

# HOW TO DRESS FOR OUTDOOR SPRING PLAY



## Dress for the weather!

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

In spring, 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 spring, 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 SPRING ACTIVITIES



Play in water or mud puddles on rainy days



Observe bugs or bird watch



Fly kites or make capes and pretend to be super heroes



Go for walks on rainy days



Have a picnic or play games using chalk



Have a photo scavenger hunt or play capture the flag

### In cases of HEAVY RAIN consider these ideas for active INDOOR play

- Indoor camping
- Imaginative play such as using a box as a sail boat
- Make "dry puddles" using paper or foam and splash in the puddles indoors
- Indoor volleyball using a balloon
- Create an indoor obstacle course
- Games such as Twister
- Create a scavenger hunt
- Create your own runway fashion show



### REMEMBER

Let your child set the pace. Don't stress about scheduling! Let nature and the moment guide you.

