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Satorras, M., Ortiz, J., Lacort, E., Domene, E. 2025. Heat Diary. Project Heat Watchers in Action. Institut Metròpoli, Institut de Recerca en Energia de Catalunya (IREC), i Àrea Metropolitana de Barcelona (AMB). <https://doi.org/10.5281/zenodo.18187037>

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About Heat Watchers

Heat Watchers is a project that requires your participation as a citizen scientist to understand the temperature and level of thermal comfort inside our homes when it is hot outside.

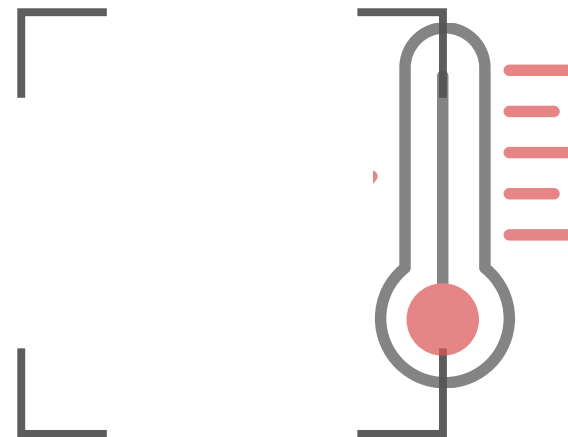
For the first time, we will learn how children experience heat!

This citizen science project will help generate pioneering knowledge to better adapt our cities, homes, and lives to climate change and extreme heat.

Heat Watchers is a pilot project led by researchers from the Institut Metropòli and the Catalonia Institute for Energy Research (IREC), promoted by the Climate Emergency and Environmental Education Service of the Barcelona Metropolitan Area (AMB).

It is supported by the IMPETUS program, funded by the European Union.

Heat Watcher



[Attach your photo or draw a picture of yourself]

Name: _____

Gender and age: _____

Educational center: _____

Sensor code: _____

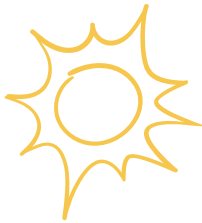


Have you become a **Heat Watcher**?

Congratulations!

In this diary, we suggest that you write down your **sense of comfort** every day during the campaign:

- What day is it (day, month, and year)?
- What time is it (in 24-hour format)?
- Where you are in the house (in the living room or dining room, in your room, or in the parents' room)
- If you have a thermometer, what is the temperature?
- What action have you taken in the last hour?



To share the data you have collected with the other Heat Watchers, remember to bring your heat diary to school on this day:

TIPS & TRICKS

of Heat Watchers

Tricks that help me stay cooler **at home**:



Other tricks for coping with heat **outside the home**, in my neighborhood or city:



A **drawing** of my trick to cope with the heat:

DAY 14

Date:

Time: __:__ ☐ morning ☐ afternoon

Where I am in the house:

1. Dining room
2. My room
3. Parent's room

Current temperature:

__ °C

Right now, I feel that:



It's very hot



It's a little hot



It's fine, not hot or cold



It's a little cold



It's very cold

In the last hour I have done these actions:

☐

Rest

☐

Cool off with water

☐

Drink water

☐

Cool off with a fan

☐

Open windows

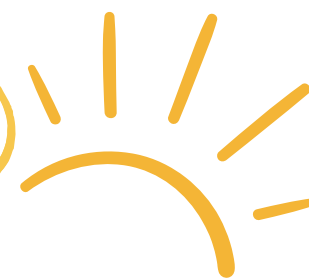
☐

Cool off with the air conditioning

18



SUMMER



Before you begin, circle how hot you feel in these three areas of your home during the summer:



It's very hot



It's a little hot



It's fine, not hot or cold



It's a little cold



It's very cold

Dining room	My room	Parent's room

3



Before you begin, circle how hot you feel in these three places of your home during the **winter**:



Dining room	My room	Parent's room



Date: _____

Time: ____:____ ☐ morning ☐ afternoon

Where I am in the house:

- Dining room
- My room
- Parent's room

Current temperature:
____ °C

Right now, I feel that:



In the last hour I have done these actions:

- | | |
|---------------------------------------|---|
| <input type="checkbox"/> Rest | <input type="checkbox"/> Cool off with water |
| <input type="checkbox"/> Drink water | <input type="checkbox"/> Cool off with a fan |
| <input type="checkbox"/> Open windows | <input type="checkbox"/> Cool off with the air conditioning |

DAY 12

Date:

Time: __:__ ☐ morning ☐ afternoon

Where I am in the house:

1. Dining room
2. My room
3. Parent's room

Current temperature:

___ °C

Right now, I feel that:



It's very hot



It's a little hot



It's fine, not hot
or cold



It's a little
cold



It's very cold

In the last hour I have done these actions:

☐

Rest

☐

Cool off with water

☐

Drink water

☐

Cool off with a fan

☐

Open windows

☐

Cool off with the air
conditioning

16

DAY 1

Date:

Time: __:__ ☐ morning ☐ afternoon

Where I am in the house:

1. Dining room
2. My room
3. Parent's room

Current temperature:

___ °C

Right now, I feel that:



