



**DOUGLAS COLLEGE**  
I-CARE Program  
Individualized Community  
Adult Reading Education

**Summer 2026**

# **Breakthrough**

## **Stay Cool in Hot Weather**





## WELCOME MESSAGE

The theme of Summer 2026 *Breakthrough* is  
“**Stay Cool in Hot Weather.**”

Inside this issue, you will learn how to  
take care of yourself in hot weather.

You will also enjoy special writing  
from one learner and one tutor.

There are games for you too.

Thank you for reading!

*Mary and Nuala*

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If you would like a copy of *Breakthrough*,  
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# One Sunny Summer Day

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On a hot summer day, Marie decided to go outside before lunch.

The sun was bright, and the air felt warm. She walked to the park and sat on a **bench**. “Let’s get some vitamin D,” Marie told herself.

 **Bench** means a long seat for people to sit on.

After a while, she started to feel sleepy. Her head felt a little **dizzy**. She realized she had not been drinking much water that morning. “Oh, where is my water bottle? I must have left it at home,” Marie thought.

She also forgot her hat. She did not put on sunscreen either. The sun felt very strong on her skin.



Later, she ate the sandwich she brought from home. The lunch box had been sitting in the heat for a long time.

 **Dizzy** means you feel like the room is moving around you.

That evening, Marie did not feel well. She went to the bathroom a few times, and she felt **exhausted**. She called her brother for help.

Donny came by with some bottled water and medicine from the **pharmacy**.

“Sis, what happened? It is so hot today!” he said.

“You are right,” Marie said. “Next time, I will take better care of myself, especially on a hot summer day.”

Summer can be fun, but hot weather can also be hard on the body.

Let’s learn how heat can hurt your body.



## Word Circle

Circle the words that help you stay cool.

**water**

**sun**

**shade**

**hat**

**rest**

**heat**

 **Pharmacy** means a place where you get medicine.

 **Exhausted** means very, very tired.

# **If you were Marie...**

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**What would you do differently?**

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**What do you do on a hot day?**

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**Do you carry water with you when you go out?**

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# When Heat is Dangerous

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Hot weather can be **dangerous**.

Heat can cause **illness**.

When it is very hot, your body **temperature** can rise.

Your body may not cool down.






Too much heat can **harm** your body.



This can make you sick.

It can be **serious**.

This is called heat illness.

-  **Dangerous** means something can hurt you.
-  **Illness** means being sick.
-  **Temperature** means how hot or cold something is.
-  **Harm** means to hurt your body.
-  **Serious** means something is very important or dangerous.

# Early Warning Signs

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When your body gets too hot, it gives you **warning signs**.

You may:



Feel dizzy



Feel tired



Feel sick



Sweat a lot

These signs mean your body is too hot.

You need to cool down as soon as possible!

Stop your **activity**.

Go to a cool place to rest right away!

- A **warning** tells you to be careful because something is not safe.
- Signs** are things that give you information or tell you something.
- Activity** means something you are doing, like walking or working.

# Stay Away from Heat Danger

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## TIPS 💡

- Have a working fan
- Put up blinds or curtains
- Stay out of direct sunlight
- Take cool showers
- Drink more water

## ***Try This Today:***

- Stop and rest if you feel dizzy
- Go to a cool place
- Drink some water



## **What Should You Do?**

Pick the safe choice.

1. **You are working in the sun. You feel very thirsty. Let's:**
  - a) Wait
  - b) Drink water now
  
2. **It is very hot and you feel weak. Let's:**
  - a) Run
  - b) Rest
  
3. **Your friend looks tired and too hot. Let's:**
  - a) Help them find a cool place
  - b) Walk faster

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# Your Body Needs Water

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You lose water all the time.

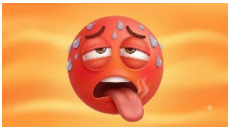
- You **sweat** to cool down the body
- You go to the bathroom to remove **waste** from inside your body

Water helps your body feel good.

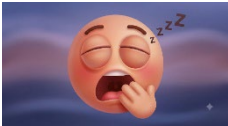
It keeps your body **hydrated**.

If you do not drink enough water, you can become **dehydrated**.

You may feel:



Thirsty



Tired



Dizzy

- 📖 **Sweat** is water that comes out of your skin when you are hot.
- 📖 **Waste** is what your body does not need and gets rid of when you go to the bathroom.
- 📖 **Hydrated** means your body has enough water.
- 📖 **Dehydrated** means your body does not have enough water.

