Why do I shiver when I'm cold?

Brrr! My whole body is shaking! Why do I shiver when I'm cold?



Why?

1. **Your skin feels the cold.**
   Your skin sends a message up to your brain.
2. **Your brain tells your big muscles to squeeze and relax.**
   They squeeze, relax, squeeze, relax, super fast. That's shivering.
3. **Working muscles make heat.**
   When you shiver, your muscles work and work, so your body warms up from the inside.

Color Sprout too!



Try it! Jump up and down

You need: a chilly day

1. Next time you feel chilly, jump up and down ten times.
2. Do you feel warmer?

What happened? Moving muscles make heat, too!

Video + more questions:
whywhywhykids.com/shiver

scan with a grown-up