



RAIN!



Now that we are having some rainy days, don't be put off going for your daily walk or playing out in the garden. At school we go outside in all weathers to play and learn (unless it is unsafe or especially severe). We find that the majority of the children love being outdoors. Often it is adults who need more encouragement! There is no risk to health as long as they are wearing appropriate clothing and footwear and being supervised.

Benefits of playing in the rain

1. It helps with a child's motor skills and balance ability. They are investigating, exploring, and enjoying a different aspect to the outside world. It has a different set of physical challenges from a dry world.
2. When they are playing in rain it helps children connect with all the weathers nature has. This helps improve their general connection they have with nature.
3. They are exposed to a different sensory experience. There are so many new sights, sounds, smells, touches, and possibly tastes (depending on your child), to be experienced.
4. They are learning. More specifically they are learning about water through their chosen method of playing in it. Never underestimate how much they learn through their play
5. They are being more physically active by being outdoors on a rainy day, reaping the all the physical health benefits that come with outdoor play.





Some ideas to try:

1. Mud pies and mud kitchens are always better with rain water mixed in.
2. Paint with mud and sticks.
3. Sing and dance in the rain.
4. Take an umbrella outside and listen to the sound of the rain whilst sitting or standing underneath.
5. Play with bath toys in the puddles
6. Build a dam.
7. Go puddle jumping
8. Make paper boats or use recycled plastic containers to make a raft.
9. Find leaves to float in the puddles
10. Draw with chalks on the wet ground.
11. Play in a sand tray. Wet sand is fun to dig and shape.
12. Put out containers made from different materials. Listen to the sounds made when the rain falls on them. Pots, bowls, tin foil trays, saucepans, will all make a different noise.

