

Outdoor Play in any Weather

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

Educator Newsletter



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



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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



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