



Know how. Know now.

MY CLOTHING AND THE WEATHER

Goals of this lesson:

Youth will:

- Understand how clothing provides protection from the weather.
- Understand how to dress for the weather they will be in.

What You Need to Know:

- Clothing protects us from the sun, rain, wind and cold weather.
- Different types of clothing are best to wear in different kinds of weather.
- People can also protect themselves from the weather by shielding themselves with tents, umbrellas, sun visors or sunglasses.
- Cotton fabric absorbs moisture and is comfortable to wear in hot weather.
- Polyester, nylon and other human-made fibers do not absorb moisture and are uncomfortable to wear in hot weather.
- Black or dark-colored clothing absorbs heat from the sun and is warmer to wear than white or light-colored clothing.

Materials Needed:

- Large pieces of paper.
- Markers
- Glue
- Magazine pictures of clothing.
- Variety of clothing
- Thermometer
- Large piece of plastic
- Brown wrapping paper
- Pencils
- Scissors
- Thick cardboard
- One large nail
- Shoelaces or pieces of heavy waxed twine







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Learning Activities:

Experiment 1 -

Do this experiment in the sun. Put one thermometer under a dark colored hat and one thermometer under a light colored hat. Wait 15 minutes. Check to see if there has been an increase in the temperature. (The dark-colored hat should have absorbed more heat and the temperature should be somewhat higher than the thermometer under the light-colored hat.)

Experiment 2 -

Spread a large piece of plastic on the ground and arrange a variety of clothing made of different fabrics (windbreaker or coated rain coat, 100% cotton T-shirt, and fabric treated with a liquid repellent such as Scotchgard). Have the children carefully sprinkle each of the clothes with water. Tell them to watch to see the difference in the amount of water that is absorbed. Discuss how the fabrics that absorbed the water are best to wear when you might get hot and sweaty, while the ones that do not absorb water would be better to wear in cooler weather.

- 1. Weather/Clothing Match Game Draw symbols in each corner of the four sections of your poster board or large piece of paper to represent the different types of weather (sunny and warm, rainy, snowy, and cold and windy. Place the assortment of pre-cut pictures in a box or bag and have the children take turns pasting the pictures onto the section of the paper that corresponds to the weather that's appropriate for the clothing. Talk about why the children placed the pictures where they did.
- 2. Making Sandals Have the children carefully trace their feet (one at a time) on the wrapping paper and then cut out the outlines. Have the children paste the outlines onto the cardboard and cut them out. You may need to help them with this if the cardboard is too thick for them to manage. Draw two holes on each side of the outline on the top and then use the large nail to punch out the holes. Show the children how to insert the shoelaces and tie them onto their feet. After all the children are wearing their sandals, ask about the type of weather in which they would wear sandal. Ask them what other kinds of clothing would be appropriate to wear with sandals.







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Other Fun Things to Do:

Making Sun Visors – Draw a quarter –moon shape on a paper plate. This will be the shading part of the visor. Have the children cut out this shape. Let the children use crayons or markers to decorate their "visors". Give each child a piece of elastic to staple to each end of the visor. Be sure each child's name is on his or her visor. Discuss how visors protect your face and eyes form the sunshine.

Costume Relay – Divide the children into two teams. Pick a starting line for the teams to stand behind and put the bags or suitcases of clothes 20 feet away. Make sure each bag or suitcase contains the same number and types of clothes. At the "On your mark, get set, GO!" signal, one member of each tem should run to the team's bag or suitcase and put on the clothes as quickly as he or she can, then take off the clothes and put them back in the bag and run back to the starting line. This should continue until each child has had a turn.

Read a book. Read a book about clothing together and talk about what they learned. Some book suggestions include:

Moley Gets Dressed for all Weather by Sue Hendra

Froggy gets Dressed by Jonathon London

All Kinds of Clothes by Jeri S. Cipriano

Thumpity Thump Gets Dressed by Cyndy Szekeres

What Will I Wear? By Richard Scarry

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