



Adapt and Overcome

Over thousands of years, animals have changed what they look like, and how they do things, to suit the conditions of their environment. This is called adaptation. Adaptations help you survive and thrive. Those living in the cold have grown thick fur, or blubber, to keep warm, while those in warm places have developed ways of preserving water. Some animals that lived underwater have developed ways to live on land, and some on land, ways to live in the ocean. Some have grown long claws, beaks or necks. Some have learned to walk, and others ways to climb, fly or change color. An adaptation is required when we cannot avoid the conditions of the environment. As climate change affects us all with warmer temperatures on land and in the water, with changing weather conditions, humans must now adapt too.



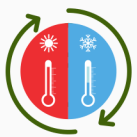
Nature Adaptation

We are surrounded by nature. If we look after it well, it has the ability to provide us with everything we need. Sadly, humans haven't been looking after it. How could you adapt what you normally do every day, in order to interact with nature even better? Put your image, words or drawing in the space provided.



Food Adaptation

Our access to food is changing. Some of us have less choices and options. What adaptation would you choose to make in order to deal with this change. What things could you eat more of, or less of, that could help you deal with climate change better?



Heat Adaptation

It is no secret that our atmosphere is getting warmer in most parts of the world. What adaptation would you make in order to help your body deal with heat better?



Other Adaptation

You've suggested three ways you could adapt so far. The final choice is up to you. It could be with regard to how you move or what you look like. It could be your ability to deal with air or water differently, or maybe it's a skill you wish you had.