



Rainy-day Survival
Guide
Fun-filled Activities,
for Kids



By - John

Abstract

Let's be honest: You shouldn't have to entertain your children 24/7. But sometimes it helps to throw an activity their way if only to avoid the dreaded chorus of "I'm boooooored." We know the struggle of coming up with ideas on the spot, so we've got you covered with crafts, snacks, and coloring pages for children of all ages. The next time you're stuck inside due to rainy weather, use this guide to keep yourself and your little ones engaged and entertained.

I. Introduction

Most people are displeased when they check the weather and see a forecast for rain; whether it's pouring down while you're schlepping to work or messing up your weekend plans with a persistent drizzle, the rain isn't the most popular type of weather. I guess you could say I'm the Elsa of rainfall; not only has the rain never bothered me anyway, I actually happen to love rainy days. And though rain gets a bad rap in general, I'm not the only one who can't get enough of the mist and gloom; in fact, there's actually a name for people who love rain — pluviophiles.

I know my opinion isn't a terribly popular one, but I stand by it. As a kid I delighted in running outside to play in the puddles (OK, maybe I still do that once in awhile) and as an adult I love listening to the rain while I read or write indoors.

When I decided to move to Seattle earlier this year, many people responded, "But doesn't it rain there, like, all the time?" I told them I was looking forward to the misty weather, and they looked at me like I was slightly touched in the head (although I'm sure there could be other reasons for that). Fast forward to three months later — it has rained for a total of about five hours since I moved here, and honestly, I feel a little ripped off. I've even gotten two sunburns! Seattle, I love you and all, but it wasn't supposed to be like this. Still there's hope — rainy season kicks off in October and it better deliver.

Still need some convincing? Here are eight reasons rainy days are way more awesome than you may think.

1. They Are The Perfect Excuse To Stay In With A Good Book (Or Netflix Marathon)

For the introverts among us who prefer spending time with a good book or indulging in a Netflix marathon to heavy socializing, a rainy day is the perfect excuse to just say no to going out to a bar or, even worse, a club (*shudder*). And if we want company, it's a great way to get a friend or two to join us. All you have to do is say "Do you really want to get dressed up and do your hair, only to have it potentially wrecked by this downpour?" Works like a charm!

Rain facilitates a night where you and your best friend just hang out on the couch watching movies — a.k.a. the way things were meant to be.

2. You Don't Have To Fend Off Crowds Everywhere You Go

If you're not in the mood to stay in, many places are less crowded when it rains. When I lived in City, I loved running in the park but hated dealing with the fact that it was constantly crowded... except on rainy days! And if you enjoy running and haven't tried going for a jog in the rain, you're totally missing out. Plus, while places like museums and movie theaters are more crowded on rainy days, it's the perfect time to brave the elements and explore the streets of your city when they're not packed with people. Get an umbrella and some sturdy rain boots and you'll have your run of the place!



3. Rainy Days Actually Increase Workplace Productivity

Many of us love using the rain as an excuse to stay in on the weekends; unfortunately, that doesn't quite fly on workdays. However, though we may be annoyed by our water-logged commutes, we're actually more productive in the office when it's raining out. A study conducted by researchers at Harvard Business School found that on rainy days, workers complete tasks in a shorter period of time than on days when skies are blue and the sun is out. Sunny weather tends to distract workers who daydream of being outside — in fact, members of the rainy day control group were less productive when reminded of the sun by photographs or posters. Rainy days are a win-win in the office — employers get high quality work with a shorter turnaround time, and employees get work done more quickly so we can head out earlier to engage in our favorite rainy day activities.

4. Crime Rates Drop On Rainy Days

It turns out criminals prefer to stay indoors when it rains, too. In City, the average number of homicides per ten days drops from seventeen to fourteen when rainfall is over an inch. And a 2011 study conducted in Glasgow found that overall crime rates drop by almost 25 percent on rainy days, with violent crimes dropping by 45 percent. So when skies are gray, we're all a bit safer (possibly because criminals have also decided they'd rather stay inside with Netflix or a good book).

