

# Winter Play!

Winter days are perfect for kids to play outside. Playing outside helps kids develop important skills for movement, coordination, thinking, and emotional regulation. It also helps kids learn about the world around them by interacting with nature. Playing outside in the cold is safe as long as you are dressed properly! Here are some opportunities and benefits of winter outdoor play!



**Learn More About  
the Benefits of  
Winter Play**



**Learning to emotionally  
regulate when wet,  
cold, & uncomfortable.  
Build resilience!**

**Use your hands to build  
in snow**



**Learn about weather  
and the environment**



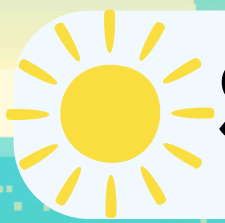
**Sensory exploration! Play  
with the different winter  
textures**



**Practice balancing on  
ice and snow**



**Heavy work and tool  
use**



# Summer Play Tips



Summer days are perfect for kids to play outside. Playing outside helps kids develop important skills for movement, coordination, thinking, and emotional regulation. It also lets kids learn about the world around them by interacting with nature. Here are some tips to help you enjoy the outdoors this summer!

Siobhan O'Reilly OT/s

Bring a water bottle when walking through the city or spending time outside.

Carry sunscreen and apply when needed. Sun hats and light weight long pants and shirts for extra protection!

Play in the shade when you can!  
Get outside in the morning or evening when temperatures are lower.

Water Play! To keep cool!

Limit exposure to mosquitoes. Carry bug spray, long pants and shirts and avoid areas with still water.

Learn More  
About Summer  
Play Safety



# Why Play in the Rain?

## Physical Development

Running and jumping through puddles will keep kids active and build their muscles and gross motor skills.



## Sensory Development

Rain has a smell, look, sound, and feeling that engages kids senses! Kids can build their tolerance for uncomfortable sensory experiences, like being wet.



## Cognitive Development

Rain play encourages creativity and problem solving. Children need to adapt their play to the weather and wet environment.



## Emotional Development

Building resilience! Overcoming small challenges like jumping in puddles or walking on slippery ground can build confidence.



## Nature Play!

A rainy day is the perfect time for kids to explore with nature and learn how our environment changes with the weather. Observe and talk about the water cycle!

Learn More  
About Why  
You Should  
Play in The  
Rain

