RAINY DAY BLUES

A day stuck inside doesn’t have to be boring! Instead of watching your children mope around the house on a rainy day, encourage them to exercise their imaginations. Watch Caillou find fun indoor excitement when his kite is grounded by the rain. Then read *Just a Bad Day* and see as Little Critter awakens to rain and anticipates a terrible day ahead but is pleasantly surprised by the day’s end. Lead your children through the “Revel in the Rain” activity. Using the traditional Chilean rain stick instrument (or a cardboard tube sealed with beans inside,) teach your children about the beauty and necessity of rain. Allow them to engage their imaginations and immerse themselves in ‘rain play,’ without ever setting foot outside.

Web Resources:

Indoor Picnic:
http://www.sesameworkshop.org/parents/activity/article.php?contentId=100901&categoryId[]=4443&contentId=100901

Playtime tips for newborns to 24 months:
http://www.sesameworkshop.org/sesamebeginnings/activitycenter/

Monday, November 21, 2005 @ 10:30 a.m.

Today Caillou discovers something inside him that makes ordinary things fun: imagination! Unable to fly his kite on a windless day, Caillou stares at the clouds and finds they’re really wagons, balloons and dinosaurs, if you look at them just right. When rain grounds his kite another day, Caillou and Dad turn the living room into a pirate ship -- with Gilbert shaking the dormant kite like a lively fish. It’s also fun playing with his friend George, who no one can see but Caillou. Meanwhile, the puppets fall into individual reveries about singing, dancing, and conducting an orchestra -- then realize they can imagine together, and make a full concert of it!

While You’re Watching...

- Talk to your children about rain and why it is necessary (for plants, drinking water, etc.).
- What do you do to occupy your time on a rainy day?
- What is your favorite thing to pretend?
READ:
Just a Bad Day
By Gina and Mercer Mayer

It’s a rainy day and things keep going wrong but Little Critter finds out that even the worst day can always change for the better.

Other Recommended Books:
Kipper’s Rainy Day by Mick Inkpen
Rainy Day Activity Book by Andrew Pinnington and Neville Graham (Illustrator)
Richard Scarry’s Best Rainy Day Book Ever by Richard Scarry
Everybody Bakes Bread by Norah Dooley and Peter J. Thornton (Illustrator)

DO:
Revel in the Rain

Materials
- rain sticks or other instruments

Directions
Explore the characteristics of rain with your children.

Make Rain: Ask your children to join you "in the rain" with creative movement. Start by imitating falling rain with your fingers and making rain-like sounds.

Role Play: Next, pretend to get ready to go out in the rain: pull on your boots, put on your raincoat, zip it up, and tie the hood. Pretend to go outside. Stretch out your hands and feel the rain. Open your mouth and catch the rain. Splash in the puddles.

Rhyme: Teach the children a rain song or poem. Use a rain stick or other instruments to create background music.