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# Why Do You Have A Fever?

Activity Preparation

## Why Do You Have A Fever?

### Activity:

Measure and compare our body temperature (before and after play) using a thermometer

### Materials:

- A forehead thermometer
- A record sheet to record body temperature
- Writing materials

### Steps:

1. Using a forehead thermometer, measure and record your temperature (before play).
2. Go outdoors and play actively for 30 minutes.
3. Measure and record your new temperature (after play).
4. Is your body temperature the same before and after play?
5. For most of us, our body temperature would change after outdoor play.