Remember:

- Drink water often
- Do not wait until you feel thirsty
- Carry a water bottle with you

## Water Check

**Did you drink enough water today?**

Yes

No

***Try This Today:***

- Drink a glass of water now
- Carry a water bottle when you go out
- Drink water every hour

# Drinks and Heat

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A cold drink in the summer can feel **refreshing**.

It may feel good and help you **relax**.

But some drinks are not the best choice in hot weather.

They can make it harder for your body to stay cool.

These drinks can make your body lose water faster.

You may need to use the bathroom more.

This can lead to **dehydration**.

These drinks may have **caffeine**, alcohol, or a lot of sugar.

They may not help your body stay hydrated.

- Coffee
- Strong tea
- Energy drinks
- Pop (soft drinks)
- Beer

 **Refreshing** means something that makes you feel cool and better.

 **Relax** means making your body and mind feel calm.

 **Dehydration** means your body does not have enough water.

 **Caffeine** may make you feel more awake for a short time.

# Hot Weather Makes It Worse

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When it is hot:

- You sweat more
- Your body loses more water
- It is harder for your body to stay cool

You may:

- Feel very thirsty
- Get tired or dizzy

This can **increase** your **risk** of heat illness.

Drink more water instead of drinks with caffeine, alcohol, or lots of sugar.

## Watch for Simple Signs

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These can be signs of dehydration. Your body is telling you that it needs more water.

You may:

- Go to the bathroom less
- See dark yellow **urine** (pee)

 **Risk** means something may not be safe.

 **Increase** means to become more.

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# Stay Safe in the Heat

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You can:

- Drink water often. You lose water when you sweat.
- Do not wait until you feel thirsty.
- Go to a cool place or rest in the **shade**.
- Choose a cooler time of the day to go out.
- Wear light, **loose clothes** to stay cool.

📖 **Shade** is a cool place away from the sun.

📖 **Loose clothes** are not tight. They give your body space.

If you plan to drink alcohol, some simple steps can help you stay safe.

## **Be careful with alcohol**

- Do not drink too much

## **Drink water too**

- Drink water before, during, and after

## **Listen to your body**

- Rest if you feel unwell



## **Safe or Not Safe?**

Circle Safe or Not Safe.

- 1. Sitting in the shade on a hot day**

Safe / Not Safe

- 2. Drinking alcohol without water**

Safe / Not Safe

- 3. Drinking water often**

Safe / Not Safe

- 4. Going out in the hottest time of the day**

Safe / Not Safe

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# Protect Your Skin in the Sun

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The sun is good for us.

It gives us vitamin D.

But too much sun can harm your body.

The sun gives off strong **rays**.

These are called **UV rays**.

Too much sun can cause:

## Sunburn

- The sun can hurt your skin quickly
- Your skin will turn red and become painful
- You can get a sunburn in about 15 minutes

## Skin damage → Skin cancer

- You may get **wrinkles** and dark spots on your face over time
- You may have a higher risk of skin cancer

📖 **Rays** are lines of light from the sun.

📖 **UV rays** are strong light from the sun that can hurt your skin.

📖 **Damage** means harm or injury.

📖 **Wrinkles** are lines on your skin, often from aging or sun.

You can still enjoy the sun by:

### **Protecting your skin**

- Wear a hat
- Wear light clothing
- Cover your skin

### **Using sunscreen**

- Put it on before you go outside

### **Finding shade**

- Sit under a tree
- Use an umbrella

### **Watching the time**

- Be careful in the middle of the day
- The sun is strongest between 10 a.m. and 4 p.m.

### **TIPS**

- Carry a water bottle with you
- Never stay in the heat too long
- Go slow in the heat and take breaks
- Listen to your body for any warning signs

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# Heat Stroke

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Heat stroke is an **emergency!**

It happens when your body gets too hot.

Your body cannot cool down.


These are key warning signs.

- Dizzy or headache
- **Rapid** heart rate
- High body temperature
- Feel **confused**
- **Nausea** or **vomiting**
- Weakness

Get help right away!

 **Emergency** means you need help right away.

 **Rapid** means very fast.

 **Confused** means you cannot think clearly or understand what is happening.

 **Nausea** means feeling sick to your stomach.

 **Vomiting** means throwing up food from your stomach.

# HEAT STROKE: HOW TO HELP

1

CALL 911



Call for help immediately.

