

Why does sweat make you feel cool?



When you sweat a lot and then feel cool air, why does the sweaty part of you feel extra cool?



Why?

1. When you run and play, your body gets hot inside, like a little engine.

Too much heat is not good for you. So your skin turns on its own sprinklers! Millions of tiny holes called sweat glands push out little drops of water. That water is sweat.

2. The fastest water bits jump off your skin and fly away.

Sweat is made of teeny tiny water bits, much too small to see. Your warm skin makes them wiggle faster and faster. The fastest ones fly off into the air, and each one carries a little bit of your heat with it. This is called evaporation.

3. Whoosh! Cool air blows the crowd away.

When the air is still, the water bits that flew off hang around near your skin, like a big crowd, so your sweat dries slowly. A breeze sweeps them away and brings fresh, dry air. Now lots of water bits can jump off at once, and they take away lots of heat, very fast.

Try it! Blow on your hands

You need: a little water

1. Wet the back of one hand. Keep the other hand dry.
2. Now blow on both of them.
3. Which hand feels colder?

What happened? The wet one! The water flying away from the wet hand takes heat with it. That is double cooling.

Video + more questions:
whywhywhykids.com/sweat



scan with a grown-up