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How to keep cool in hot weather

Posted by [sat](#) on Tue, 2014-04-08 20:34

This online resource explores the ways in which animals adapt to extremely hot weather.

The resource is a video suitable for Foundation Year students that investigates and demonstrates the ways in which the bodies of humans and animals adapt to extremely hot weather.

The video shows what's happening under the skin when we feel hot and how our bodies regulate our body temperature. It explains how humans and animals have ways of cooling down their bodies to feel cooler.

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Sheltering behaviour

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