



Hot and cold weather chart

Resources you will need

- Paper and pens
- A quiet environment
- Pictures which clearly show various weather to use for discussion

Why use ...

Developing an understanding and awareness of different weathers and temperatures will assist a child meeting their own personal needs.

Understanding appropriate clothing and when it needs to be worn during the changing weather will aid their internal sense of body temperatures.

How to...

Move to an environment where there are fewer distractions, to encourage the child to be focused on the activity.

Explain to the child that you will be looking at different weathers and temperatures together, using photo images.

Encourage the child to make independent choices on how the weather would make them feel, through open ended questions. 'I wonder how you would feel...'

Once all the pictures have been explored, make a weather chart with the child. Explore drawing pictures of weather together, standing outside and feeling the temperature on your body.

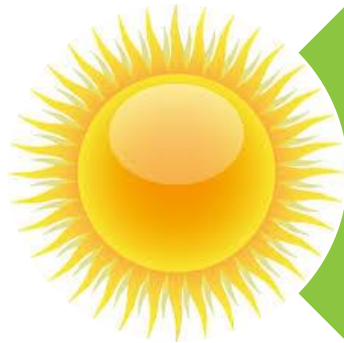
An example below is shown.



For more information about how we work please contact:
IF@suffolk.gov.uk

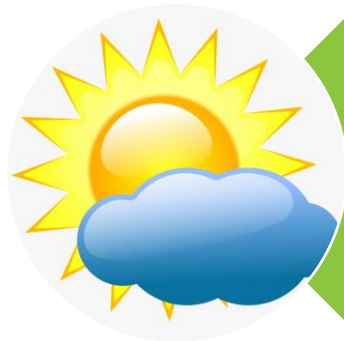


What do I need to wear today for the weather outside?



The sun is shining and I can feel the warmth of it on my skin.

I may need a hat but I don't think I will need a coat.



The sun is shining but sometimes it hides behind the clouds. It is warm but there is sometimes a little chill across my body.

I may need a jumper on.



There are clouds outside and it is raining too. I can feel the cold wind on my body and I can feel the wetness of the rain drops on my skin.

I think I need my coat on.



Recognising the feeling of being hot or cold

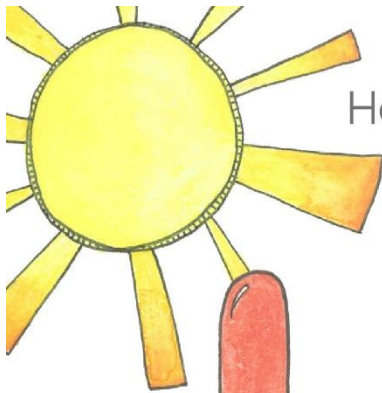
Different places and weather

Cold



Hot





How to Dress for the Weather Guide

Outdoor play is a great way to support healthy growth and development. Opening the doors to outdoor play in all kinds of weather provides children and adults with opportunities to spark their curiosity, leading to wonder, exploration and learning. When children have the right clothing for the season it contributes to them having positive, rich outdoor play experiences that just can't happen indoors. Get outside, be curious, let children lead and have fun!

20°C



10°C



0°C



-10°C



-20°C



Supporting Outdoor Play Year Round



www.getoutsideandplay.ca



www.befitforlife.ca

Children can use the weather chart and understand what clothing is appropriate for the weather.