2

GO TO A  
COOL PLACE



Get to shade or air conditioning.

3

STAY WITH  
THE PERSON



Don't leave them alone.

4

COOL THE  
BODY DOWN



Use cool, wet cloth  
and fan them.

**HEAT STROKE IS A MEDICAL EMERGENCY.  
DO NOT DELAY CALLING 911.**

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# Some People Need Extra Care

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Hot weather can be harder for some people.  
This includes older adults and young children.

## Older adults

As we get older, the body changes.  
The body may not cool down as well.

Older adults may:

- Not feel thirsty
- Not **notice** danger
- Keep heat in the body longer

## Young children (babies and kids)

Young children need help to stay safe in the heat.  
They may not know when they are too hot.

Young children may:

- Not ask for water
- Get hot very quickly
- Depend on adults for help

 **Notice** means to see or understand something.

## **During hot days:**

- Check on family, friends, or neighbours
- Remind them to drink water
- Help them stay cool

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# **Stay Cool Near You**

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When it is very hot, go to a cool place.

Cooling centres are places you can go to stay cool during hot weather.

In **New Westminster**, you can go to:

- Anvil Centre
- Century House
- New Westminster Public Library
- təməsewtx<sup>w</sup> Aquatic Centre (before: Canada Games Pool)
- Queensborough Community Centre

Or call **604-239-4936** for the latest updates.

For **other cities**, cooling spaces and centres generally include:

- Libraries
- Community Centres
- Shopping Malls

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# What Else? Hot Weather and Food

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Food can go bad easily in hot weather.

Heat helps **bacteria** grow quickly.

Keep your food safe before it **spoils**.

If food is not safe, you can get **food poisoning**.

You may feel:

- Stomach pain
- Nausea
- Vomiting
- **Diarrhea**

Be careful, especially with:

- Meat
- Dairy (like milk, cheese and yogurt)
- Cooked food

 **Bacteria** are tiny living things that can make you sick.

 **Spoils** means food goes bad.

 **Food poisoning** means getting sick from unsafe food.

 **Diarrhea** means having very soft or watery poop.

Food that spoils is not safe to eat. It may:

- Smell bad
- Taste bad
- Make you sick

But you cannot always see or smell bad food.

So, be careful!

### **Keep food cold**

- Put food in the fridge
- Use a cooler outside

### **Keep things clean**

- Wash your hands before cooking and eating
- Use clean tools and surfaces

### **Check your food**

- If it looks bad, do not eat it

### **Cook food well**

- Make sure food is fully cooked

### **Do not leave food out too long**

- Put food in the fridge within 2 hours
- In very hot weather, within 1 hour

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# Top 5 Ways to Stay Safe

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To stay cool in hot weather, remember these 5 key points to take care of yourself every summer:

- Stay hydrated: Drink water
- Protect your skin: Wear a hat
- Stay out of direct sunlight: Stay in the shade
- Take a break: Rest when tired
- Find a cooling centre: Stay cool



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# Games and Activities

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## True or False? Correct or Wrong?

Circle your answer.

1. **You should wait until you are thirsty to drink water.**

True / False

2. **Drinking a cold beer helps your body stay hydrated in the heat.**

True / False

3. **You can get a sunburn in just 15 minutes.**

True / False

4. **Food can sit out on a picnic table for 4 hours when it is very hot outside.**

True / False

## Fill in the Blanks with

**hat | water | shade | sunscreen**

On the next hot Saturday, Marie was ready. Before she walked to the park, she put on \_\_\_\_\_ to protect her skin from UV rays. She put a wide \_\_\_\_\_ on her head to keep her face cool. She carried

a bottle of cold \_\_\_\_\_ and drank from it every hour. When the afternoon sun got too bright, she sat on a bench under a big tree to rest in the \_\_\_\_\_. Marie felt great all day!

## What is in the Cooler?

Look at the food items below. Circle the foods that **MUST** go inside a cooler or a fridge on a hot day so they do not spoil.



## Matching Game

Draw a line to match the word on the left to the correct meaning on the right.

### Word

### Meaning

**Dizzy**

Need help right away.

**Dehydrated**

Something may not be safe.

**Emergency**

The food goes bad.

**Risk**

Feel like the room is moving around you.

