We are going to:
• learn how people protect themselves in extreme weather.
• read and discuss how to protect yourself in extreme temperatures.

Protecting Yourself
What do you like to do in hot or cold weather?
Let's read and discuss.

In some countries, extreme coldness can be experienced. People who live there protect themselves by wearing many layers of clothes.

extreme: beyond what is usual.

What's extreme things have you done?

Why are they wearing so many layers of clothes?
Let's read and discuss.

Do you think shelter is important for survival?

Why do they build igloos in the Arctic?

Everything is frozen in the Arctic. The wind there is really cold. Shelter is important for survival.

Some people of Greenland protect themselves from the cold by building houses from snow and ice. These houses are called "igloos".
What do you wear when it is cold?

What do you call the shelter some people in the Arctic build?
Let's read and discuss.

What color is your skin?

Why do people use sunscreen?

Other countries have very hot temperatures. People use sunscreen to protect their skin from the sun. They also drink lots of water.
Learn
Let's read and discuss.

Why is the desert so dangerous?

The desert is a **dangerous** place. There is no shelter to protect you from the **heat** of the sun.

People who live there wear long clothes. This helps them protect themselves from the sun and extreme heat.

**dangerous**: describe a person, animal, thing or activity that could harm you.

What is **dangerous**?
Let's find the words.

HINT: The word “skin” starts at F4 and ends at I4.

**Word Bank**
- skin
- extreme
- protect
- survival
- shelter
- heat

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Q1. How would you protect yourself in winter?

Q2. How would you protect yourself in summer?

Q3. What are igloos made of?

Q4. What are the things you would put inside your igloo?
In this lesson, we...

- learned new words: skin, heat, shelter, protect, survival, extreme, dangerous
- read and discussed how to protect yourself from extreme temperatures.

We like our igloo.

Homework:
Design your own igloo.
You are awesome!