

BUDBURST FOR FAMILIES

Spending Time with Family and Plant Friends!

Title: Weather Dash

Age Group: PreK/K

Purpose:

- **Why?** This activity uses “play” to instill awareness of the changing seasons and realization of what that means to us and other living things. Understanding how temperature and weather changes throughout the year provides a foundation for understanding life cycles of plants later.
- **How?** Dress for different types of weather- we prepare for a change in weather just like plants and animals do.
- **What?** A fun active game where the players change what they wear depending on the season using items found at home.

Steps:

1. Gather a variety of weather-related items and clothing
Ideas include hat, mittens, raincoat, umbrella, sunglasses, flip flops, etc.
2. Ask the family if they wear the same things to the beach as they do to play in the snow. Explain that just as we prepare to go outside in different seasons, the Earth and plants prepare to change as well. Today we're going to play a game to help us learn about weather and the seasons.
3. Ask your children if they know the four seasons - Winter, Spring, Summer and Fall.
4. Put the items in baskets or piles according to seasons. Explain that you will say a season and the children should choose items to wear for that season. For example, if you say “Winter” the children should choose a hat or scarf. Feel free to change roles and let your child say the season and you can pick the clothing.
5. Now go outside and see if the clothes the family has on ‘fits’ the season you are in. Talk about why or why not. Then discuss the basic changes in the seasons and ask your family if they notice some of these seasonal events:
 - Fall:** leaves change color, trees drop leaves, squirrels collect nuts
 - Winter:** weather gets cooler, it may snow, water freezes, it gets dark earlier, lots of brown things
 - Spring:** more sunlight, hear birds chirp, more rain, new plants growing, colorful
 - Summer:** sun is stronger, insects arrive, longer days, more time to play outdoors
6. After the game, talk about how a plant might prepare or ‘dress’ for the season. Choose a tree in your yard (like a maple or oak) and discuss how it looks different in each of the seasons.