**Spoils**

Be careful because something is not safe.

**Warning**

Your body does not have enough water.

**Nausea**

Feeling sick to your stomach.

NOW A  
MAJOR MOTION  
PICTURE



# LITTLE WOMEN



LOUISA MAY ALCOTT

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# Special Writing from a Learner

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## Book Review: Little Women

By Grace T.

*Little Women*, by Louisa May Alcott, is a story about four sisters named Meg, Jo, Amy, and Beth.

Each sister has a different personality and dream. The book follows the second sister Jo as she dreams about being a writer.

The book is wonderful as it shows the exciting and fun time about the girls as they become women in their own lives.

I really enjoyed reading it.

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# Special Writing from a Tutor

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My name is Isabella and this is “My One-Minute Story.”

When I am not busy, I enjoy reading and writing during my free time. It is because it **occupies** my mind and I love being **pulled in** by **fictional characters**, and **attempting** to create my own in my **pursuit** to **process** and **explore various themes**.

📖 **Occupies** means to keep you busy.

📖 **Pulled in** means when a story makes you want to keep going.

📖 **Fictional** means not real.

📖 **Characters** means people or animals in a story.

📖 **Attempting** means trying to do something.

📖 **Pursuit** means working toward something you want to learn or do.

📖 **Process** means to think about something carefully.

📖 **Explore** means to look at or learn about something new.

📖 **Various** mean many different kinds.

📖 **Themes** means big ideas in a story.

Everybody loves eating and so do I. My favourite food is **polvorones**. I love them because they are soft and melt **delectably** in your mouth.

If I could travel anywhere, I would go to Barcelona. I want to go there because my mother's family is from there and it's important to my **heritage**. I want to visit before I die.

I want to learn new things. One of them is **Catalan**. Why? That is because my mother speaks it and I want to be able to speak to people in **Barcelona**.

After a busy day, my favourite way to relax is playing a video game, usually visual novels. It makes me feel **distracted** and **immersed** in a different **reality**.

 **Polvorones** are a type of soft cookie from Spain.

 **Delectably** means tasting very good.

 **Heritage** means your family's background, culture, or history.

 **Catalan** is a language spoken in parts of Spain.

 **Barcelona** is a big city in Spain.

 **Distracted** means not paying attention.

 **Immersed** means feeling like you are "inside" the story.

 **Reality** means the real world around you.

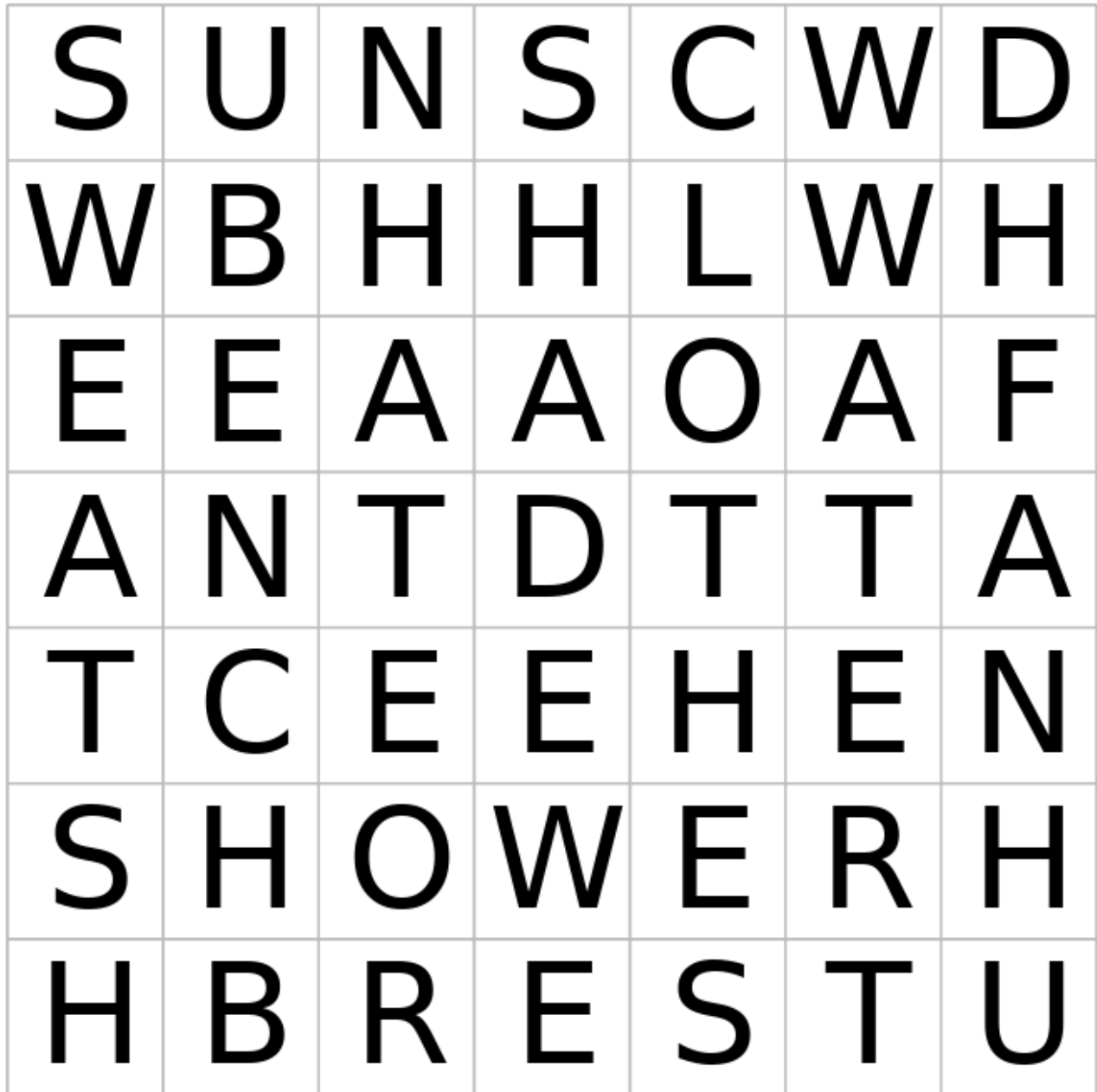
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# Word Search 1

