



# Outdoor Play in any Weather

How to support outdoor play in the rain, wind, heat or cold

## Educator Fact Sheet

### Wet Weather

When it's wet and cold, it's still fun to go outside, just remember to rug up and keep warm and dry.

- Plan an activity to warm up before going outside e.g. dancing, aerobics
- Make use of undercover verandas and shelters
- Ask families to pack wet weather gear, a change of clothes or waterproof onesies
- Have a supply of spare clothing, raincoats, rain boots, hats, gloves and scarves



### Get active by:

- Playing in puddles when it's wet
- Role playing as pirates on a ship – e.g. walking on a plank
- Create coloured puddles by adding natural food colouring and float paper boats or leaves
- Playing Floating and Sinking – using a puddle as a natural water table
- Creating an obstacle course with old tyres and tree stumps
- Singing and dancing outdoors - 'Rain, rain go away', 'I can see a rainbow'



'The heart of a child'  
by Worimi Artist  
Lara Went

Good for kids  
Good for life





# Outdoor Play in any Weather

How to support outdoor play in the rain, wind, heat or cold

## Educator Fact Sheet

### Hot Weather

- Consider adding small potted trees, fixing shade sails or using other portable shade structures
- Schedule outdoor play during cooler times of the day; or have shorter, more frequent play sessions on warmer days
- Consider if shade structures can be moved throughout the day to protect areas from direct sunlight
- Utilise SPF30 (or higher) water-resistant sunscreen, hats and sunglasses
- Ensure parents know to dress children in sun-protective clothing
- Become aware of early signs of heat stress and monitor this in children
- Role model and promote the use of sunscreen and hydration stations
- Check the temperature of outdoor facilities and equipment on hot days to avoid serious burns
- Check that your practice is aligned with the Cancer Council recommendations



### Get active by:

- Gardening and watering plants
- Playing in the shade - with balls, hula hoops, balance beams, table tunnels, an obstacle course or hopscotch
- Toy Scavenger Hunt
- Chalk to draw around shadows
- Wet Sponge Throw
- Sprinkler play games\*
- Water relay race\*
- Water balloon games\*

\*Consider water restrictions in your local government area



'The heart of a child'  
by Worimi Artist  
Lara Went

Good for kids  
Good for life

