extension & 4-H please visit:

<http://mecklenburg.ces.ncsu.edu/>



For revisions/questions please contact Carolinas Center for Injury Prevention at **Janice.Williams@carolinashealthcare.org**.