



# What clothes to wear?

## Seasons

### time

75 minutes.

### learning outcomes

To:

- identify different kinds of weather: rain, wind, thunderstorm, and sunny
- know that for every season you wear different kinds of clothes
- know that clothing protects you from the cold
- discover that some kinds of weather occur more often in certain seasons

### materials needed

- dressing-up box with clothes for different seasons
- colouring pencils
- felt-tip pens

## Preparation

For the activity **Colour the seasons** make six copies of the worksheets. Cut out the drawings.

For the activity **What clothes to wear?** make sure there are various kinds of clothes in the dressing-up box.



### Colour the seasons 20 min.

Hand out the colouring pictures from the worksheet. Distribute the various pictures randomly among the children. Encourage the children to colour the pictures. Ask them what they see in their picture. Is it hot? Or is it cold? What sort of clothes are the children wearing? Is it raining? Or snowing? Explain that there are four seasons: spring, summer, autumn, and winter. Explain the four seasons using the colouring pictures. Did the children take the seasons into account while they were colouring? What colours do we associate with each season?



The children identify the kinds of clothes worn in different seasons.



### What clothes to wear? 45 min.

#### Summer

Sit the children in a circle with the large dressing-up box in the middle. Explain that it is summer and you are going to the beach. Ask three children to find some beach clothes in the dressing-up box and put them on. Encourage them to explain why they chose those particular clothes. Ask the other children if they think these clothes are suitable for summer and the beach. Ask them: 'Why do we wear fewer clothes in the summer? Do you need to put your coat on when you go outside in the summer?' Ask the children to return the clothes to the dressing-up box.

#### Tip.

At the end of the lesson the children can colour the other pictures.

### Winter

Now explain that it is winter and you are going sledging. Pick three other children and encourage them to choose some clothes from the dressing-up box for sledging. Repeat the questions for this season and encourage the other children to give feedback. Ask them if you need to wear a coat when you go outside in the winter. Why? Explain that your coat protects you from the cold outside. Ask the children to return the clothes to the dressing-up box.

### Spring

Ask the children whether any of them has a birthday in April or May. Explain that spring is the season that comes between winter and summer. What clothes do you wear then? Ask another group of children to choose some spring clothes from the dressing-up box. Spring is a difficult season to choose clothes for, because it can be very hot or sometimes very cold. Discuss this with the children. Encourage the other children to give feedback on the clothes chosen by this group. Do they reach the conclusion that the best thing to do is to wear different layers so you can take something off or put something extra on? Ask the children to return the clothes to the dressing-up box.

### Autumn

Explain that it is autumn (the season in between summer and winter). In the autumn the weather can also range from hot to cold. Now you are going to play in the park. Invite three children to choose some clothes for autumn out of the dressing-up box. What differences are there? What do the other children think of their choice? Ask the children to return the clothes to the dressing-up box.



Come to the conclusion that the sun makes you hot so you don't need so many clothes in the summer. In the winter you wear lots of clothes to prevent your body losing too much heat. And in the spring and autumn? What should you wear then? Close the plenary discussion with the conclusion that you need different clothes for each season.



## Rain, wind and storm 10 min.

Ask all the children to stand behind a table. Ask them what sort of weather it is outside. Tell a story that includes all different kinds of weather. Include sounds and movement that the children can join in with. You can use the story on the following page.

**Lisa goes outside. The Sun is shining.** Make a large circle with your arms and then put your hands in the air. **Oh-oh, the wind is starting to blow.** Wave your arms gently to and fro above your head. **It is starting to blow harder, and clouds are gathering.** Wave your arms harder and harder. Blow as if you were the wind, and call out WH000 WH000. **Very slowly it starts to rain.** Pretend you can feel raindrops falling on your head and shoulders. Rub your hands together to create a ssss sound. Drum your fingers slowly on the table. **Luckily Lisa has not gone very far. She runs home quickly. Phew, she got indoors just in time. It is starting to rain harder.** Drum your fingers faster and faster on the table; slap your thighs slowly at first and then steadily faster. **Lisa's mother makes her a cup of tea. Then they sit down together to make a drawing. Outside it's getting darker and darker. Now it's raining very hard.** Drum your fingers on the table as hard as you can, and stamp your feet. **Now its starting to thunder.** Jump up in the air like a bolt of lightening and shout BOOM. Repeat this a few times. **Lisa is glad that she's indoors with her mother. After the thunder and lightening it is not so dark outside. It's not raining quite so hard.** Stop stamping your feet, and drum your fingers slower and slower on the table. **Lisa sees that it has nearly stopped raining. She puts on her raincoat and her boots and goes outside to jump in the puddles. Slowly the rain stops altogether.** Slow down the drumming of your fingers on the table more and more and then stop drumming. **The clouds go away and the sun comes out again.** Make a large circle with your arms and then put your hands in the air. Pretend that you're getting hot. **Lisa is getting hot in her raincoat. She takes her coat off and goes to play in the sandpit. She's glad that it's nice weather again.**

Discuss the weather with the children. Is it always sunny where we live, or mainly in the summertime? In which season does it rain a lot? What kind of weather do we have in winter? During the discussion talk about the weather in the different seasons.



# 11 worksheet



