

## DRESSING APPROPRIATELY FOR THE WEATHER

Even a bear can feel the cold once in a while. When I was a cub I used to hate getting cold ... why do you think we hibernate, eh? So, today we are going to look at a simple challenge that is going to force you to do a little planning. It is all about dressing appropriately for the weather.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

For three weeks, check the weather each day and plan appropriate clothing accordingly.

This time of the year we have warm days and we have cold days. And we have days that start cold, then get warm. And we have days that start dry and get wet later. So, the trick to this is to plan for the day, not just the right now.

1. Before you go out in the morning, check the weather report for the day. Is it going to be warm or cold, dry, windy, maybe even snowy in your area? It may look good out of the window right now, but the weather forecast will tell you what to expect.

2. Now, select clothes and overgarments (like coat or sweater) that are appropriate. Perhaps you wear a coat that you can easily roll up and put in your backpack later on when it gets warm. Maybe today is not the day to wear your favorite old running shoes because it will rain later and they leak like a sieve.

3. With a little help from your parents, start making good decisions, planning for the day so you can remain warm/cool, healthy, and comfortable.

