



New term, new weather

LEARNING HOW TO PLAY IN THE RAIN



Much like in the summer when we had to adjust to manage the extreme heat, with the Autumn we have had to adjust to the wetter weather. As a school we ensure that all children who are outside are wearing a coat which is done up. The Rainbow Room is open when it is raining for those who wish to take shelter and play inside. Please be assured that although we play in all weathers, the safety of our children is always our priority.

So why do we play in the rain?



To enhance our physical skills

Children can develop physical skills faster in the rain. Due to the conditions of the ground, children need to work harder to maintain good balance, further improving their co-ordination and gross motor skills. Alongside maintaining a strong balance, children use critical thinking skills while they manage risks and evaluate how to perform different activities safely.

To promote a healthy lifestyle

Allowing children to play outside in the rain promotes a healthy lifestyle as they are taught from a young age that participating in daily exercise shouldn't be prevented by the weather. It has been proven that children who learn to lead a healthy lifestyle at a young age, will carry this habit on throughout adulthood: shaping happier and healthier adults in the future.

To investigate Scientific Concepts

While exploring the great outdoors during rainfall, children are given new experiences of water, after seeing water coming from taps and water fountains. Children can learn about nature in a more in-depth way as they question and explore scientific concepts, such as the water cycle or clouds and the weather, through play – learning where water comes from and why it rains. In addition, while walking over grassy spaces in the rain, children may observe all sorts of mini beasts that only make an appearance during spells of wet weather: encouraging them to ask questions about the animal kingdom and learn about habitats and environments.



To provide a sensory experience

Playing in the rain provides a fantastic sensory experience to children! With different sounds, sights, smells and touches, the rain can truly enhance children's sensory experience. They can listen to the pitter patter of rain on the ground, watch as the tarmac turns into a deep black colour when it gets wet, feel the damp, surfaces caused by rainfall and smell the earthy scent produced when rain falls onto dry soil. Each of the senses can be stimulated when outdoors. Furthermore, as children listen to the pitter patter of the rain hitting the ground, it can make them feel more relaxed and calmer, while the smell of the rain can make them feel refreshed and energised.



Opal Newsletter

Term 2



To increase independence

When children are let out to play in the rain, they begin to learn self-help and skills of independence – thinking about what they need in order to go out during wet weather. Children need to think about how they need to dress - such as putting on their coats, doing them up and changing into outdoor shoes/ wellies. This is a fantastic way to teach children to be a little bit more independent and to take a little bit more responsibility with keeping themselves dry and warm outdoors.

To enhance creativity

Children's creativity and imaginations can be inspired as they jump in muddy puddles like their favourite cartoon characters and allow their minds to run wild. Today the puddle may be a huge loch, where they might find a monster, or tomorrow they may have caused a massive tidal wave by jumping in. With others, children can transform the scene into the deep depths of a forest as they cross the muddy swamp and problem solve how they can walk through the rushing river without getting too wet in the meantime.



OPAL playtime 30th November

Don't forget to check the Opal Playtimes section of our new website for updates

<https://www.reptonmanorprimary.co.uk/our-children/opal-playtimes/>

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