

Preparing for Severe Winter Weather

Hi! I'm Hugo. Winter sports are fun. But severe winter weather can be dangerous. Want to learn more? Download **Monster Guard**. It's a free app from the American Red Cross that teaches kids how to be prepared for emergencies. Choose "Severe Winter Weather" on the main menu to join me on a training mission. You'll learn how to stay safe when you have to be outside when it's really cold.

Note: You must have completed the **Monster Guard** Initiation section before you can access the Severe Winter Weather training mission.

My Severe Winter Weather Safety Score: _____



Part 1

You've learned that it's better to dress in layers when you have to go outside in really cold weather. Now do this experiment. Your teacher will have you hold ice cubes in your bare hand and in a hand wearing a glove. Use this chart to write down what happens.

	 Bare Hand	With Glove 
How long could you hold the ice cubes?		
How did your skin feel?		

Now answer this question: Why is it easier to hold the ice cubes with a glove on your hand than with bare skin?

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Part 2

Do you remember your severe winter weather safety training? Show what you learned. Circle the items on this list that it would be better to wear to protect yourself if you have to go outside in really cold weather.



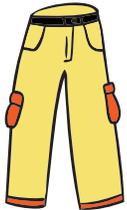
apron

gloves



hat

ice skates



long pants

long underwear



long-sleeve shirt

wind-and-water-resistant coat

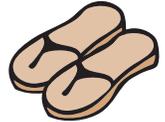


water-resistant boots



mittens

sandals



scarf

sneakers



socks

sweater



t-shirt

Replay the Monster Guard Severe Winter Weather training mission. See if you can score higher!

