

Welcome to Today's Class!

Today's Topic: Heat Waves

In many parts of the world heat waves are becoming longer, more frequent and more intense. Already in the month of April, countries in Southeast Asia (India and Pakistan) have seen lingering temperatures above 40 degrees Celsius. How do heat waves affect our lives? What tips can we share to stay safe?

Agenda:

1. Review the video and vocabulary
2. Breakout room discussions
3. Large group wrap-up



Question:

What is the highest recorded temperature in India?

Answer:

Mungeshpur, Delhi. Mungeshpur recorded a staggering 52.9°C on May 29, 2024, marking the highest temperature ever recorded in India.

Watch & Learn



Heat Waves in Southeast Asia

Key Vocabulary:

1. forecast
2. Infrastructure
3. livelihoods
4. blistering
5. heat stroke
6. blackouts
7. scorching



<https://www.cnn.com/2025/04/17/cnn10/video/ten-041825digvideo>

Let's Talk: Discussion Questions

1. What exactly is a heat wave? How is it different from a hot summer day?
2. Have you ever experienced a heat wave? What was it like?
3. Do you think people take the risks of heat waves seriously enough? What are some of the risks?
4. Do you know the physical signs that a person is at risk for having a heat stroke?
5. What do you do to stay safe and healthy during a heat wave?
6. What changes have you made (or would consider making) to your home or habits to cope with hotter weather?

For your information. . .

A heat wave becomes dangerous when the temperature and humidity reach levels that can harm human health, especially if they persist over several days. Here are common signs it's becoming hazardous:

Physical signs: a person is at risk for having a heat stroke:

- Dizziness, confusion, or fainting – Symptoms of heat exhaustion or heat stroke.
- Heavy sweating followed by dry, hot skin – Can indicate the onset of heat stroke.
- Rapid heartbeat or breathing – A sign the body is under stress.
- Muscle cramps – Often caused by salt depletion due to sweating.
- Headache or nausea – Early signs of heat-related illness.
- Unusual tiredness or weakness – The body is working hard to regulate temperature.

Environmental Signs:

- High nighttime temperatures – Little cooling at night increases heat stress.
- Increased humidity – Makes it harder for sweat to evaporate, reducing the body's ability to cool.
- Extended duration – Several consecutive days of extreme heat elevate risk.
- Heat indexes over 100°F (38°C) – Combines temperature and humidity to assess risk.
- Poor air quality – Ozone levels and pollution can worsen during heat waves, especially in cities