5. We Couldn't Survive Without It

Even if rain isn't your favorite type of weather, it's good to remember that it's more than an inconvenience — rain is essential for human life (something to keep in mind the next time the idea of going out in the drizzle is ruining your day). The fresh water rain provides is essential to the survival of every living organism, from plants to animals to humans. Fresh water sources are depleted by the natural process of evaporation, and rainy days replace that lost water. Plus, it's just so pretty when it rains! But you can disagree with me on that point (if you must).

6. That Post-Rain Smell Is To Die For

Whether you love the rain or can't wait for it to end, many people appreciate petrichor — better known as that beautiful post-rain aroma. When it rains after a dry spell, the oils secreted by plants are released into the air. Actinomycetes, which are soil-dwelling bacteria, are also released and combine with the plant secretions. The result is that perfect scent that no sunny day can ever provide.

7. Rainy Day Attire Doesn't Get Enough Credit

After splurging on my first pair of Hunter rain boots (Kate Moss and Rachel Bilson had been spotted everywhere in them, so I naturally had to own them), I awaited the next rainfall more eagerly than usual. It felt like an eternity, but I was so happy when I finally had an excuse to break out my wellies. Umbrellas, rain boots and rain jackets honestly don't get enough credit as fashionable items, but there are frankly more cute rain gear options than I could possibly afford. And they're especially fun because, even if you don't love the rain, they at least give you something to look forward to when you need to commute on a rainy day.

II. Fun & Productive Things To Do On A Rainy Day

It's raining, it's pouring...and if you're anything like me, you'd be wondering what to do on those special days to basically not lose your mind. You're locked inside, it's kinda dark and

depressing and all you can think of is turning on the TV and let the day go by. Well, after spending not one, but four days like that 2 weeks ago, I came up with 10 fun and productive things to do on a rainy day. Every day is a gift and it doesn't have to suck, just because some water is coming down from the sky.



So here's the deal: I took some time and thought about what my perfect stay in rainy day would look like. These are the things I would love to do on a perfect fun, productive and self-care rainy day...I don't know why I assumed I'd have more time on that particular day, but let me dream a little, okay?

1. WAKE UP AND EXERCISE!

Wake up, stretch and do some exercise. The rain shouldn't stop you from going to the gym, but if you're really not looking forward to leaving the house, go ahead and do a nice long session at home. Yoga, pilates, dance, barre, boxing – whatever you like, I'm talking 40-60 minutes. You'll feel so much more relaxed, clear-headed, strong and basically alive. In my opinion, it's the perfect way to start the day. I usually do anywhere between 0-10 minutes in the morning, but on that rainy day, I'd love to do more.

2. TAKE A LONG SHOWER

I might even do a hair mask and wash my hair. But I will definitely do my hair, nails and get dressed in something that isn't sweatpants or leggings...Why not look good even when you're staying at home? You'd feel so much more confident and ready for the day when you're put together and not wearing leggings and a messy bun.

3. ENJOY A COFFEE

Okay, I'll probably make a decaf cappuccino...But whatever your drink of choice, make yourself cozy and just enjoy your coffee or tea looking out while it's pouring outside and you're safe and warm. You can listen to music, a podcast, the rain or your own thoughts and really be present.

4. REFLECT AND PLAN!

I definitely would like to make plans for the day or the week ahead, reflect on my goals and progress. And take time to do a good review of the last days and weeks. Somehow I've let busyness get in the way lately and reflections and reviews have been pushed aside, but doing those really helps and contributes to my happiness.

5. FINISH SOMETHING YOU'VE BEEN WORKING ON!

If you have projects you're working on and finding hard to finish, make some progress on them. Finish the project, or at least a task that will take you forward. I work from home and I'd knock off things I've been wanting to do for such a long time, so I can have peace of mind.

6. BOOK THOSE NEXT TRIPS!

This might not be too much fun in that very moment, but it is so worth it. I've found even mini trips (2-3 days) make me feel rejuvenated and like I'm actually living and things are happening in my life. But I know, if I don't take the time to make plans for trips, adventures or vacations, we never get far or we skip vacation altogether sometimes! Then life turns into that blur that you don't remember at all. On that rainy day, take a moment and decide what places you want to go to during the next, let's say, 3-6 months and what you want to experience there.

