



SUMMER IN THE CITY

Activity Book



Department of
Public Health

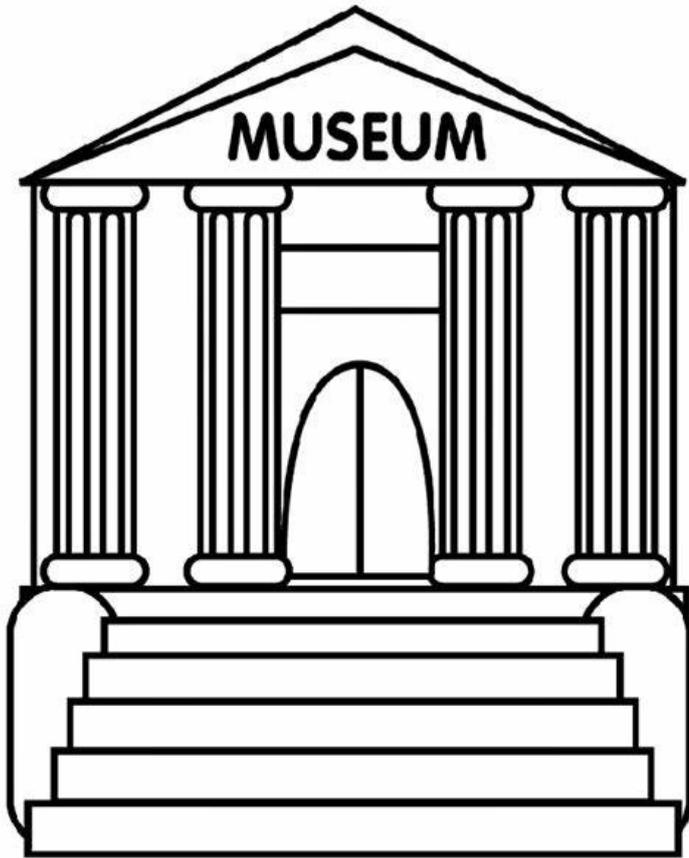
CITY OF PHILADELPHIA

**This Summer, it is
important
to stay cool!**



Places to Keep Cool:
Your Local Library Branch
A Shady Park
Community Pool
The Sprayground
A Museum

PHILLY COOLING CENTERS



What are cooling centers?

These are FREE places you can go to keep cool during a heat emergency

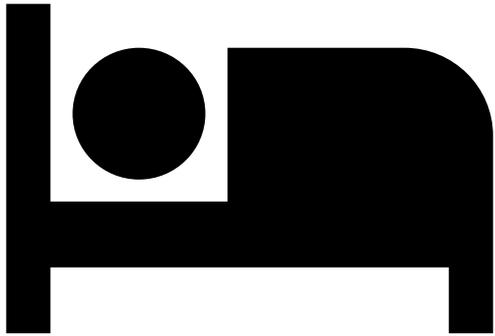
Call 3-1-1 to find the nearest cooling center!

