



# Get active in any weather

## Educator Newsletter 3

### Getting Outside and Getting Active

I love this inspirational quote below. It sums up a key philosophy of the *Good for Kids* team.

While many are aware of the multiple benefits of more time spent outdoors, it is often because of how we perceive the weather - either too hot, too cold, too wet or too windy - that mean children are kept indoors instead of allowing them the freedom to choose between playing outdoors or indoors.

*“There is no such thing as bad weather,  
only inappropriate clothing”* Alfred Wainwright



In this newsletter, we explore ways you can turn this around. Every day is a good day to be outdoors, so let's put on suitable clothing, get outside and get active.

Take a look at the [case study from KU Mayfield Preschool](#). As with many services, KU Mayfield found it a challenge to have the right equipment to make their outdoor spaces safe and interesting. With the help of families, community fundraising and the creative use of portable play equipment, KU Mayfield now have an engaging outdoor environment along with additional undercover areas which allow for active, outdoor play in all weather.

Enjoy reading and be inspired 😊

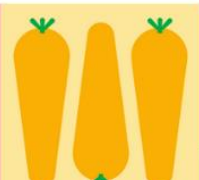
*The Good for Kids Team*

### Getting Active in Hot Weather

Some ways to stay active on those hot summer days:

- Move games to the shade such as hopscotch, an obstacle course, ball games, hula hoops, balance beams and table tennis
- Gardening and watering plants
- Toy scavenger hunt
- Sprinkler play games\*
- Water relay race\*
- Chalk to draw around shadows
- Wet sponge throw\*
- 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





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### Sun and Heat Safety

Sun safety in the outdoors is essential at Australian ECEC's.

- 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 families 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 burns
- Check that your service is aligned with the [Cancer Council SunSmart Recommendations](#)



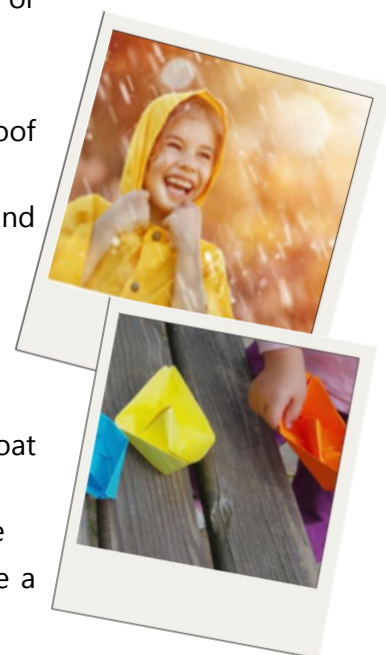
### Wet Weather

In the wet and cold it is STILL FUN to go outside, just REMEMBER to rug up and keep warm and dry.

- Plan an activity to warm up before going outside such as dancing or 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
- Singing and dancing outdoors – e.g. 'Rain, rain go away', 'I can see a rainbow'



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