



# I feel hot

- I feel hot because my body is too hot.
- Feeling too hot is not comfortable. It can make it hard to do things. It can also make me grumpy or tired. Being too hot is not OK.
- Things that can make me feel too hot include:
  - running about
  - wearing too many clothes
  - hot weather
  - being near heat sources e.g. radiators and sunny windows
- When I feel too hot I can do things to make me feel more comfortable:
  - drink cold water
  - take off any heavy clothes e.g. coat or jumper
  - stop running about
  - ask to open a window or close a blind or curtain
- It is not OK to feel too hot. I can feel more comfortable if I wear the right clothes and do not do things that make me hot.

