



Name: \_\_\_\_\_

Class: \_\_\_\_\_ Date: \_\_\_\_\_

## Staying Cool

*An activity of "Why the city is hotter than nature parks".*

Last year, Singapore saw temperatures close to 36 degrees Celsius. But, not everyone experienced the heat the same way. Read "Why the city is hotter than nature parks" (page 7, *What's Up* July 2025). When the temperature rises, it is important to know what to do to stay cool.

### ON YOUR OWN

1. Using the *What's Up* story, list the strategies, with their accompanying reasons, that are planned by the Singapore government to address the rising urban heat issue.

Addressing urban heat in Singapore	
National Strategy	Reasons
a)	
b)	
c)	

### IN GROUPS

- 2a) Form five groups. Select one heat-related illness per group:  
 heatstroke  heat exhaustion  heat cramps  sunburn  dehydration.

2b) Watch your group's assigned video and fill in the table.

**Heat Stroke vs. Heat Exhaustion: What You Need to Know**

- <https://www.youtube.com/watch?v=8gn3DEYOPuE>  
Medical Centric, 1 Apr 2024

**Heat cramps, Causes, Signs and Symptoms, Diagnosis and Treatment**

- <https://www.youtube.com/watch?v=sO-V5Uj-dYg>  
Medical Centric, 14, Jun 2021

**Sunburn, Causes, Signs and Symptoms, Diagnosis and Treatment.**

- <https://www.youtube.com/watch?v=-KzTvagnpfU>  
Medical Centric, 8 Oct 2018

**What is Dehydration? Causes, Signs and Symptoms, Diagnosis and Treatment.**

- <https://www.youtube.com/watch?v=KahsIEbFROI>  
Medical Centric, 6 Nov 2018

<b>Heat-related illness:</b> _____
Symptoms
Treatment
Prevention

3. Prepare a simple demonstration on how to administer first aid to a casualty suffering from your focus heat-related illness. Select three members from your group to do the following:

Presenter: States the symptoms of the illness and its treatment steps.

Casualty: Acts as the person affected by the heat-related illness.

First-aider: Demonstrates the steps of the treatment to help the casualty.

4. Have all the groups present their presentation to the class.

5. Get back into small groups to discuss your experience of this activity.