7. ORGANIZE / DO SOMETHING CREATIVE!

One thing I never find time for months (!!!) is organizing our family pictures in frames or in albums. My 2-year old keeps me quite busy currently, but this might be a fun activity for him too. I've already printed out the photos, now it's time to get them beautifully arranged! Hopefully there won't be any baby sharks drawn everywhere. For you, it might be organizing a closet or a drawer, or painting or doing something else kinda creative that you've been putting off, because "it would take so much time".

8. MAKE A BUCKET LIST FOR THE NEAR FUTURE

What do I want to experience this fall? Winter? Maybe even spring? Beyond just travelling somewhere far and exotic? What can and do I want to do locally that will be exciting and bring in some positive emotions? Do some research and make a list of the things you're

looking forward to and don't want to miss out on during the next months. Then put reminders in your calendar, so you actually make it to those appointments.

9. PLAY A GAME!

My favorite game, ever, is charades, since I was a child. I really love it because as long as you have at least one other person, either in your head or in your physical space – it's all you need and it's so much fun! I somehow feel like my toddler will convince me to also play a lot hide and seek on that day. What games do you like to play? If you don't have many ideas, or want to try something new, here's a good list of affordable fun game ideas for all ages.

10. TAKE A BUBBLE BATH!

And I will go crazy there! I'll light some scented candles, play music and really soak in that water for a while. I might even get wine or a snack. Don't judge, I think I've had my last real bath like, what now, 2-3 years ago.

III. Tips to Rain-Proof Your Home this Monsoon

That much awaited time of the year has come and all eyes are looking up to the sky in search of those clouds that would wash away heat prevalent around. Yes, it is the rainy season here and the shops are studded with raincoats, caps, rain boots, umbrellas and what not! Once you are done shopping for the rain essentials you would need to stay dry while travelling. Do take time off the schedule to give your house an eyeful glance; it does require rain-proofing too. You may require to leak proof your home and let it stand tall and proud amongst soul-drenching rains that are forecast to happen more than the last year this season. It is important to rain-proof your home to safeguard and protect it during torrential rains.



So, here are some of the best ways to rain proof home so that it continues to deliver the sheltering solution as it is expected to do.

- ✓ Making windows and doors rain-proof: The most common problem one witnesses during the rainy season is that of furniture soaking the atmospheric moisture. This makes them a bit swollen unfit to get into the space completely. Thus, rains may pour into the interiors of the house. To avoid this situation, it is better to bind the door and window material with moisture-proof solutions. This is one of the most important tips to rainproof home this season, that actually goes ignored too usually. Also, it is advisable to touch up the screws of the bolts and latches of these entries to the home for better locking.
- ✓ Repairing drain pipes and gutters of the house: If any of the jobs such as clogging of drain pipe or gutter is left unattended, it is going to make your house a swimming pool due to the backflow. Repairing the drain pipes and gutters is essential as these are supposed to handle more input of water than usual during the heavy downpour. Drainpipe repairing makes an important terrace waterproofing solution that needs to be done with perfection; else there can be seepage and leakages on ceilings too. If required, hire a professional to make your terrace water-proof as DIY methods may not have that impact as required for ensuring better protection.
- ✓ Waterproofing the terrace: Mostly, this action is taken at the time of constructing the flat or house. The top floor flat faces the problem of water leaking from ceiling if the terrace is not water-proof. The most commonly used terrace waterproofing solution is to make a mixture consisting of cement and fine grain river sand in the ratio of 1:2 with thin slurry and sufficient amount of water. The slurry is pressed into the concrete to plug even the microscopic pores, and the flow of water is improved while putting the mixture on the marked areas. Also, some water-proof admixtures are added to slurry to provide extra protection to the terrace against loads of water falling on to it. Hence, when you think to leak proof your home, pay attention to all the loopholes of the terrace and arches and plug them before they become a menace.
- ✓ Cutting the dead tree branches hovering over the tree: When rain shows its true color, it can create more havoc when accompanied by fast wind. Dead branches can fall on the house causing some irreparable damage or may hurt the inhabitants too accidentally. Thus, it is one of the most ignored but necessary tips to rainproof home this monsoon.
- ✓ Deck up the electric wirings: Rain is the season when the instances of short-circuit and other electricity mishaps are on an all-time high. So, take care of all the naked wirings and water leakages in electricity boxes to avoid getting electrocuted. Also,