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WATER | SHADE | HAT | BENCH | REST  
SWEAT | SUN | CLOTHES | SHOWER | FAN

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## Word Search 2

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S	N	R	U	D	I	A	S
P	H	A	R	M	A	R	F
O	K	S	I	G	N	S	R
I	L	L	N	E	S	S	I
L	G	U	E	S	S	I	D
S	D	I	Z	Z	Y	E	G
G	N	C	E	N	T	R	E
R	I	S	K	R	A	Y	S

URINE | ILLNESS | HARM | RISK | SIGNS  
SPOILS | FRIDGE | RAYS | DIZZY | CENTRE

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# Games and Activities Answers

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**Word Circle** (Circle the words that help you stay cool.)

**water**   sun   **shade**   **hat**   **rest**   heat

**What Should You Do?** (Pick the safe choice.)

1. **You are working in the sun. You feel very thirsty. Let's:**  
Drink water now
2. **It is very hot and you feel weak. Let's:**  
Rest
3. **Your friend looks tired and too hot. Let's:**  
Help them find a cool place

**True or False? Correct or Wrong?**

1. **You should wait until you are thirsty to drink water.**  
False/Wrong. **Do not wait until you feel thirsty. Drink water often.**
2. **Drinking a cold beer helps your body stay hydrated in the heat.**  
False/Wrong. **Alcohol makes your body lose water.**

**3. You can get a sunburn in just 15 minutes.**

**True/Correct. The sun is very strong and can hurt your skin quickly.**

**4. Food can sit out on a picnic table for 4 hours when it is very hot outside.**

**False/Wrong. In very hot weather, put food in the fridge within 1 hour.**

### **Safe or Not Safe?** (Circle Safe or Not Safe.)

**1. Sitting in the shade on a hot day**

**Safe** / Not Safe

**2. Drinking alcohol without water**

Safe / **Not Safe**

**Alcohol can make your body lose water.**

**3. Drinking water often**

**Safe** / Not Safe

**4. Going out in the hottest time of the day**

Safe / **Not Safe**

**When it is very hot, your body temperature can rise.**

## Fill in the Blanks

On the next hot Saturday, Marie was ready. Before she walked to the park, she put on sunscreen to protect her skin from UV rays. She put a wide hat on her head to keep her face cool. She carried a bottle of cold water and drank from it every hour. When the afternoon sun got too bright, she sat on a bench under a big tree to rest in the shade. Marie felt great all day!

