

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