make sure that the wall on which the electricity box is hung is free of seepage or any kind of leakage to ensure better home safety during the monsoons season.

- ✓ Taking care of furniture: Home furniture may absorb moisture and lose its shine during the rainy season due to excess humidity. Also, cracks may occur in them due to the pressure of moisture. Therefore, bind the furniture with moisture-proof sealants and get them painted to achieve one of the best ways to rain proof home, including the contents.
- ✓ Taking care of carpets: Though the carpets are one of the finest additions to a house, these may lose their crispness during the rainy season. These may also become the ground for the development of mold and other allergens if they absorb moisture. Thus, it is necessary to roll them up and save them for future use by wrapping them in a water-proof, plastic cover. It will help retain its newness long after the rainy season is over.
- ✓ Covering the contents of balcony in plastic: Due to lack of space, balconies offer extra storage solution in a small-sized flat. Covering the balconies with plastic sheets, and also packing the valuable things in water-proof and rain-proof covers helps the home owners make the house rain-safe in all aspects.
- ✓ Making arrangements at the entrance of the house: The entrance is the most vulnerable portion of the house that needs ample proofing against the rain. Inhabitants cannot stay locked inside the rooms; they need to go out to carry out daily chores. Thus, keeping heavy-duty dirt and water absorbing doormats can help keep the house rain-proof as well as clean. Also, there should be an umbrella and raincoat catcher kept right at the entrance for maintaining hygiene at home during the rainy season.

Follow these tips to rain-proof home this monsoon to ensure that your lovely abode continues to be your comfort zone even when the weathers are rough. Your home does require your attention exactly the way your clothes and other accessories require to tackle the rainy season. Ceiling, walls, balconies etc can be treated in advance to leak proof your home in the best way possible. Be ready to welcome the Monsoon with all your heart. Gear up to stay one step ahead of all the challenges that pour around us along with the rain.

IV. Household Chores You Need to Do Every Spring

As the weather begins to turn warm, we all have the urge to shed heavy winter clothes, refresh our surroundings, and get out of doors. After harsh weather and time spent indoors,

there are plenty of chores that need to be done every spring so that our summers can be a bit more carefree.



Start Indoors, and Work Your Way Outdoors

Even before the weather is warm enough to take care of outdoor chores, you can get a head start on indoor spring cleaning. While there are always areas that need to be cleaned daily or weekly, some tasks only require seasonal cleaning or check-ups.

Change Smoke and Carbon Monoxide Detector Batteries

Changing batteries in smoke and carbon monoxide detectors takes only a few minutes but is one chore that can mean the difference in life and death. Even a small kitchen or laundry room fire can cause much more damage than you can ever imagine and cost thousands of dollars to repair.

Change Interior HVAC Air Filters

If you haven't been changing the filters in your heating and air conditioning system regularly, do it now. Clean filters reduce the wear and tear on your furnace and improve the quality of the air you are breathing.

Move Furniture and Clean Hard-to-Reach Spots

We're all guilty of cleaning only the most visible dirt and skipping the hard-to-reach spots, like floors under furniture or the ceiling fan. Maybe you've even forgotten that these things can get dirty. Trust us, they are dirty and it's time to get them clean.

Inspect Washing Machine Water Hoses

Washing machine hoses, especially rubber hoses, are a ticking time bomb that will one day rupture. And because the hoses are connected to a high-pressure water outlet when they rupture, there will be flooding that can ruin floors, walls, and cause hundreds of dollars in damage.