visit: <https://bit.ly/PhillyCool>



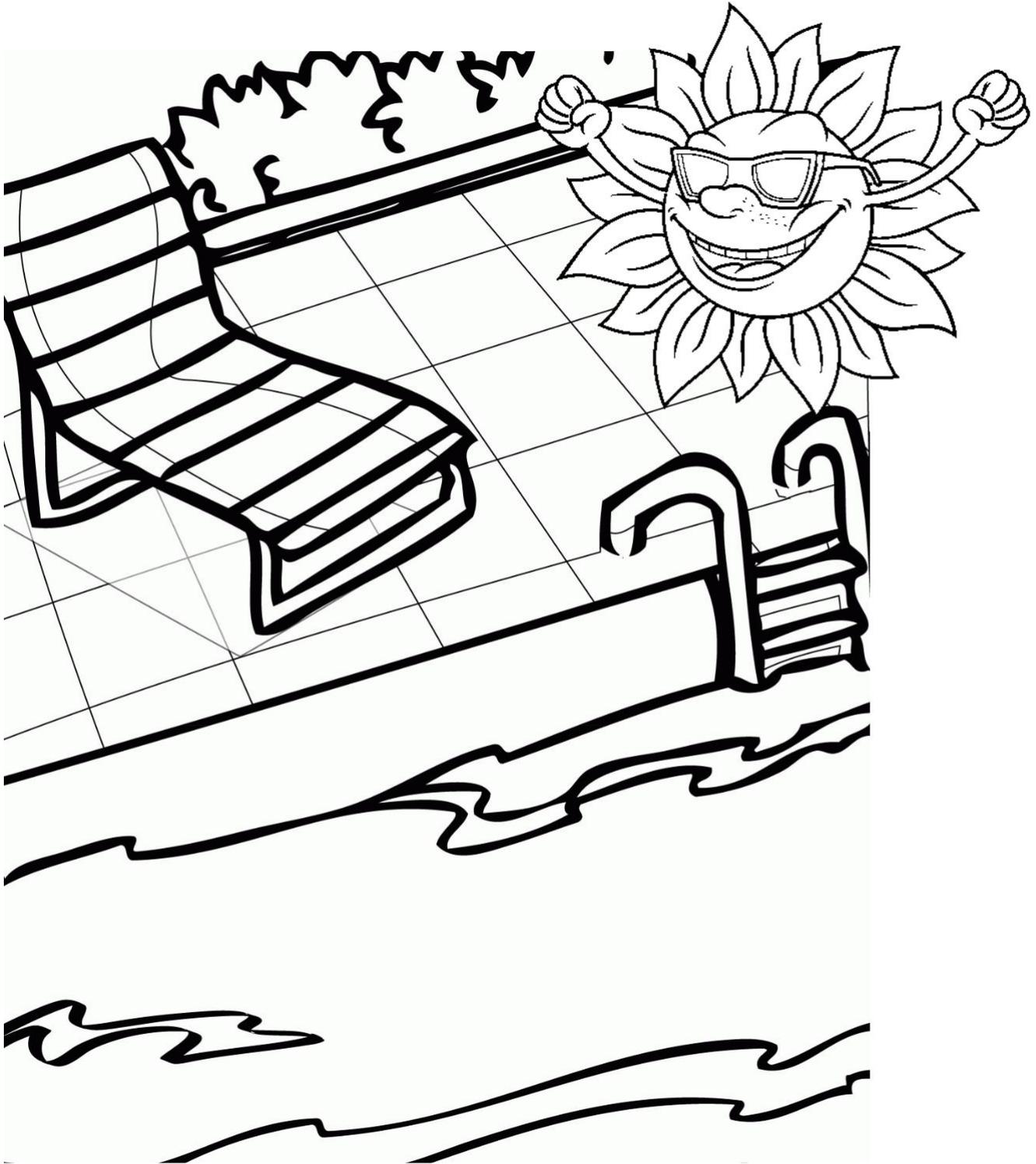
FIND THE PERFECT SPOT

Circle the best areas to sit for shade



THE POOL

Going to the pool on a hot day is a fun way to keep cool!

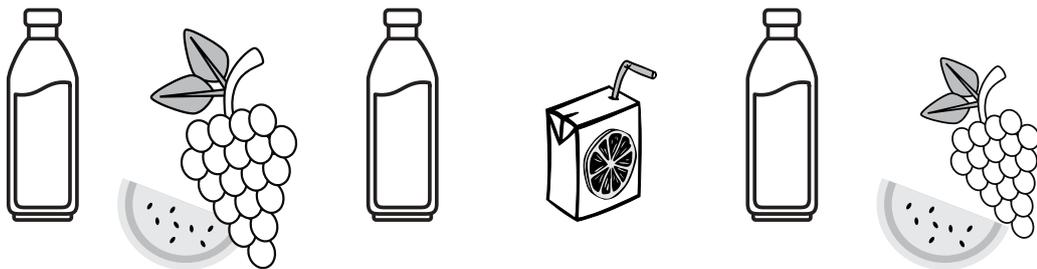
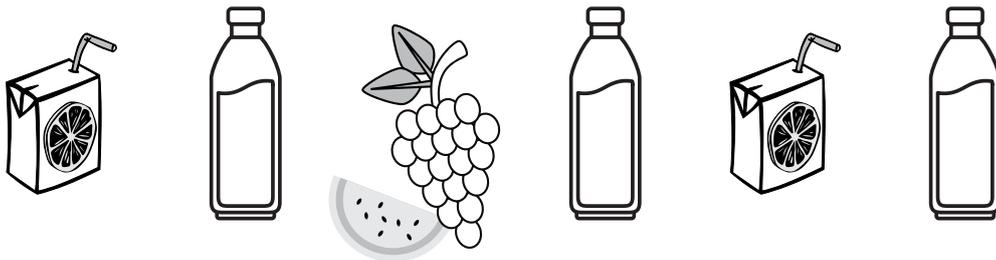
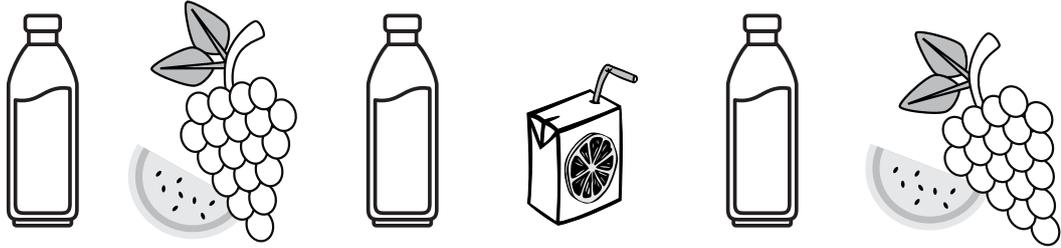


