



# ACTIVITIES



## Rainy Day Fun

Find a book about rain and read it to the children. Talk about rain. Ask the children what they know about rain. Write down their ideas. Talk about why we need rain and where it comes from.

### PUDDLE EXPLORATION

After a rain storm, take the children outside to look at puddles. Have them look to find images of themselves in the puddles. Point out how they can see trees or bushes or other things in the yard in the puddles. Are these things up-side-down?

Put some water from the puddle into a bottle or jar. Take it inside. Have the children look at

the collected water and tell what they see. Keep it in a place where they can check on it regularly.

The children can compare the puddle water with tap water. Have them check the sediment as it settles in the bottom. They can see if there are other things in the water. Leave the jar uncovered. Have the children observe what happens over time.

## More finger play fun!

### Puddle Magic

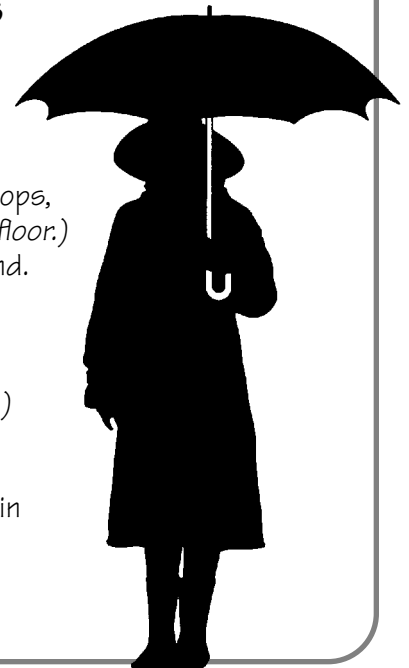
The trees and sky are overhead  
(Point upward.)  
Until the raindrops fall.  
(Flutter fingers.)  
The trees and sky are underfoot  
(Point down.)  
And, oh! I feel so tall.  
(Stand on tiptoe, stretch, and look up.)

So splash along in puddles,  
(Kicking, splashing motions with feet.)  
And then just wait and see.  
(Lift palms up in a "wait and see" gesture.)  
You'll walk among the treetops, too  
(Point to other children.)  
And feel sky-high like me.

### Falling Raindrops

Raindrops, raindrops  
(Move fingers to imitate falling rain.)  
Falling all around.  
Pitter-patter on the rooftops,  
(Tap fingers softly on the floor.)  
Pitter-patter on the ground.  
(Repeat.)

Here is my umbrella  
(Pretend to open umbrella.)  
It will keep me dry.  
(Place over head.)  
When I go walking in the rain  
(Hold high in air.)  
I hold it up so high.



## RAINBOW IN A JAR

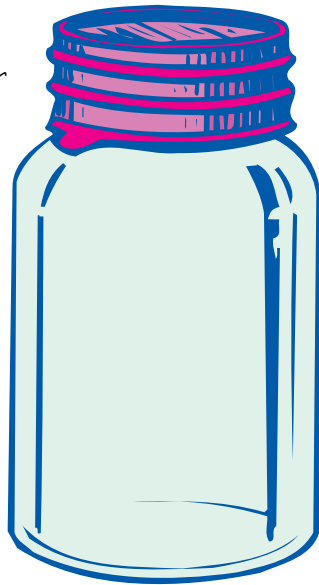
This is a good activity for a quiet time during the day. Watching the rainbow form in the jar of water can be relaxing for the children. They can watch the colors go through the water forming designs and see colors combine to form new colors.

### What you need:

- Large glass jar (one-gallon size)
- Food coloring
- Water

### What to do:

- Fill the jar with water and place it where the children can see it from all sides.
- Have it set for several hours or overnight so the water is still and there are no currents.
- Place one drop of each color of food coloring in the jar. (The higher the level you drop the food coloring from, the deeper it will go in the jar. Try it from two to three inches above the jar.
- Watch as the colors slowly spread through the water, forming different shapes and patterns as they blend into the colors of a rainbow.



- Watch silently and give the children a chance to watch quietly.
- You may want to play some quiet music in the background while doing this activity.

## MAKING RAINBOWS

On a warm, sunny day, make your own rainbows. All you need is a garden hose. Go outside, turn on the hose, and stand with the sun behind you. Have the children stand behind you and look as you spray a fine mist of water from the hose. At a certain angle — about 45 degrees — you should be able to see a rainbow. It may take a few tries. The children will enjoy trying and get excited when they do find a rainbow!

# Rainy Day Art

### What you need:

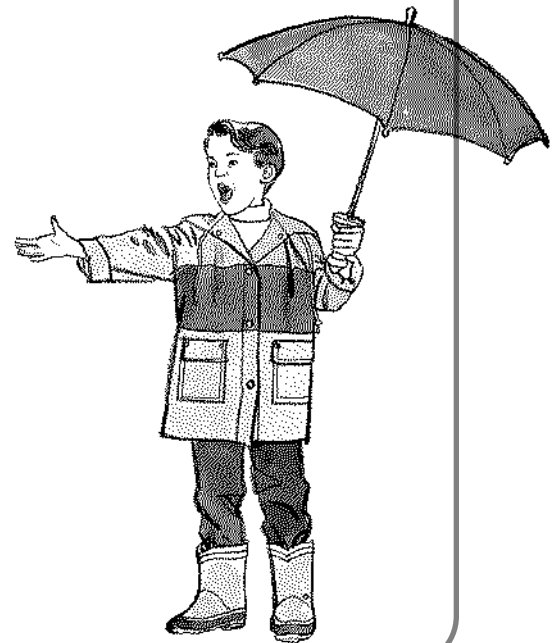
- A rainy day!
- Construction or drawing paper
- Dry tempera paint — two or more colors

### What to do:

- Sprinkle some of the tempera paint on a sheet of paper. The children can select the colors they want.
- Have the children dress appropriately to go outside in the rain and have each child take his paint sprinkled paper outside.
- Place the papers down on the ground for a few minutes.
- Then, pick up the paper and

gently move it around so the wet paint forms designs.

- Take the papers inside and put them somewhere to dry.



For more Activity ideas, visit us on the web at: [betterkidcare.psu.edu](http://betterkidcare.psu.edu) or call the telephone help line: 1-800-859-8340.



**Pennsylvania Pathways**

Professional Development  
for Child Caregivers

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Resources: *Ring A Ring O' Roses* — *Stories, Games, and Finger Plays for Pre-school Children*. Children's Community Service Department, Flint Public Library, Flint Michigan; *Patterns, Projects, and Plans* by Imogene Forte; *Mudpies to Magnets*, by Robert A. Williams, Robert E. Packwood, and Elizabeth A. Sherwood

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