## What is in the Cooler?

Foods that **MUST** go inside a cooler or a fridge on a hot day so they do not spoil.



## Matching Game

### Word

### Meaning

Dizzy	Need help right away.
Dehydrated	Something may not be safe.
Emergency	The food goes bad.
Risk	Feel like the room is moving around you.
Spoils	Be careful because something is not safe.
Warning	Your body does not have enough water.
Nausea	Feeling sick to your stomach.

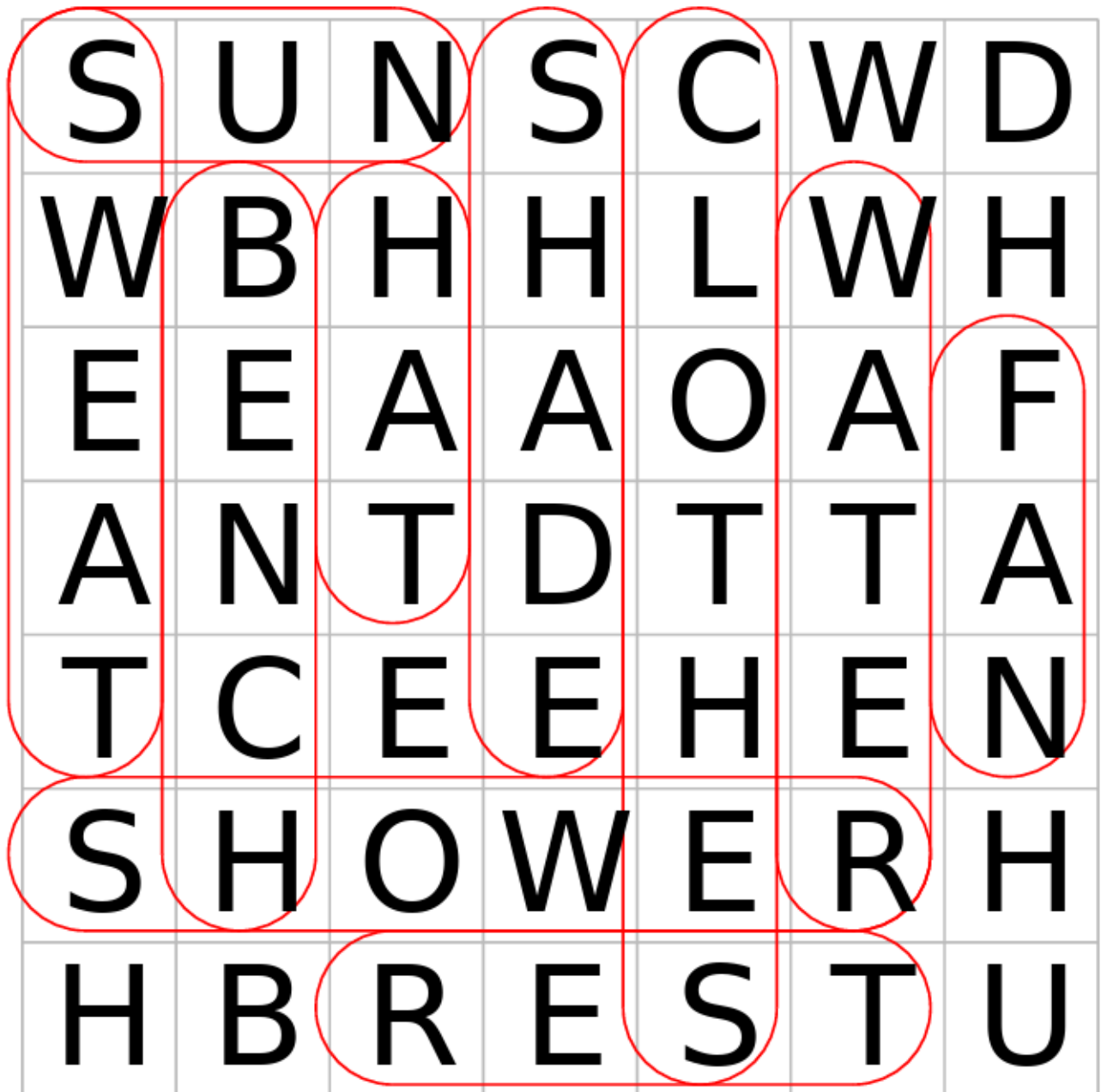
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# Word Search 1 Answers

