



# Joey and the heatwave

Story by Georgia Langmaid

Illustrated by Rosina Lazzaro

This is **Joey**.



He loves playing outside and having **fun**.

He enjoys **spending time in the sun**.

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GREEN TEAM

MELBOURNE'S CLIMATE JOURNEY



naga northern alliance for greenhouse action



*This resource has been created on the traditional lands of the Wurundjeri Boon Wurrung and Bunurong people of the Kulin nation. Enliven Victoria acknowledges the Traditional Custodians of the land and waterways where we learn and grow together. We recognise our personal obligation to respect this heritage and their Elders past, present and emerging and support the future by striving for justice and reconciliation.*

One hot summer morning, the **sun** was very bright.

Joey thought to himself, “**This does not feel quite right.**”



His father says **hot days** can be dangerous, especially in Australia.

But Joey wants to go outside and play, no matter what the temperature.

When Joey went outside to play, his skin started to **burn!**

“Oh Joey, **please come back inside,**” his father said with concern.



He started to feel

*tired, thirsty and dizzy.*

Hot days, can make you feel sick,

it is not a time to get busy!!



His mother said,

“When the days are hot,

go find a **shady spot.**”



So Joey went to find some **shade**, not too far away.

Under the **big gum tree** with Wombat he lay.

Out of the sun, he started to feel better.

But it was still very hot, so he went to find some **water!**

At the pond with Kookaburra, they **ate fruit** and **drank water**.

Sitting down in the shade, sharing stories and laughter.





Joey joined his friend Platypus, in the pool.

*What a perfect way to keep cool!*

Joey decided to put on a **hat, sunscreen** and a **long sleeve shirt**.

Making sure he is protected from the **sun** and does not get burnt!

It is important we **plan ahead** on hot days and **prepare**.

Wearing loose clothing and sunscreen is one way we can take care.



Night time fell but the temperature did not.

**“How long will this hot weather last?”** he thought.

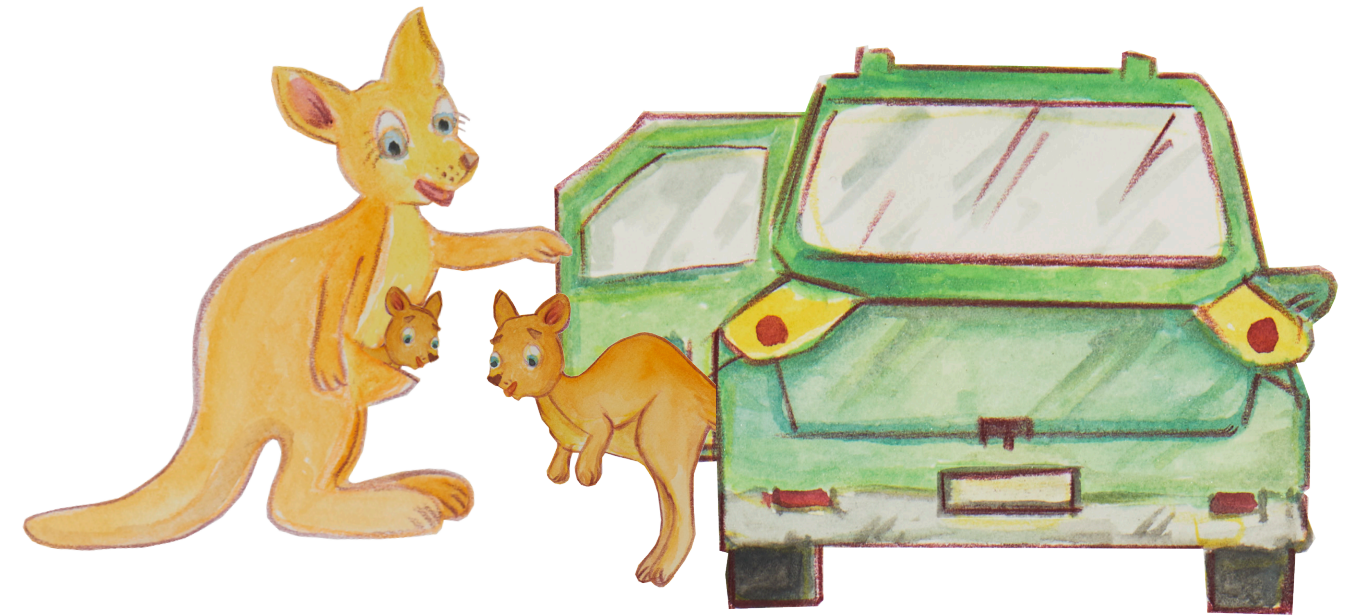
Hot weather can last for **three days on end**.

This is called a **heatwave** my friend.

When it is hot, it is important to **check on one another**.

So the next morning, he went to visit his grandfather.

Joey made sure he is **keeping cool** and feeling alright,  
especially as there are no cool days in sight.



When it is hot, we should never leave kids or pets alone in a car.

It is very unsafe and the **most dangerous by far**.

In minutes, the temperature inside a parked car can double.

It gets **hotter** and **hotter** and then you are in trouble!





Joey has learnt a thing or two,  
you can still have **fun** while being **safe** too.

Heatwaves can impact **everyone**.

We've got to keep cool and stay out of the sun.

**Drink lots of water, check in on your friends,**

and look after your health

*until the heatwave ends!*



### PLAN AHEAD

Schedule activities in the coolest part of the day and avoid exercising in the heat. If you must go out, wear a hat and sunscreen and take a bottle of water with you.



### DRINK WATER

Even if you don't feel thirsty, drink water. Take a bottle with you always.



### HOT CARS ARE DANGEROUS

Never leave kids, older people or pets in cars. The temperature inside a parked car can double within minutes.

## Do you have a heat plan??



### CHECK IN ON OTHERS

Look after those most at risk in the heat – your neighbour living alone, older people, the young, people with a medical condition and don't forget your pets.



### KEEP COOL

Seek out air-conditioned buildings, draw your blinds, use a fan, take cool showers and dress in light and loose clothing made from natural fabrics.



SCAN ME

For more information on how to prepare for a heatwave, please scan the QR code.

NURSE-ON-CALL: 1300 60 60 24

or see your doctor if you are unwell.

In an emergency, call 000.





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