

Pitter, patter – How to do it.

The '50 Things to Do Before You're Five' activity, 'Pitter Patter', is a fun way to experience the rain and help your child learn about their world. From feeling raindrops on their hands to discovering the sounds and sights of a rainy day, this activity encourages sensory exploration, movement, and imagination – all while making the most of the great outdoors.

Feel it on your face.

Encourage your child to look up and feel the raindrops on their face.

- What does it feel like – cold, tickly, soft?
- Can they describe it in their own words?

Splash in the puddles.

Put on wellies and waterproofs, or go barefoot on a warm day, and jump right in!

- Try stamping, splashing, jumping, and dancing.
- Notice the marks left behind on the ground.

Dance and sing in the rain.

Singing together makes the experience even more joyful. Try:

"It's raining, it's pouring."

"Rain, rain, go away."



Playing with your child in the rain is a fun way to:

- Help them connect with nature and tune into their senses.
- Support physical development and emotional wellbeing through active play.
- Boost language development through songs and conversation.
- Build vocabulary with rich, descriptive words like splash, stamp, drizzle, sploosh, trickle, drip, and shower.



Talking Together in Cambridgeshire's Festival of Stories

Milo and the rainy-day adventure

One morning, Milo looked out of the window and saw raindrops dancing on the glass. "Rain, rain!" shouted Milo with a big smile.

Milo's mummy peeked out too. "It's the perfect day for a puddle adventure," she said.

Milo put on a yellow raincoat, red wellies, and grabbed their favourite frog umbrella. Mummy wore big blue boots and held Milo's hand as they stepped outside.

Pitter-patter, pitter-patter – the rain tapped gently on their heads. "Feel it on your face," said Milo's mummy. Milo looked up and giggled as the raindrops tickled their cheeks.

They walked down the path and found a big puddle. SPLASH! Milo jumped in with both feet. SPLISH! Mummy jumped too!



"Let's sing!" said Milo. "It's raining, it's pouring..." they sang as they danced in the puddles.

Then they sat under the umbrella and listened. Drip drop, drip. The rain made music on top of the umbrella as it landed. "Rain is fun," Milo whispered. "It makes the world shiny and splashy!" Mummy smiled. "And it's even more fun when we play together."

As the rain slowed down, they walked home, warm, and happy, with muddy boots and big smiles.