



HANDS-ON EXPERIMENTS

FOR PRIMARY
BODY TEMPERATURE



Have you ever wondered why your body sweats and shivers?

Sweating is your body's way of trying to cool down. As you exercise all your internal organs and muscles are working hard to create energy which causes them to heat up. Sweat is produced to try and cool your body back down to its regular temperature.



Shivering is the body's way of trying to warm up. As we know, by moving our muscles it creates heat. So when we feel cold our muscles makes little movements to create warmth.

Let's test what temperature your body needs to be before it starts sweating...



Experiment

What you'll need... A thermometer, pen and paper, lots of energy!

1 Firstly, take your temperature before doing any exercise.

2 keep your body moving by doing as many burpees as you can until you begin to feel your body sweat.



3 Then take another temperature reading. This will give you an indication of how warm your body gets before it begins to cool itself down.

4 You will find some people sweat more than others, this depends on how many sweat glands you are born with, it can range between two million to four million!

Remember, after sweating it is very important to drink plenty of water to replace the lost body fluids and avoid dehydration.

VIDEOS FOR THIS RESOURCE AT:

INTRODUCTION:



Clickable Link:

<https://youtu.be/lw2bgbFY1Is>

CONCLUSION:



Clickable Link:

<https://youtu.be/bsBYOIOz4BQ>

