



SUPPORTING OUTDOOR PLAY IN ALL TYPES OF WEATHER

The Halton Resource Connection

INFORMATION AND INSPIRATION

"The best classroom and the richest cupboard are roofed only by the sky" *Margaret McMillan*

"Activities in outdoor spaces that are designed to inspire investigation with bodies, senses, and minds improve children's physical health and emotional wellbeing and enhance their capabilities for self-regulation, creative problem solving, and communication."

How Does Learning Happen? Pg. 36.

HOW CAN YOU SUPPORT OUTDOOR PLAY IN ALL TYPES OF WEATHER ?



✓ **Understand:**

Parents, caregivers and children will all have different comfort levels playing outside in all types of weather and its important to recognize these differences respectfully.

- How will you engage in open dialogue with the families to gain an understanding of their comfort level(s) ? What are their experiences of playing outside ?
- How will you introduce new experiences/ideas to ensure families and children are comfortable ?
- How will you discuss and document the benefits of outdoor play with families so they see the value in these experiences ?



✓ **Be Prepared:**

Playing outdoors in all types of weather helps to build climate resilience. To ensure children can gain the most from outdoor play everyday they need to be prepared !

- Think about; What role do I play in supporting children to be **ready** to explore and play in different types of weather ?
- What resources or supports are available for the children to play outside no matter the weather ?
- Consider creating a "Gear Lending Library" that is full of different sizes of clothing for different types of weather that children can borrow.



✓ **Embrace the elements:**

We live in Canada, we are going to experience many different types of weather; How can we shift our mindsets to start to embrace these elements and engage in outdoor play in all types of weather ?

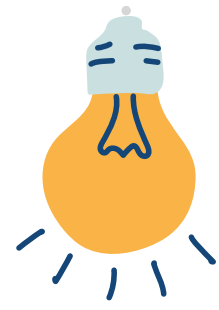
- Think about; How am I modeling joy and excitement in all types of weather ?
- Do I let my own biases about outdoor weather hinder the children's experiences ?
- How do I embrace the elements to support the children's understanding of how the season's change ? Think about the sensory experience of listening to and feeling different weather conditions such as the wind, rain, and snow !

THRC'S RESOURCE LIBRARY HAS A WIDE VARIETY OF RESOURCES TO BORROW SUCH AS BOOKS AND EQUIPMENT TO SUPPORT OUTDOOR PLAY.

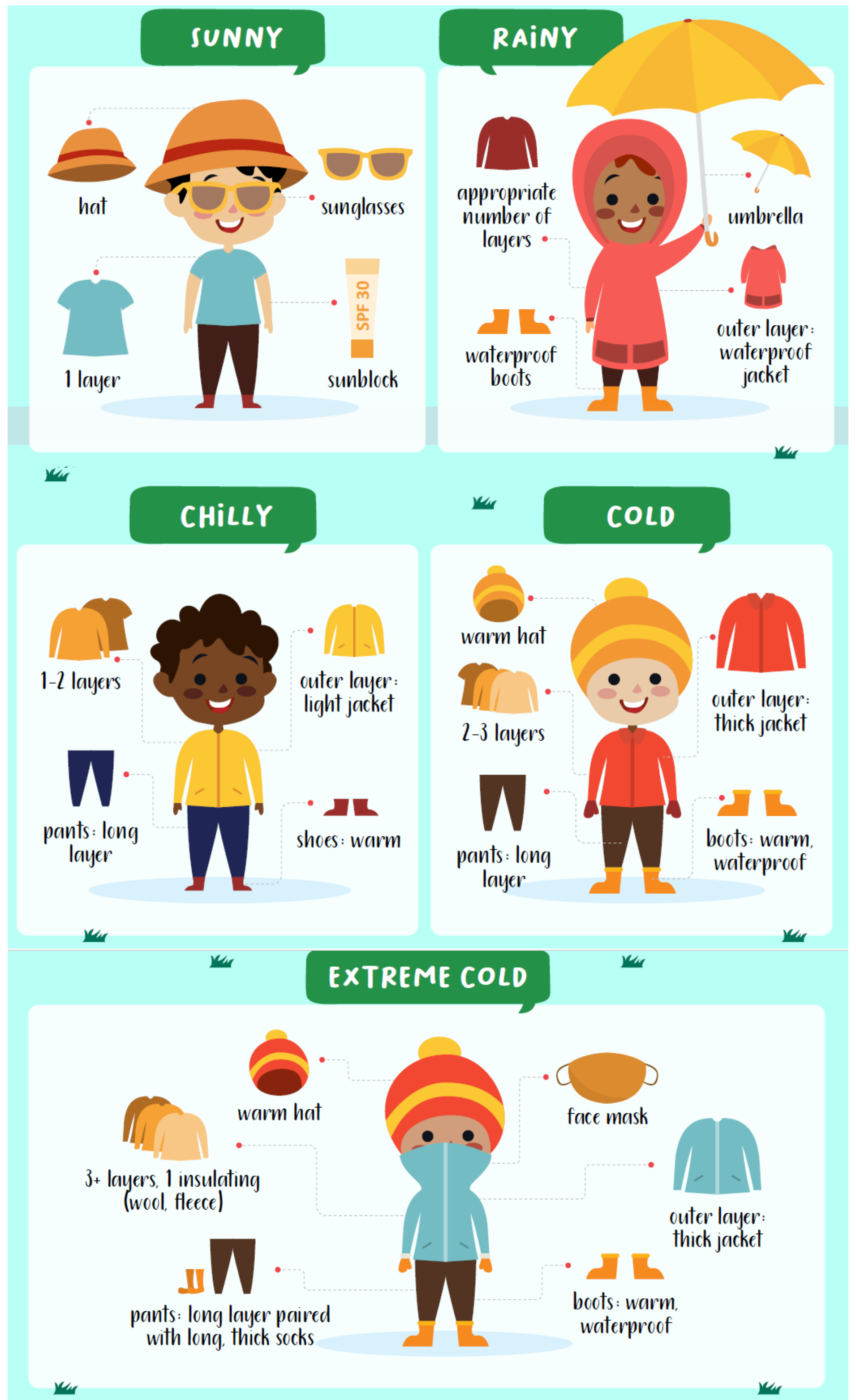
MAKE AN APPOINTMENT TO BOOK AN ON SITE VISIT OR CURBSIDE SUPPORT.

VISIT: [HTTPS://THRC.CA/RESOURCES-EQUIPMENT/](https://thrc.ca/resources-equipment/)





WEATHER GEAR



SUNNY

- hat
- sunglasses
- 1 layer
- sunblock (SPF 30)

RAINY

- appropriate number of layers
- umbrella
- waterproof boots
- outer layer: waterproof jacket

CHILLY

- 1-2 layers
- outer layer: light jacket
- pants: long layer
- shoes: warm

COLD

- warm hat
- 2-3 layers
- outer layer: thick jacket
- pants: long layer
- boots: warm, waterproof

EXTREME COLD

- warm hat
- 3+ layers, 1 insulating (wool, fleece)
- face mask
- outer layer: thick jacket
- pants: long layer paired with long, thick socks
- boots: warm, waterproof

Additional Resources

Helping educators gain the confidence and skills to support children's outdoor play:
<https://outsideplay.ca/>

Article: Foul Weather Fun.
By: Rusty Keeler

<https://www.childcareexchange.com/librarian/5020986.pdf>

<https://outsideplay.ca/assets/pdf/ECO%20-%20Full%20Size%20Infographic.pdf>



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