



**Exercise – Good for Your Body and Your Brain ( A Physical Health Story)**  
**(2<sup>nd</sup> Grade – 7-8 yrs.)**  
**Video: Why Do We Sweat?**



**STORY CONNECTION-SLIDE 3 (Approx Time: 15-20 mins)**

Did you know that exercise does not have to mean sweat? Going for a walk, playing hide and seek, throwing a ball and climbing on the jungle gym at the park are all things that move your body. These are also things that do not necessarily make you sweat. However, some things you do will make you sweat. This video will help you understand why you sweat sometimes when you do physical activities and why sweating is important for your body to stay healthy.

**Materials needed:**

- Video: [https://www.youtube.com/watch?v=c2\\_aN98p0RM](https://www.youtube.com/watch?v=c2_aN98p0RM) (4:03)
- Chart paper or whiteboard
- Markers
- Paper/Pencils (1 per student- optional)
- Equipment to play online video

**Preparation needed:**

- Preview the video
- Selects questions (or write your own) to ask student(s) about the video.
  - Recommended 2-3 questions
  - These should be written on the board or chart paper for student(s) to see while the video is playing.

**Instructions:**

1. Begin by showing the video in its entirety and have the student(s) just watch it.  
Link: [https://www.youtube.com/watch?v=c2\\_aN98p0RM](https://www.youtube.com/watch?v=c2_aN98p0RM)
2. Next, display the 2-3 questions you would like the student(s) to answer. Explain that you will play the video again for them and they should really focus on finding the answer to the questions during this viewing of the video. They may write their response on a piece of paper.
3. Show the video again.
4. Optional: Allow student(s) time to write their responses down or share with a neighbor.
5. Go over the questions you selected as a group.
6. In closing, remind student(s) that exercising does not have to make you sweat. Moving your body in any way is exercise. However, sometimes the exercise we do is strenuous or hard and we might sweat. Regardless of sweat or no sweat, exercise is good for the body and the brain and that is SPECTacular!

Suggested Questions for Student(s):

- When do people most often sweat? (Temperature is too warm or from exercise)
- Where does the body sweat? (Skin, sweat glands)
- Why do we sweat? (Keeps body temperature down)
- What is the average body temperature for most people? (98.6 degrees Fahrenheit)
- How does sweat leave the body? (pores)
- What happens to the sweat in order to cool our bodies? (evaporates)
- About how many sweat glands do we have? (3 million)
- Are all sweat glands the same? (No, different glands are in different places)
- Do we only sweat when we are too warm or exercising? (No, emotions like nervousness cause us to sweat)
- What is sweat mostly made up of? (water)
- Some adults can produce a lot of sweat—2-3 liters an hour
- How do dogs sweat? (panting)
- How often do we sweat? (everyday)
- What do we need to do when we sweat? (Drink water)