

Talking to children about weather

The way we talk to children about the weather has a big impact on their want to be outdoors and their interest in playing in the natural environment. It all starts with the language we use to describe it.

“Oh, it’s raining AGAIN!” “Oh, yuck it’s too cold”

When we talk about weather in a negative way, using it as an excuse to stay inside or blame it for ruining our plans, children learn to do the same. So often we celebrate warm sunny days, while the rainy and cold days are condemned.

However, when we talk to children about weather in a positive way, we are teaching children that there is no bad weather. There are only different types of weather: Rain, snow, wind, cloudy, foggy, cold hot...

Unless there is a severe weather alert in place, children can play outside in all types of weather. Developing a positive mindset around weather helps use all learn resilience’s, preparedness, and flexibility.

Quick tips

1. Describe the weather in simple, factual/neutral positive words.
2. Ignite curiosity and wonder about the weather with questions and creative outdoor activities.
3. Dress appropriates for the weather and have fun!

On cold days try saying...

“The temperature says below 0 outside. I wonder if there is frost to find? Let’s go find out.”

“Today is the perfect day to bring a warm drink with us.”

“Let’s stick our head out the door. Can you see your breath? That means we need to wear our warm clothes today.”

“Let’s see if we can gather ice and icicles today”

On rainy days try saying...

“I see rain falling. Today is a great day for jumping in puddles with our rubber boots”

“Oh my! All this rain is perfect for making mud pies”

“Rain is wonderful for the plants and animals. Let’s go outside and play in it.”

“Let’s see if we can catch raindrops in a bucket.”

On windy days try saying...

“Can you see the trees waving in the wind? Today is a great day to fly a kite or paper airplanes.”

“The wind is swirling leaves through the air. Let’s go see if we can catch them”

“The wind today is strong, lets see if we can make a shelter to go in.”

On a snowing day try saying...

“Wow! Look at the snow coming down. Let’s go outside and see if we can catch some on our tongues.”

“The ground is covered in snow, it is the perfect day to bring out the sleds.”

“This sticky snow is just what we need to build a snowman”

On a hot day try saying.....

“The sun us warm today. Let’s go outside and play in some water.”

“The temperature says 30 today. It is the perfect day to enjoy a frozen treat outside.”

“Plants grow in this hot weather. Let’s make sure to give them a drink of water also.”

Try them out and you too will soon realize that there’s no such thing as bad weather, just another wonderful day to explore!