This is the time to check hoses for minor leaks that can become big ones and better still, replace rubber hoses with stainless steel braided hoses.

Clean Clothes Dryer Vents

Even if you have emptied your clothes dryer lint filter after every load, there is still a great deal of lint that has entered the dryer ducts. Hopefully, most of it has passed on through and exited the outdoor vent. But if the outdoor vent is blocked by shrubbery, winter snow, or lint that is damp with humidity, it's time to give everything a good cleaning.

If you are still using a flexible dryer hose that looks like aluminum foil, replace it today with a rigid metal vent pipe to help prevent house fires caused by dryer lint.

Drain Sediment From Water Heater Tank

Unless you have a tankless water heater, sediment can collect in the bottom of a water heater causing mechanical problems and even leaks. Every six months, an established water heater should have a partial draining. It's a simple process as long as you follow all the steps. Remember, electricity and water don't always mix well!

Empty Closets and Store Winter Clothes

As the seasons change, so does our wardrobe. Now is the perfect time to empty each clothes closet, give it a good cleaning, and sort winter clothes. We're sure you'll find things that you haven't worn in years and maybe don't even remember owning! These items should be sold, donated, or discarded. Clothes that you want to store until next year should be laundered or dry cleaned and stored away properly.

While the closet is empty, clean it well to ensure that no harmful pests that can ruin clothes are lurking.

Do Some Pest Control

After long months of cold weather, everyone is ready to get outside, including the insects, rodents, and other pests that have been snug inside. Whether you do it yourself or hire a professional, pest control is essential to keeping a clean home inside and outside.

Wash Windows and Clean Window Treatments

Even if the weather is still iffy, you can get a head start by washing the inside of your windows and glass doors. Of course, some like to tackle window washing inside and outside at the same time to check for streaks. It really doesn't matter how you do it, as long as you do it!



While you are cleaning the inside of the windows, don't overlook window treatments. Some curtains can be tossed in the washer but most drapery requires dry cleaning. Take the time to dust and clean blinds and shades, clean window screens, and wipe down window sills.

Clean Gutters and Downspouts

Now that you've gotten started indoors, it's time to move outside to tackle spring cleaning chores. As a guideline, it's best to start at the top of the house and work your way down. No need to wash exterior windows before you clean the gutters, your efforts will be spoiled.

Leaving gutters and downspouts packed with leaves and pine straw not only looks messy, but it can also cause leaks, moisture and mildew problems, and rotting wood. Spring is the perfect time to get gutters sparkling clean.

Check the Roof

Winter winds, rains, and snow can cause problems with any roof. If you are handy, do a complete roof inspection to look for loose shingles, cracks, or broken seals around pipes. If not, hire a professional.

Conduct an Outdoor Walk Around Inspection

Grab a pencil and paper or your electronic device to make a list of spring cleaning chores necessary to bring the outside of your house back to its best. Here are a few things to check for repairs:

- ✓ Inspect exterior painted surfaces for flaking and missing paint.
- ✓ Walk the foundation of the home to look for cracks, settling, or insect activity.
- ✓ Check fences and decks for weakened or damaged areas.
- ✓ Inspect windows and doors for any broken seals and replace damaged caulk.
- ✓ Before you install window screens, give them a good cleaning and check for any holes that can let insects inside.
- ✓ Look around the yard and garden to determine any areas that need landscaping help. Rake leaves, pull out weeds, and add mulch.
- ✓ Inspect outdoor furnishings like flags and furniture for cleaning and replacement needs.

Prepare Lawnmower and Garden Tools for Spring

Now that you've seen what needs to be done in the yard and garden, is your equipment ready to go? This is the perfect time to give the lawnmower a thorough cleaning and tune-up, and sharpen blades. Take a look at other yard equipment to make sure everything is in top shape.

Clean Your Patio and Sidewalks

You'll be spending lots of time on that patio and this is the perfect time to get it into shape for summer. Get rid of winter mud and mildew from patios and walkways.

