



Explore

# Keep warm

Stage

1

20 mins



Skills builder



## What you'll get out of it

- Discover ways to keep warm.
- Know why it's important to keep warm.

## What you'll need

- A large, clear space
- Props like hats and scarves (optional)

## Aim of activity

When you go out it's really important to dress properly. Keeping warm helps you stay healthy and enjoy yourself. Find out some other ways to keep yourself warm and toasty!



WE DISCOVER, WE GROW

Girlguiding





# Explore

## What to do

**1** When was the last time you felt really cold? Tell the girl next to you what it felt like, while trying to act being cold. You could shiver and stutter, for example 'I f-f-f-felt v-v-very c-c-c-cold when...'

If we get too cold, we can get poorly, or our skin can get sore or hurt (this is called frostbite). Our bodies have lots of ways to warm us up when we get chilly. Our muscles shiver, our teeth chatter, our hair stands up and we get goose bumps.

**2** Now, show your partner what you'd do to warm up.

### Did you know...?

- Your body makes heat by itself but needs to burn fuel (food and drink) to do this.
- Wearing a coat traps heat from your body inside. More layers trap more heat.
- Heat escapes through your skin so you need to cover up with hats and gloves to keep warm.
- Moving makes your heart pump faster, which makes you feel warm.

**3** Find a space an arm's length away from other girls and where you can see your leader.

**4** Do you know the tune to 'Row, row, row your boat'? You're going to learn a new song with the same tune! Your leader will sing each line, then you sing it back to her. Practise the words first, then when you're ready, join in with the actions.

## Song

Wrap, wrap, wrap up warm,  
(*mime putting arms into coat sleeves*)  
keep the heat inside,  
(*hug body*)  
put hats, scarves and layers on,  
(*arms out as if wearing lots of clothes*)  
a vest if you decide.  
(*mime pulling vest over your head*)

Move, move, move yourself,  
(*different arm poses*)  
race around or jump,  
(*run on spot then jump*)  
speedy blood will warm you up,  
(*wiggle fingers around body to demonstrate blood moving*)  
so get your heart to pump.  
(*hands on heart and pump*)

Eat, eat, eat and drink,  
(*mime eating and drinking*)  
healthy snacks not gruel,  
(*rub tummy*)  
to get us going, when it's cold,  
(*shiver and hug body*)  
our body needs more fuel.  
(*flex biceps*)

## Try it this way

Why not add props, like hats and scarves, to make singing your song more fun?

## Take it further

Get into groups and try singing a verse in a round – one group starts and the other begins when the first group is halfway through the first verse. Don't get put off by the actions!