It's very hot



It's a little hot



It's fine, not hot
or cold



It's a little
cold



It's very cold

In the last hour I have done these actions:

☐

Rest

☐

Cool off with water

☐

Drink water

☐

Cool off with a fan

☐

Open windows

☐

Cool off with the air
conditioning

5

DAY 2

Date:

Time: __:__ ☐ morning ☐ afternoon

Where I am in the house:

1. Dining room
2. My room
3. Parent's room

Current temperature:

___ °C

Right now, I feel that:



It's very hot



It's a little hot



It's fine, not hot
or cold



It's a little
cold



It's very cold

In the last hour I have done these actions:

☐

Rest

☐

Cool off with water

☐

Drink water

☐

Cool off with a fan

☐

Open windows

☐

Cool off with the air
conditioning

6

DAY 11

Date:

Time: __:__ ☐ morning ☐ afternoon

Where I am in the house:

1. Dining room
2. My room
3. Parent's room

Current temperature:

___ °C

Right now, I feel that:



It's very hot



It's a little hot



It's fine, not hot
or cold



It's a little
cold



It's very cold

In the last hour I have done these actions:

☐

Rest

☐

Cool off with water

☐

Drink water

☐

Cool off with a fan

☐

Open windows

☐

Cool off with the air
conditioning

15

DAY 10

Date:

Time: __:__ ☐ morning ☐ afternoon

Where I am in the house:

1. Dining room
2. My room
3. Parent's room

Current temperature:

___ °C

Right now, I feel that:



It's very hot



It's a little hot



It's fine, not hot
or cold



It's a little
cold



It's very cold

In the last hour I have done these actions:

☐

Rest

☐

Cool off with water

☐

Drink water

☐

Cool off with a fan

☐

Open windows

☐

Cool off with the air
conditioning

14

DAY 3

Date:

Time: __:__ ☐ morning ☐ afternoon

Where I am in the house:

1. Dining room
2. My room
3. Parent's room

Current temperature:

___ °C

Right now, I feel that:



It's very hot



It's a little hot



It's fine, not hot
or cold



It's a little
cold



It's very cold

In the last hour I have done these actions:

☐

Rest

☐

Cool off with water

☐

Drink water

☐

Cool off with a fan

☐

Open windows

☐

Cool off with the air
conditioning

7

DAY 4

Date:

Time: __:__ ☐ morning ☐ afternoon

Where I am in the house:

1. Dining room
2. My room
3. Parent's room

Current temperature:

___ °C

Right now, I feel that:



It's very hot



It's a little hot



It's fine, not hot
or cold



It's a little
cold



It's very cold

In the last hour I have done these actions:

☐

Rest

☐

Cool off with water

☐

Drink water

☐

Cool off with a fan

☐

Open windows

☐

Cool off with the air
conditioning



DAY 9

Date:

Time: __:__ ☐ morning ☐ afternoon

Where I am in the house:

1. Dining room
2. My room
3. Parent's room

Current temperature:

___ °C

Right now, I feel that:



It's very hot



It's a little hot



It's fine, not hot
or cold



It's a little
cold



It's very cold

In the last hour I have done these actions:

☐

Rest

☐

Cool off with water

☐

Drink water

☐

Cool off with a fan

☐

Open windows

☐

Cool off with the air
conditioning



DAY 8

Date:

Time: __:__ ☐ morning ☐ afternoon

Where I am in the house:

1. Dining room
2. My room
3. Parent's room

Current temperature:

___ °C

Right now, I feel that:



It's very hot



It's a little hot



It's fine, not too hot or cold



It's a little cold



It's very cold

In the last hour I have done these actions:

☐

Rest

☐

Cool off with water

☐

Drink water

☐

Cool off with a fan

☐

Open windows

☐

Cool off with the air conditioning

12

DAY 5

Date:

Time: __:__ ☐ morning ☐ afternoon

Where I am in the house:

1. Dining room
2. My room
3. Parent's room

Current temperature:

___ °C

Right now, I feel that:



It's very hot



It's a little hot



It's fine, not too hot or cold



It's a little cold



It's very cold

In the last hour I have done these actions:

☐

Rest

☐

Cool off with water

☐

Drink water

☐

Cool off with a fan

☐

Open windows

☐

Cool off with the air conditioning

9

DAY 6

Date:

Time: __:__ ☐ morning ☐ afternoon

Where I am in the house:

1. Dining room
2. My room
3. Parent's room

Current temperature:

___ °C

Right now, I feel that:



It's very hot



It's a little hot



It's fine, not hot
or cold



It's a little
cold



It's very cold

In the last hour I have done these actions:

☐

Rest

☐

Cool off with water

☐

Drink water

☐

Cool off with a fan

☐

Open windows

☐

Cool off with the air
conditioning

10

DAY 7

Date:

Time: __:__ ☐ morning ☐ afternoon

Where I am in the house:

1. Dining room
2. My room
3. Parent's room

Current temperature:

___ °C

Right now, I feel that:



It's very hot



It's a little hot



It's fine, not hot
or cold



It's a little
cold



It's very cold

In the last hour I have done these actions:

☐

Rest

☐

Cool off with water

☐

Drink water

☐

Cool off with a fan

☐

Open windows

☐

Cool off with the air
conditioning

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