

# HOW TO DRESS FOR OUTDOOR FALL PLAY



## Dress for the weather!

Being dressed for the weather is the first step to enjoying the outdoors (for both children and adults).

In fall, layer clothing that would be easy to remove on warm days or put back on when it becomes cooler and include the following:

 On rainy days	 Waterproof rain coat	+	 Waterproof rain boots	+	 Rain/splash pants
 On cool, dry days	 Windbreaker	+	 Breathable shell pants		
 On cold days	 Insulated windproof jacket (with a hood)	+	 Hat and mittens		
 On warm, sunny days	 Wide brim hat	+	 Long sleeves and pants	+	 Sunglasses and sunscreen

Keep in mind that in the fall, weather conditions can change quickly. Check the weather before bed and in the morning so that you know what is best to wear for that day. Also remember to pack extra clothing like socks, pants and shirts in case clothing gets wet.

For more information on physical activity for children, visit [york.ca/activeplay](http://york.ca/activeplay)

# OUTDOOR PLAY CLOTHES SHOULD

- 1** Allow for easy movement (not too loose and not too tight).
- 2** Footwear should provide adequate support for running and climbing (e.g., gym/running shoes). No flip-flops, fancy shoes or shoes with slippery soles.
- 3** Be easy to put on and take off.
- 4** Stand up to wear and tear. No jewelry, "dress clothes" or special clothing that are not allowed to get dirty.
- 5** Be appropriate for the weather.

# TRY THESE FUN OUTDOOR FALL ACTIVITIES



Create leaf piles and jump in them



Have a relay race



Throw a flying disc with friends



Go biking on a trail



Tug of war over a leaf pile

**| In cases of HEAVY RAIN or EXTREME COLD, consider these ideas for active INDOOR play**

- Balloon volleyball, bowling or ring toss
- Make your own haunted house
- Make an indoor laser maze with paper streamers
- Play hide and go seek



## REMEMBER

It becomes darker earlier in the fall. Wear bright reflective clothing, and cross at signaled intersections and cross walks.

