

## Kids question and answers-worksheets

### I wonder why we sweat...

Your body is always working to keep you at the right temperature -98.6 °F. When you play a lot or get hot, your body helps lower you temperature by making you sweat. As air blows on the sweat, you cool down.

### I wonder why people shiver when they are cold...

Shivering helps a person feel warmer. Your muscles tighten and relax very quickly over and over again. When you muscles work hard, you warm up.



### I wonder why people get bruises...

When people bump a part of their body, it might turn blue or yellow the next day. This means small blood vessels in your body have been broken beneath the skin. When the blood goes out of these blood vessels, your skin turns blue or yellow. This is a bruise. When the blood vessels heal up, the bruise goes away.