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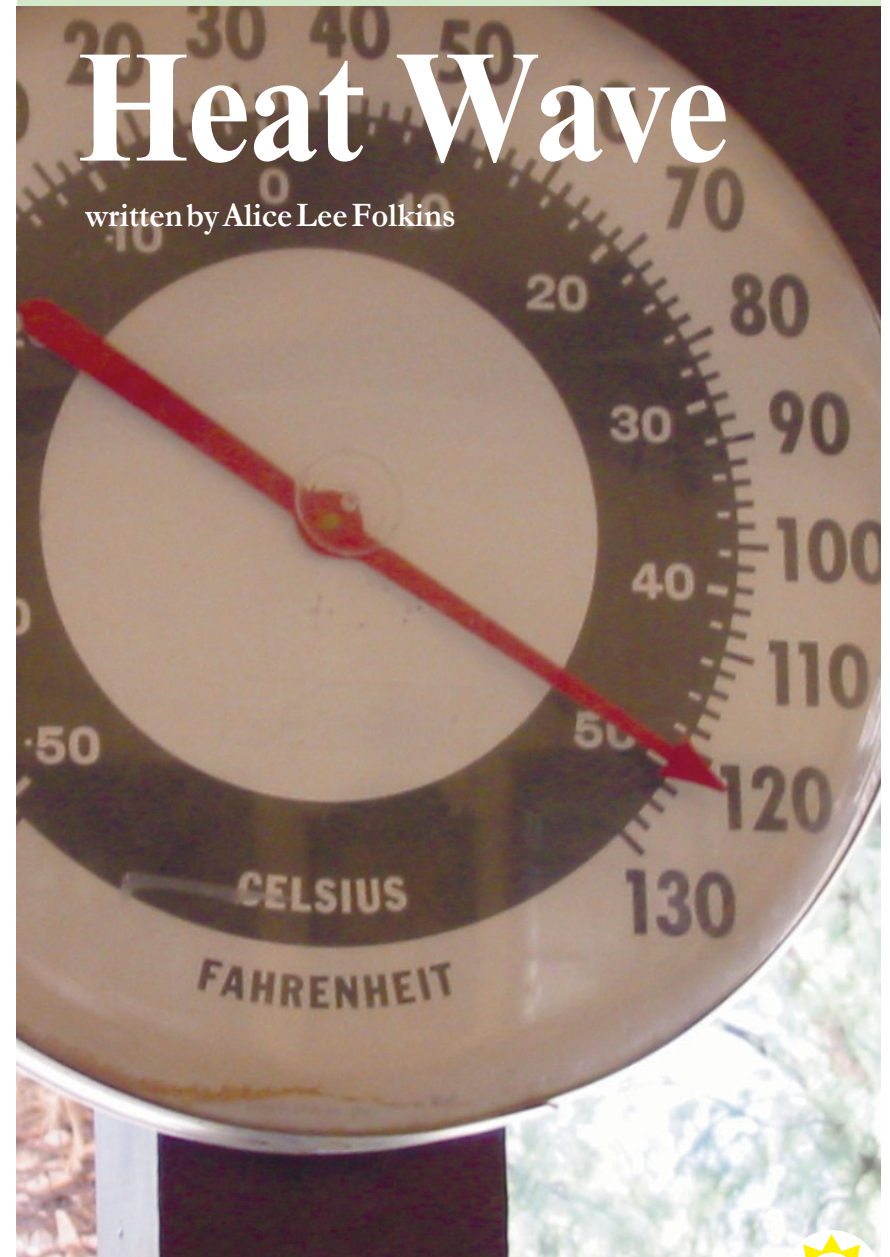
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# Heat Wave

written by Alice Lee Folkins



## Heat Wave



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Dear Student,

I am a teacher who has studied how children learn to read well. What I have learned has been used to write SummerReads and programs like QuickReads® and Ready Readers.

The best way to be ready for the new school year is to read every day of the summer. You can choose to read a chapter or a book from SummerReads. But be sure to read it at least three times on the same day. Here's how to use SummerReads:

1. Start by reading it yourself. Mark the words that you don't know.
2. Next, ask someone to read with you. Get that person to help you with any words you don't know. You can even go to the computer to [www.textproject.org](http://www.textproject.org) and hear a recording of the books.
3. Last, you're going to read by yourself to answer the questions at the end of the book. You can go to the computer to find the answers.

Have a reading-filled summer!

Elfrieda (Freddy) Hiebert, Ph.D.

Inventor of the TExT model

**Heat Wave**

Photo: A search-and-rescue dog in training takes a break in a wading pool in Orlando, Florida, June 2005.  
Taken by Leif Skoogfors. Released into the public domain by FEMA.

