

Longfellow Home Cool Tool

Dressing for the weather

Expectations: Be Safe, Be Responsible

Purpose of the lesson? Why it is important:

1. To teach children to be responsible by caring for themselves.
2. To teach children that when dressed properly there is safety from the elements of the weather.

Teaching Examples: *The following presents situations that your child might find himself in. Use these examples to discuss with your child how to make good decisions about dressing for the weather.*

- You have to go to work (or an appointment) early and can't be home when your child is getting ready for school. You know that your child likes to wear short sleeve t-shirts and jeans with a light jacket but it is very cold outside. Talk about why it might not be safe for your child's health if that was worn (ex. frost bite, colds). Talk about unexpected situations that can come up and leave your child in the cold longer (ex. a late bus, outdoor recess). Help your child come up with ways that he/she can wear what is wanted (ex. sweatshirt over t-shirt, heavier jacket over light one) and still dress for the weather.
- On a very cold day you went to pick up your child from practice and your child was waiting for you outside without a coat on. In fact your child was dressed in only shorts and a t-shirt. When you questioned your child about the lack of clothing you were told that he/she was hot and sweaty. Talk with your child about the health hazards that this could cause. Discuss what your child could have done to cool down other than waiting outside in the cold without appropriate dress for the weather.

Kid Activities/Role Plays:

1. Talk with your child about your expectations of the clothes you want your child to wear in different kinds of weather.
2. Help your child set up his/her closet with the appropriate clothes for the season in front.

Follow-up/Reinforcement Activities:

1. Before your child goes to bed ask him/her what they are planning to wear tomorrow.
2. Praise your child when appropriate clothing is chosen.