

COOL OFF LIKE A DIK-DIK!



Dik-diks are a small African antelope that live in the hot, dry climates of Africa. They have a very long nose, which actually helps keep them cool in extreme heat! Instead of sweating, dik-diks pull blood into the vessels in their nose and wiggle it to cool the blood. Their heart pumps the cooled blood back into their bodies and helps them avoid overheating!

Activity: Keep Cool

- Get ready for summer! What are your favorite ways to stay cool?
- Choose 3 different cool-down strategies and test them out! Some examples could be going for a swim, eating a popsicle, sitting by a fan or wearing sandals.
- Take a picture of your favorite one and share it with us on Facebook!



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