

Dear Family,

In my class today, we experimented with body temperature using tissue paper.

Did You Know?

- Your body works best at a normal temperature. Normal temperature is 98.6 degrees. Your body is comfortable at this temperature. The brain controls body temperature. Your brain does not like when your body gets hot. Your brain can tell that your body is too hot. The brain sends a message to your body to sweat. Sweating is how your body cools off. Sweat is mostly water. Sweat leaves your skin through tiny holes in your skin. The holes are called pores. Sweat dissolves when it hits the air. You cool down when the sweat leaves your body.
- Sweating is normal. You have lots sweat glands on your body. When it's really hot, you sweat a lot. When you sweat a lot, you lose a lot of water. It is important to drink lots of water. Drinking water puts that water back into your body.

Ask Your Child:

- Tell me what happened with the tissue paper.
- How did you check your body temperature?
- Explain how your body temperature changed.

Activities To Do With Your Child:

- Go outside with your child, or take them to a community playground. Be sure to bring plenty of water. Play on the playground equipment with your child. Encourage your child to jump, run, slide, push, pull, and move up and down. Engage your child in conversation about what they are doing, and move with them! Try to build up a bit of a sweat, and talk about how you can cool down.

Vocabulary To Use With Your Child:

- **body** – the physical parts that make up a person.
- **temperature** – the degree of heat or cold of an object or person.
- **sweat** – the liquid that comes off of the skin.
- **exercise** – activity that improves the health of the mind and body.
- **forehead** – the part of the face above the eyes and below the hair.
- **cool** – a little cold; not warm.