**Play to Learn**

**Puddle Jumping**

**What?**

A fun rainy day activity with a lot of opportunities for gross motor play and science experiments! Children are able to explore outside and see changes that occur after it rains.

**How?**

- wait for a rainy (warm or cold) day
- put on rubber boots, rain pants and a rain jacket (or just clothes you can get wet in)
- find some puddles (big or small) and start exploring
- talk with your child about the movements they are making as they play in the puddle ("That was a big stomp!", "You're jumping really high!")
- encourage them to move like animals through the puddle (hop like a frog, stomp like an elephant, waddle like a duck, etc.)
- find some leaves, rocks and sticks to see what will sink or float; ask your child what they think will happen
- ask questions about the puddles: "Do they lead to other puddles?", "What happens when the rain falls into the puddle?", "What do you see in the puddle?"
- sing a song:
  "Rain on the rooftops,
  Rain on the trees
  Rain in the puddles and on ME"
  Or “Not on me” (if you have an umbrella)

**Why?**

* promotes social and emotional connection
* builds gross motor skills
* children notice how their bodies feel in different types of weather
* hands-on learning of math concepts
* promotes language development
* experience fun exploration outside