**THE FREE CITY POOL NEAREST
ME IS**

<https://bit.ly/FreePhillyPools>

Things to stay hydrated on hot days

Color and circle the items that keep you from being thirsty on a hot day! Write how many you had in one day on the line below.



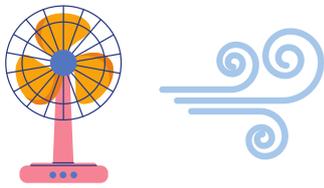
Total:

Drink lots of liquids to keep you safe and hydrated on a hot day!



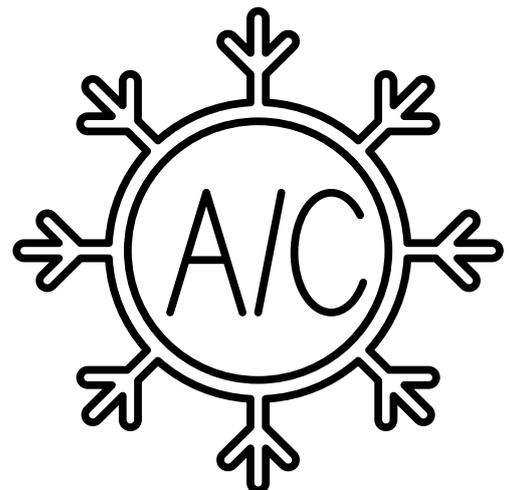
LOOK OUT FOR OTHERS!

Keep your community cool:
Like you, grown ups need to drink
lots of water or non-sugary drinks in
the summer.



Keep grandparents and older adults safe on
hot summer days! They can get very sick
without enough water, cool air, or a spot in
the shade.

Call the **PCA HEATLINE** for
more information from health
experts at **215-765-9040**



Name _____

Date _____

A Philly Summer

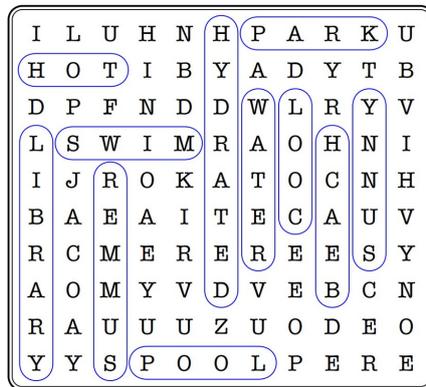


Find and circle each of the words from the list below. Words may appear forwards or backwards, horizontally or vertically in the grid.

I	L	U	H	N	H	P	A	R	K	U
H	O	T	I	B	Y	A	D	Y	T	B
D	P	F	N	D	D	W	L	R	Y	V
L	S	W	I	M	R	A	O	H	N	I
I	J	R	O	K	A	T	O	C	N	H
B	A	E	A	I	T	E	C	A	U	V
R	C	M	E	R	E	R	E	E	S	Y
A	O	M	Y	V	D	V	E	B	C	N
R	A	U	U	U	Z	U	O	D	E	O
Y	Y	S	P	O	O	L	P	E	R	E

beach hydrated sunny summer library
swim hot park pool cool water

Answer Key



beach hydrated sunny summer library
swim hot park pool cool water

**For more HEAT information,
visit or call :**

Philadelphia Corporation of Aging (PCA)
Heatline
215-765-9040
or
call 3-1-1



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Public Health

CITY OF PHILADELPHIA