**Introduction****Heat Wave**

After a snowy winter and a rainy spring, most people are happy for the hot temperatures of summer. In many parts of the country, school is out. You can do things in the summer that you can't do when it's cold. You can plant a garden. You can spend an afternoon at the park. You can have a cook-out with your family. You can go swimming and play baseball. Summer is a time for being outdoors.

But what happens when a summer day gets too hot to bear? What happens when there is a week of very hot temperatures? There are ways of keeping from getting too hot, even when the temperature gets high. Stay cool this summer!



**Heat Wave****It's Too Hot!**

A common saying in the summer is “It’s going to be a hot one today.” We expect it to be hot in the summer. But sometimes the temperature gets much higher than usual. When this happens for several days in a row, we call it a heat

wave. After three or more days of high temperatures, crops and plants can begin to wilt and even die. During a heat wave, people can get sick as well.

A big problem during a heat wave happens when everyone uses fans and air conditioners at the same time. Sometimes, part, or all, of a city can lose power. We call this a power outage. It is also called a black-out because there are no lights at night. During a power outage, things can get even worse. Without fans or air conditioners in their homes, very old people and babies can be in danger.

Heat waves can also increase the danger of wildfires. Wildfires can happen in areas that have had less rain than usual. During a heat wave, plants can dry out and die. The dead plants do not start the fire. Usually, people who are careless do that. But the dead plants become fuel for a wildfire. The high temperatures of a heat wave can mean that a wildfire becomes stronger and lasts longer.

**Heat Wave**

## Staying Cool



Some people like it when it is very hot. But after several days of a heat wave, many people feel tired and even faint. You get some help in staying cooler from your body. You sweat more when it is hot. As air moves over sweat on your body, you feel cooler.

But you can also help your body to stay cooler. If you're sweating more, that means that water is leaving your body faster. Drinking plenty of water is always a good idea but it's especially important during a heat wave.

You need to plan your day carefully as well. Play outside in the early morning or evening, not during the hottest part of the day. Swimming in a pool will make you cooler. If your house doesn't have a fan or air conditioner, go to a place that does have air conditioning like a mall. If you can't get to the mall or a swimming pool, rub some ice cubes over your face.

But what happens if there is a power outage? During a power outage, no one has air conditioning. There won't be any ice cubes because the freezer won't be working. You can always put a cloth that you've put in cold water on your face or neck. And you can always sit still and read about something cool... like polar bears!



## Heat Wave

## How Polar Bears Keep Cool



Polar bears live far away in the Arctic region where it is very cold in the winter. In the summer, the highest Arctic temperatures are like those of spring or fall days in most parts of the United States. Summer temperatures in the Arctic region may seem cool to us but they are hot for polar bears.

Polar bears stay cool by swimming in lakes or the ocean. They also find places with snow and roll around in it.

Most of us will never visit the Arctic region and see polar bears there. But you might see a polar bear this summer at a zoo. Summer temperatures in most parts of the United States will be far warmer than those in the Arctic region where polar bears usually make their homes. How do polar bears keep cool in zoos? Areas for polar bears in zoos have pools with very cold water. There are also shaded areas that may have air conditioning.

Polar bears remind us of some important things to do to keep cool, especially during heat waves. Go swimming if you can. Rub an ice cube on your skin. Sit in a shaded area. While you're sitting in the shade, you can do something that polar bears can't do to stay cool. You can read about cold places like the Arctic region!

## Heat Wave

## Rate your thinking and reading

✓ Put a check each time you read one of the chapters of the book.

★ Give yourself a star for Sharing if you told someone about something you learned from reading the chapter.

✚ Give yourself a + if you can tell that your reading is getting smoother.

	1st Read	2nd Read	3rd Read	Sharing	Smoother
Introduction					
It's Too Hot!					
Staying Cool					
How Polar Bears Keep Cool					

## Comprehension questions

## It's Too Hot!

1. Why is a wildfire during a heat wave especially dangerous?

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2. True or false? Too many people using their fans and air conditioners can cause a black out.

☐ true ☐ false

## Staying Cool

3. Describe two ways people can keep cool. What are some things you do to stay cool?

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4. True or false? Play outside during the middle of the day will be cooler than during the morning.

☐ true ☐ false

## How Polar Bears Keep Cool

5. True or false? Summer time temperatures in the Arctic can be too warm for polar bears.

☐ true ☐ false

6. Polar bears, like people, can get sick if it is too hot. What are some things that polar bears do to stay cool?

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