



Have you helped the environment today?

# Tips for staying warm this winter.

1. Wear warm clothes and layers. Start off with a base layer thermal underwear. Ideally, your thermal underwear should fit like a second skin. The goal is to keep your body heat in. Pure cotton thermal underwear would probably work if the temperature is above 5 degrees celsius. Colder than that and you need something much warmer. Like merino wool. As a second layer you want to wear a wool sweater and thick denim jeans or wool pants. Top off with a warm jacket, depending on the severity of cold you might face, you might want to add more layers. Don't forget your gloves, scarf, woolen hat, ear muffs and boots.
2. Drink and eat warm things- Drink hot drinks, like hot chocolate. It makes you feel warm inside. Hot food, like grilled meat, hot pizza, is tasty and warm, too. If you are hungry you will feel cold. Any food will help you feel warmer.
3. Exercise. Run, jump, hop, skip and roll until you sweat! Then jump constantly for two minutes, take a minute's break. Skip for ten minutes, with a three minutes' break every two minutes. Go for a km's walk in the neighbourhood. On the way, take your skipping rope and hop about for a while. All this ought to make you sweat!
4. Give yourself a blanket treatment. Take all the blankets around your house, and if no one has any problem, pile them all up in your bed. Spread them over the bed, one on top of the other, get inside them, and get warm!



## Draw a Cartoon Penguin

These penguins are designed to keep warm in icy temperatures with a storage of fat and feathers designed to insulate.

1. Draw a vertical rectangle.
2. Draw a half circle on the top of the rectangle and erase the top line of the rectangle. Add two circles at the corners of the top rectangle.
3. Draw a triangle or carrot shaped beak between the two circles and also add a door shape on the bottom of the rectangle for the belly.
4. Now add two long shapes to each corner of the bottom of the rectangle for the feet.
5. Now your penguin will need flippers for swimming not flying so they will be two paddle shapes on the sides of the rectangle.
6. And last but not least colour your penguin to wear his natural, elegant tuxedo.