Clean and Organize the Garage and Other Storage Areas

While the weather is mild, empty everything out of storage areas. Give the space a good cleaning and then carefully determine what needs to go back inside. Sell, donate, recycle or toss what you don't need.

While you're cleaning in the garage, take a moment to check on your garage door to make sure it is opening smoothly and is well-maintained.

V. Weatherproof Packing Tips When Moving In Brisbane

It is no secret that moving is one of the most challenging events of your life. But when you have to deal with bad weather along with other regular responsibilities, it can become a nightmare. In most cases, you don't have the option to postpone the move.

All you can do is prepare yourself for nature's fury and keep your belongings as secure as possible.



Here are some excellent weatherproof packing tips that can be very helpful when you are moving. Let's have a look!

1. Replace Cardboard Boxes With Plastic Boxes

Use of cardboard boxes can be a huge mistake in bad weather. You should not take any chances with your precious belongings and essential documents. Thus you must consider plastic boxes to move your belongings. These types of containers are considered ideal if it's raining.

These boxes not only give you complete protection against rain but are also easier to load. And let's not forget that they are sturdy in comparison to the cardboard boxes. So, you can carry a lot of stuff without the fear of any damage. If your cardboard boxes get wet, you won't be able to protect your items inside it.

2. Pack Your Belongings Carefully

If you are expecting bad weather on your moving day, you should pay extra attention while packing your belongings. There are many things in your home that are susceptible to damage, particularly sofas, mattresses and cushions. If you don't pack them properly, they can get waterlogged.

Purchase enough waterproof material like bubble wrap, heavy-duty tape, etc. If you are having difficulty to do it on your own, contact removalists in Brisbane and ask if they can provide shrink wrapping services. Even if your belongings are properly packed, make sure they get minimum exposure to rain. If possible, remove the moisture with a dry cloth.

3. Consider Using Plastic Garbage Bags

A bunch of plastic garbage bags can be of great help in bad weather. So, make sure you have enough of these bags. Put a stack of clothes, essential documents and your books in these bags before packing them in the boxes. The bags act as an additional shield to protect your stuff from the rain.

Plastic garbage bags also take care of the soft furnishings like pillows, cushions and bedding, so these items do not get wet if it's raining. Keep some garbage bags handy as you never know when you have to pack an item at the last minute.

4. Invest In High-Quality Furniture Covers

It is totally fine to leave the larger furnishings uncovered if you are moving in dry weather. However, in wet conditions, the furnishings require proper protection. Otherwise, your expensive belongings will be damaged. And when you are purchasing the furniture cover, make sure that you are buying a high-quality product only.

Always remember that wood and other similar materials are susceptible to water damage. So if you don't want the moisture to warp these materials and cause any damage or expansion, hire Brisbane removalists.

5. Use Silica Gel

Silica gel packets can be beneficial in such a situation. You have seen these packets several times in numerous packaging, such as newly purchased food or gadgets. The gel effectively absorbs all the moisture present inside a box.

Thus, whatever you are packing in your boxes, such as clothes, fabrics, footwear, essential papers, electronics, etc. add silica gel packets to the boxes. It is an exceptional drying agent. Experts believe that this type of gel can absorb up to 30 to 40% of its weight of water.

6. Hire Professional Movers

Another great way to prepare for bad weather on your moving day is to hire experienced removalists in Brisbane. That is what people usually do because they have professionals with technical knowledge, modern tools and high-quality packaging material.

All you need to do is contact professionals in advance and give them a moving date. If you see, there are chances of rain, discuss with your removalists and check if they are ready with all the required materials for packing and loading.

What Else You Can Do?

- You should wear clothes as per the demand of the weather. If it's raining, you should wear a waterproof jacket that has a hood, rain boots and other stuff that can protect you from rain. This will help you to load the boxes into the moving truck without getting wet.
- If it is raining on the moving day, make arrangements so that the moving vehicle can be parked close to the house. This will reduce the exposure time of the boxes, and there will be no mud inside the home.
- You should carefully follow the weather report of your area for at least a week before moving. This will not only solve all your problems, but you can also be ready to tackle the situation.
- While loading things into the truck, you will have to enter the home several times. That will bring the mud inside your home, so the carpets and floor can get dirty. You can easily avoid that with makeshift mats made of old rugs, old sheets, cardboard, etc.

