

## Splashing in puddles

### Children love jumping and splashing in puddles!

And we all know the benefits that outdoor play and physical activity has on their health and self-esteem, puddle jumping brings about lots of learning opportunities too.

- Play 'follow the leader' to help children learn to follow instructions
- Children love positive adult interaction - watch how they giggle as you splash, jump and twirl through the puddles with them
- Promote children's understanding of language, by encouraging them to clap out the syllables of words such as 'puddle', 'rain', 'wet' as they jump and splash.
- Create rain cakes and mud pies in the mud kitchen
- Measure the size of puddles using natural materials such as sticks and stones to promote children's understanding of size, shape and measure.



**You may all get soaking wet when you are done, but it's guaranteed to make the children smile!**