

RAIN, RAIN, GO AWAY

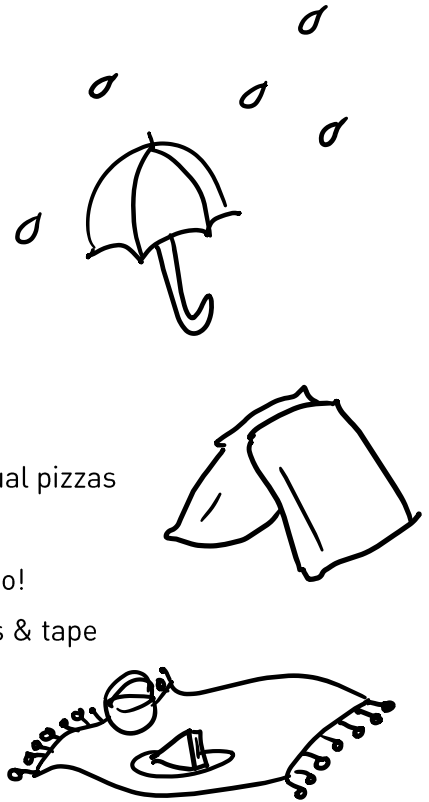


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Summer is a great time to get outside and enjoy the sunshine. But what about those days when the forecast calls for rain? Rainy days can put a damper on outdoor activities but here are a few boredom busters to try:

10 THINGS TO TRY AT HOME ON A RAINY DAY

1. Make a fort out of blankets or cardboard boxes
2. Play with playdough, slime or shaving cream
3. Create an indoor treasure hunt
4. Go on virtual tour of a zoo or museum
5. Have a Lego building contest!
6. Do a full-sized body tracing of each family member
7. Get busy in the kitchen – bake cookies, make individual pizzas
8. Have an indoor picnic for lunch
9. Make some “I spy” bottles – great sensory activity too!
10. Make a rain stick with cardboard tubes, rice or beans & tape



OR GET OUTSIDE!

If it's not raining too hard, put on a raincoat and rubber boots and get outside!

- Jump and play in the puddles
- Go on a nature hike. Look for worms!
- Make mud pies!
- Measure the rain with a cup and measuring stick

