

“Weather” Or Not To Play Outside

The summer is wonderful for outdoor play; the long days and easy wear clothing make it easy to get our children outside. Before you know it, our weather will change. With fall and its change in climate, outdoor play may be more of a challenge. You might get some resistance from the children to going outside if it is a little cooler or wetter. The saying “there is no bad weather, only bad clothing choices” is so true. If your children are dressed appropriately there is very little weather that can limit outdoor play. Just think, if you lived down on the coast, you would have to deal with a lot of rain which can be more of a challenge. We are so lucky in the Shuswap; our weather is fairly mild so there really is no excuse for going outside.

You may wonder if it is healthy for children to play in the rain. Children will not get sick if they get a little wet or if the weather is cold. Studies have shown that regular fresh air actually helps keep us all a little healthier.

Playing outside in seasons other than summer, provide different play experiences. Children marvel at puddles; rainbows; mud; worms and how the rain feels on their faces as it falls. The crisp leaves of fall are crunchy under foot and have a wonderful smell. The change in seasons is a fantastic opportunity to observe life cycles.

Playing outside in nature covers many types of learning. Children are exploring math when they experience numbers of items; shapes; patterns. Imagination is sparked when hiding in tall grass or using natural materials to engage in art. Observing changes in the seasons: leaves changing colours; plants no longer growing; birds behaving differently are great opportunities to explore science.

And above all children are happier and healthier when exposed to nature. And so are you, so get outside and participate right alongside your children. You will create some wonderful memories.