

## Rainy Days

Even on a rainy day you can go outside and explore!

Here are some ideas of how you can use the beautiful outdoors in a fun and safe way. Please ensure you have read the [Introduction to Norfolk Autumn Outdoors](#) for some important safety tips to help you along your way.

We have made this guide interactive so please click on the blue underlined section to follow the website links.



### Give back (and care)

- Check forecasts for strong winds or thunderstorms
- Make sure you [dress appropriately for activities](#)
- Manage your [muddy kit](#)
- Make a warm drink for everyone when you come back inside



### Take notice of nature

- Listen to the sound of the rain on different surfaces or roofs (e.g. trees, stone, shed, car, conservatory, tent)
- Feel the rain as it lands on you; stick out your tongue and catch a raindrop
- What does it [smell like before and after rain](#)?
- Visit a [water habitat](#) and watch the rain droplets hitting the surface



### Connect with others



### Be active in the outdoors



### Keep learning

- Go outside and enjoy the [rain with others](#)
- Make some rainy music and play it to someone; make [musical instruments](#) using natural resources
- Look up some rain related rhymes and read them to a friend, or make up your own as a group
- Appreciate the rain from the shelter of an umbrella
- Watch the raindrops roll down a window pane – have a raindrop race
- Wear waterproofs and go for a walk in the rain
- Put on wellies and do some puddle jumping
- Make some mud pies and decorate them with petals, stones and leaves
- Do an anti-rain dance to make it stop (or just dance in the rain!)
- Make a waterproof den and keep yourselves dry
- Make some mud paintings or stencils. Make some drip or splash pictures either indoors or take the paints outside and let the rain do the work
- Use the [Met Office rainfall radar](#) to track the rain passing over your area
- If there is lightning use the [Met Office lightning radar](#) to see how close the strikes are
- Carefully go off-road biking and enjoy the mud
- Go on a worm, [slug or snail hunt](#). What other animals like the rain?
- People say 'Nice weather for [ducks](#)' but what do [ducks](#) do in the rain? Explore and find out
- Make a [rain gauge](#) from a recycled plastic bottle - measure how much rain falls
- Find some rain related stories ([Tiddalik](#) is a traditional aboriginal tale about the rain)
- Learn about the [water cycle](#)
- [Woodland Trust](#) have activities and online quizzes on habitats, animals, trees and so on - good to keep you busy if you can't go out