VI. Fun Game Ideas for Rainy Day Play

For most families, a rainy day means being cooped up inside, quiet activities like watching movies, playing video games, making puzzles, or reading a book. But just because it's wet outside doesn't mean you have to spend your day indoors. With some creativity, you can turn a little rain into a lot of fun.

Staying Active on Rainy Days

Study after study has shown that kids do not get enough physical activity.¹ A preschooler (a child between ages 3 and 5) needs to move around throughout the day to help develop growth, motor function, and cognitive skills.² On a sunny day, it's easy to head outside for some active fun, but what about when the weather isn't so great?

Fun Rainy Day Games and Outdoor Activities

While you can certainly find plenty of games for inside play, if it's just raining, consider putting on your rain boots and raincoat and heading outside anyway. You can make the most out of the wet weather with these rainy day games that'll keep your preschooler—and you—happy, active, and engaged.



Focus on Physical Sensations

Make your rainy day all about sensory exploration. Catch raindrops on your tongue, hands, and feet. Blow bubbles and see who can make the biggest one? Or choose a visual activity, and bring out some washable paints and paper and let the rain make a masterpiece.

Choose Educational Activities

A rainy day is a great time to teach your kids about science and nature. Take a look at the earth: the dirt, the sand, the grass. How does the rain change these things? Go for a walk in your neighborhood and ask your child to tell you about how the rain makes things look different. You can also work in a math lesson by putting out a cup and measuring the rainfall. Let everyone guess how much they think will be in the cup by the time the rain stops.

A rainy day is also perfect for looking for worms as they move up to the surface of the earth. See how many you and your child can find. Look for animal tracks in the mud. Try to guess which animal made the tracks. Follow the rain when it falls on the ground. Where does it flow to? Down the street? To a drain? If there are puddles, toss rocks into them. Who can

make the biggest ripple? What size rock makes the loudest sound? And don't forget to look for rainbows once the storm passes.

Don't Be Afraid to Get Silly

Kids love to make a mess and what better way to make a mess than by playing in the mud. Make mud pies or sandcastles, depending on your soil type. If you don't mind tearing up your yard a little, you can even let your preschooler slide in the wet grass. For those feeling adventurous set up a wet-weather obstacle course. (Be careful, it will be slippery!) Or try playing some of your preschooler's favorite sports. How does the rain change how the ball moves?

You can also embrace the wetness by turning on your sprinklers or setting up your kiddie pools to play in. If it's warm enough, go outside in your bathing suits and bring some bathtub crayons with you. Who can draw the silliest things on themselves? Listen to the rhythm that the rain makes and have a dance contest. Give a prize to the person who comes up with the silliest rain dance. And don't just jump in the puddles; skip, hop, run, gallop, or walk through them. Who can make the biggest splash?

Think of the silliest thing you can do and just go for it. If it's raining really hard, wash your hair. (This one is sure to make your preschooler laugh hard.) Pretend to be a wet-weather animal like a frog, duck, or fish. Or you can take some inspiration from Gene Kelly and sing in the rain. Pick songs that mention rain, from "Itsy Bitsy Spider" to "Raindrops Keep Fallin' on My Head," "Rain, Rain Go Away," and "Umbrella."

Precautions for Playing Rainy Day Games

While you won't melt away in the rain, you do want to take precautions against hypothermia as you will cool down significantly if your clothes get wet, especially if there's wind. Be aware of signs of shivering, clumsiness, and confusion, and limit your time outside in wet clothes. Once inside, change into dry clothes and warm up.

Also, be alert to reduced visibility for traffic and take precautions, including wearing reflective clothing or blinking lights when you're walking or biking outside in the rain.

Conclusion

I hope you enjoyed dreaming up that rainy day with me, I did for sure and now I have a plan for the upcoming rainy days! Hopefully, you got some new ideas that you'll want to try as well!

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