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WATER | SHADE | HAT | BENCH | REST  
SWEAT | SUN | CLOTHES | SHOWER | FAN

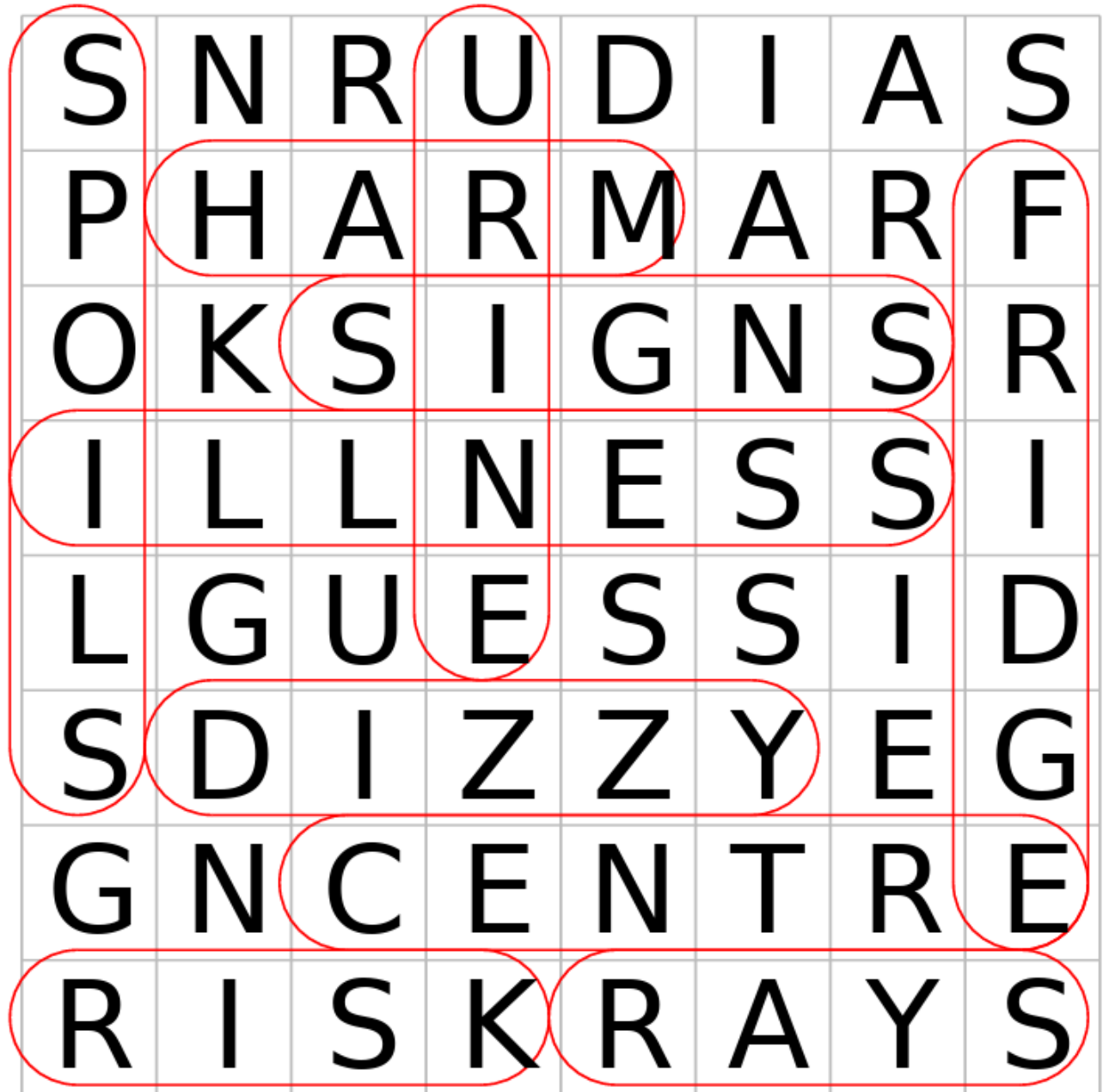
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## Word Search 2 Answers

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URINE | ILLNESS | HARM | RISK | SIGNS  
SPOILS | FRIDGE | RAYS | DIZZY | CENTRE

