

# Student Resource: Layering and Dressing for Outdoor Success - Self-Check (Primary)

1. Think about going outside for a walk in the cold. Place a checkmark on the line beside the pieces of clothing you should wear.

- a warm hat
- mitts
- snow pants
- a winter jacket
- winter boots

2. Place a check on the line beside the other things you could do to be safe when you are outside in the cold.

- keep your hat and mitts on
- stay dry
- tell the teacher if you feel cold
- tell the teacher if any of your friends are shivering, feel cold, or have white patches of skin on their cheeks
- keep moving

3. Place a check on the line beside the other things you could do to be safe when you are outside in the rain.

- wear your raincoat to stay dry
- tell the teacher if you feel wet

- tell the teacher if any of your friends are shivering or feel cold
- keep moving

4. Place a check on the line beside the things you could do to be safe when you are outside in the hot weather.

- wear a hat
- play in the shade
- drink lots of water
- wear sunscreen

**Answers:**

For all 4 questions check all.