

Hot Weather Hacks

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Lead-in discussion

1. Do you prefer hot weather or cold weather? Why?
2. What are your favorite and least favorite things about summer?
3. Have you ever experienced a heatwave? Can you describe what it was like?
4. In what ways does extreme heat affect people's daily lives?
5. How do you protect yourself from the sun and heat when you are outside?
6. Have you experienced or heard about any health problems related to extreme heat?



What's in Your Summer Survival Kit? Make a list of 3–5 items you use to survive a heatwave. Share in pairs or small groups.

How can these items be useful when it is hot?



Hot Water Bottle



Towel



Duvet



Washclothes



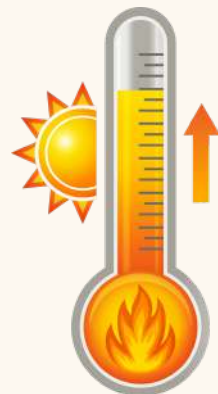
Fan



Vocabulary

- | | |
|-----------------------|----------------|
| 1. fan | 6. antioxidant |
| 2. basil leaves | 7. cool off |
| 3. sheets | 8. duvet |
| 4. mosquito repellent | 9. fall asleep |
| 5. boil | 10. forehead |

- ☐ A a machine that moves air to make you feel cooler.
- ☐ B a product that keeps mosquitoes away from you.
- ☐ C to start sleeping.
- ☐ D a warm covering for a bed filled with soft material.
- ☐ E the part of your face above your eyes.
- ☐ F to heat a liquid until it bubbles and becomes very hot.
- ☐ G flat pieces of cloth used to cover a bed.
- ☐ H green parts of a plant used in cooking for flavour.
- ☐ I a substance that helps keep your body healthy.
- ☐ J to make your body less hot.





Speaking



Pack the Suitcase – Speaking Task

You are going alone to a very hot country for 1 week. You can only pack 5 items to help you stay cool, safe, and comfortable. Look at the list below. Choose 5 items you want to take.

- | | |
|----------------------|--------------------|
| ● fan | ● hot water bottle |
| ● basil leaves | ● green tea |
| ● mosquito repellent | ● water spray |
| ● towel | ● sunglasses |
| ● duvet | ● cool clothes |
| ● sheets | ● ice pack |
| ● washcloth | ● sun hat |

What are the 5 things you are taking? Why are they useful in hot weather?

Grid area for writing answers.

Useful phrases:

- "I'm taking a ___ because..."
- "I think a ___ is really useful in hot weather."
- "To cool off, I will use a ___ on my ___."
- "To help me fall asleep, I need a ___."

Video



Choose the correct answer

1. **Why is it hard to sleep when it is very hot?**
 - A Our bodies cannot cool down easily
 - B We feel too thirsty
 - C The bed becomes too soft
 - D The pillow gets too warm
2. **What can you do with a hot water bottle in summer?**
 - A Fill it with hot tea
 - B Freeze it and use it to cool down
 - C Keep it empty until winter
 - D Share it with a friend
3. **Where can you put cool washcloths to help you sleep?**
 - A On your arms and legs
 - B On your back only
 - C On your forehead or feet
 - D Under your pillow
4. **What does the speaker say about green tea?**
 - A It helps you sleep when you drink it
 - B It is good for your skin when used directly
 - C It makes your bedroom smell nice
 - D It should be drunk before bed



5. What is the name of the speaker's book?

- A Cool Summer Tips
- B How to Sleep Better
- C Hayley's Helpful Hacks
- D Staying Cool at Night

Grammar

How to ... give instructions and check understanding

Giving instructions

When we give instructions, we use:

- imperatives
Put the batteries into the mouse.
Don't hold it so high.
- always* or *never* + an imperative
Always check your batteries.
Never wash red clothes with white ones!
- the present simple with *you*
Then you drop it onto the table.
- have to* or *need to*
You **have to do** it very fast.
You **need to press** this button.
- linkers: *first, now, next, then, after that*, etc.
First you take a stick of spaghetti.
Now/Next light the end of it.
Then you light the candle with the spaghetti.
After that, put the spaghetti under water.
- like* + *this/that*
Hold the ball **like this**.

Notice

Imperatives are the same as the infinitive.
We don't use a negative verb with *never*.
NOT ~~Never don't wash red clothes with white ones!~~

Checking you understand instructions

When we want to check we understand, we can use these phrases:

Like this?

Is this right?

I'm not sure I understand.

Saying you don't understand

When we want to say we don't understand, we can use these words and phrases:

Sorry?

I don't know that word.

What does that mean?

Asking for another instruction

When we want to ask for another instruction, we can use these phrases:

That's all?

OK, what next?

What now?

What do I have to do next/after that?

What do I need to do next/after that?

Correcting instructions

When we give instructions and someone doesn't follow them correctly, we can use these phrases:

No, I meant ...

Not like that, like this.

Yes, but don't ...

Complete the conversation with the words and phrases in the box.

After First have Like Next you turn Now you add
Remember always right sure I that that word What

A: _____ you put the fan near your bed.

B: _____ this?

A: Yes, that's fine. _____ a frozen water bottle and put it in front of the fan.

A: _____ helps make the air cooler.

B: I don't know _____ – 'duvet'.

A: It's that big blanket on your bed.

B: I understand. _____ now?

A: _____ that, you put the cold sheets on your bed.

A: ... Oh, no. Not like _____, like this.

B: Oh, OK. What do I _____ to do next?

A: Spray some green tea and basil leaves mix on your skin.

B: Is this _____?

A: Yes, great. _____ use mosquito repellent too!

B: I'm not _____ understand. Can you help?

A: Sure.





Correct the conversation. Add a word OR take a word away. One example is correct.

A: ¹What do I have do?

B: ²Well, first you do drink five glasses of water.

A: ³You like this? I sit in the shade.

B: ⁴No, I did meant stay inside during the day. ⁵ And always you wear clothes with light colours.

A: OK. A white shirt.

B: No, in your first try, ⁶never don't wear black clothes in the sun.
⁷Do try light cotton.

A: ⁸I don't know that word.

B: It's a type of material. It's cool and helps you stay dry.

A: OK. Now I feel better. ⁹What I can do next?

B: Rest and drink water again.

A: ¹⁰What is now?

B: Try a cold towel on your neck.



Speaking Task: Heat Hacks

Giving Instructions and Checking Understanding

Student A: Choose **one heat hack** from the list below.

Tell your partner how to do it, **step by step**.

Student B: Listen and ask questions if you're not sure. Use phrases like:

- ◆ What does that mean?
- ◆ Is this right?
- ◆ Do I have to...?
- ◆ Can you show me?

Heat Hacks to choose from:

1. Make a cold hot water bottle
2. Use a wet towel or washcloth
3. Spray green tea on your skin
4. Use a fan with frozen water
5. Cool sheets in the washing machine
6. Put basil leaves and tea in a bottle to cool the skin and scare mosquitos away

Example:

A: First, take your hot water bottle and fill it with cold water.

B: Do I have to freeze it?

My notes

