

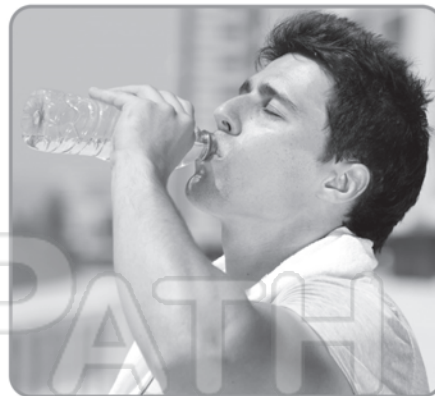


Name _____ Class _____ Date _____



Why do we sweat?

When your body temperature gets hotter than normal (98.6 degrees) your brain sends out a distress signal that causes you to sweat, which cools you down. Think of it this way—your body, like an air conditioner, has an **internal thermostat** that helps control its temperature.



What happens inside your body to make you sweat?

When your temperature rises, tiny **blood**



PREVIEW

Please [Sign In](#) or [Sign Up](#) to download the printable version of this worksheet



To avoid overheating and dehydration, drink plenty of water before, during and after exercise. Decrease exercise during periods of high heat and humidity.



Did you know that sometimes you **can't see sweat** — like when you're swimming? Which means you may not realize you are getting dehydrated. Just another reason to keep your water bottle in plain sight so you'll **remember to drink up!**



Name _____ Class _____ Date _____

Why do we sweat?



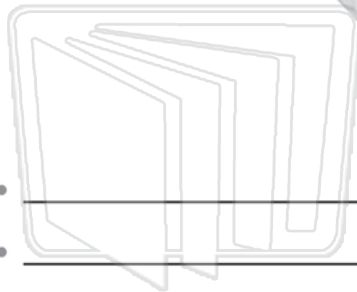
What happens inside your body to make you sweat?





PREVIEW

Please [Sign In](#) or [Sign Up](#) to download the printable version of this worksheet



Ways to avoid overheating:



• _____

• _____

• _____

• _____