



REFLECTING ON RAINY DAY ACTIVITIES

Wet weather? Don't miss the fun outside!

LOIS INGELLIS | COMMUNITY PLAYTHINGS



Rainy Day Activities

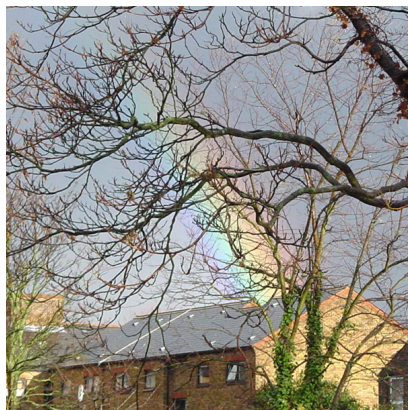
Rainy weather happens, but that is no excuse to stay inside! Wet days offer a deluge of new experiences that are not to be missed (apologies to all you readers from drier climates). I'm sure other climates can think of ways to incorporate these ideas without wasting precious water, too.

To get the most enjoyment out of the weather, children should be dressed appropriately in rain gear and boots. There's no such thing as bad weather—only inappropriate clothing! Of course, use common sense, and don't go out if there's a chance of lightning or severe weather.



JUMP IN PUDDLES

Sometimes it's the simplest things that produce the most fun! Every kid enjoys seeing how big a splash he can make. Go on a walk and see who can find the biggest puddle. Play follow the leader—go around, jump over, or wade through puddles.



BECOME METEOROLOGISTS

Measure and chart the amount of rainfall. Simply put a plastic cup out in the rain or use a cut-off plastic bottle to make a rain gauge. Mark measurements on the side, and check it throughout the day. Daily weather checks can be graphed with stickers on a chart outside. Checking the weather when children can't see and be in it is not ideal. They crave and need full body experiences!

LOOK FOR THE RAINBOW

If the sun comes out as the rain subsides, make sure you don't miss the rainbow. Take walks to notice what wonders are right in your own neighborhood and immediate surroundings.

A poem I have had in mind for 40 years goes like this:

"I have to have a stick when I go
walking down the street,
To poke in holes and skim along
the fences that we meet.
My father (teacher) says I have
to have a stick with me—
I... cannot... walk without it!"
Walking and noticing small
details in the environment can
turn an ordinary rainy day into
an adventure full of discovery.

SMELL THE RAIN

Give children time to absorb and enjoy the refreshing aroma of fresh spring rain hitting dry earth. There is even a word—and scientific research—to describe this distinct smell: Petrichor.

Smells often connect strongly to memory. For example, the smell of melted crayons may bring back memories of a grandmother's backyard, or the scent of tomato plants brushed against in a garden may remind someone of childhood summers. Encouraging children to notice and talk about these connections can deepen the sensory experience.



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