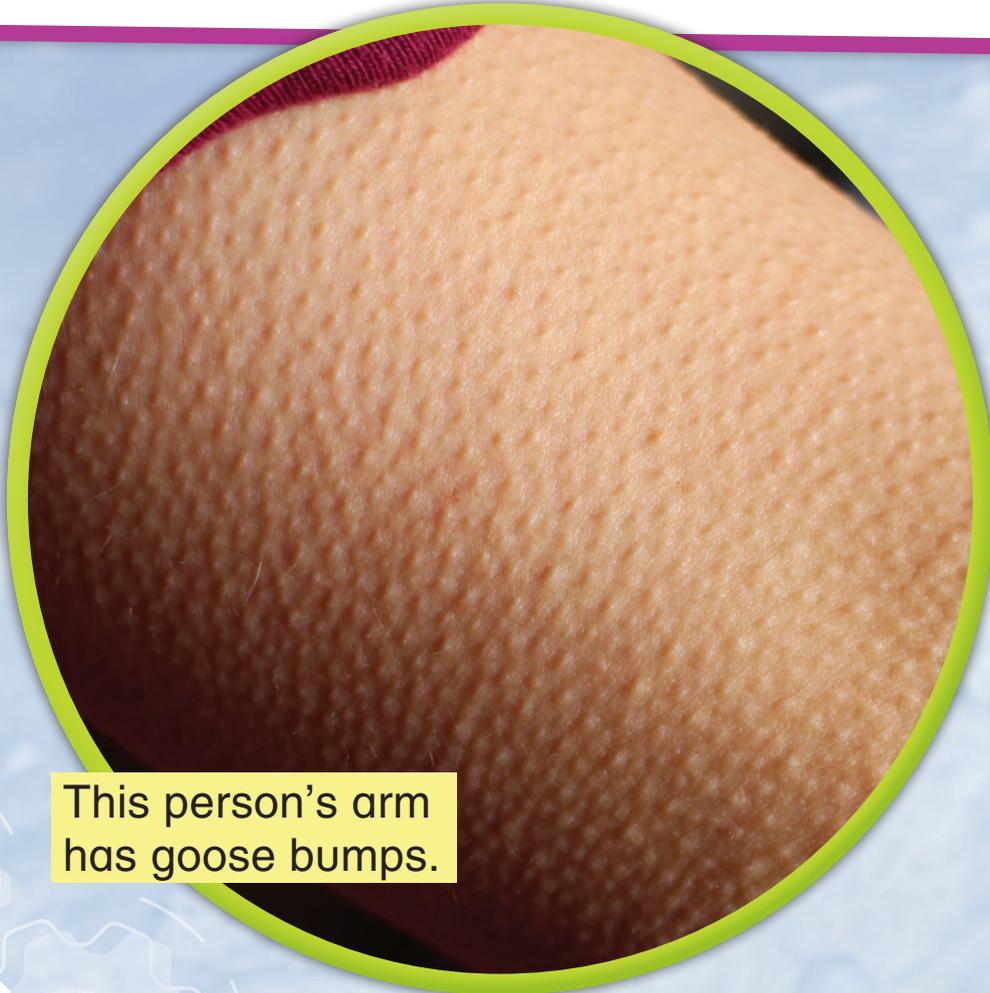


Too Cold

The air is cold. Your skin has tiny **goose bumps**. It is time to warm up!



This person's arm has goose bumps.



Warming Up

When it is cold, people may want to warm up. There are many ways to do it.



Blowing warm air on your hands may warm them up.



Science

Shaking and Shivering

People may **shiver** when they are cold. Shivering happens when muscles twitch. They twitch to make heat.

Cover Up

People's bodies make heat. Clothes and blankets help bodies keep their heat. Good **shelter** does too.



A thick sweater helps keep in body heat.



Technology & Engineering

Hand Warmers

A reaction happens inside hand warmers. The reaction gives off heat. Warm hands help the whole body feel warm.