

Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more exciting, fun and interesting activities for you and your children, then check out these links to different areas of the Twinkl Parents website.

games



crafts



puzzles



experiments



word searches



What is this resource and how do I use it?

Summer's just around the corner! Help your child prepare for the warm weather with this helpful poster. It's perfect for sticking up at home so they can remember to keep cool and stay safe. We have also included a selection of fun activities that you and your child can do to help them to keep cool in the warm weather.

What skills does this practise?

Sun Safety

Empowering Parents

Further Activity Ideas and Suggestions

This [dress-up activity](#) is a fun way to practise making appropriate clothing choices in the sun and this one is great for helping your little one to [pack](#). You can encourage your child to wear a sun hat by having a go at [designing their own](#) first.

Parents Blog



Twinkl Kids' TV



Homework Help



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Top Tips for Keeping Cool

in the Warm Weather



Drink plenty of water.



Wear sports gear, which is specially made to deal with sweat.

Don't do too much exercise in the heat.



Ice or cold water on your wrists or feet can cool you down quickly.

Cover up as much as possible with loose, light clothing.



Staying Safe in the Sun

Wear sunglasses.



Don't look directly at the sun.

Use sun cream regularly.



Wear a hat that can shade your face and neck.



Try to stay in the shade when the sun is strongest (usually between 11am and 3pm).



Top Ten Activities

for Keeping Cool



Have a water balloon fight or make a water balloon piñata.

Encourage your child to wash their waterproof toys outside using cold water in a bucket.

Even better - wash the car!



in the Warm Weather

Now that you have read our top tips, here are some great ideas for activities that you can do with your child to help keep them cool in the warm weather.

Make some delicious ice lollies or frozen fruit snacks together.

Freeze some small objects or toys in water and then let your child dig them out.

Rinse out and clean spray bottles, fill them with cold water and let your child water the flowers - and themselves!

Make lots of ice cubes, then let your child build ice sculptures out of them.

Make your own homemade fans.

Fill ice cube trays with water and food colouring or water-based paint, freeze them with lolly sticks inside. When they've frozen, get painting.

Fill up a paddling pool or tub with water, ice cubes and a variety of containers for pouring.



We hope you find the information on our website and resources useful. As far as possible, the contents of this resource are reflective of current professional research. However, please be aware that every child is different and information can quickly become out of date. The information given here is intended for general guidance purposes only and may not apply to your specific situation. Outdoor areas provide great opportunities for play and learning, but always check for any environmental risks before taking part in outdoor activities, and only proceed if it is safe to do so. Ensure children always wash their hands after being outside. Please be respectful of nature and take care of animals and plants. We will not be held responsible for the health and safety of those participating in activities, and cannot accept any liability. By organising or participating in any activity described, you acknowledge that it is the responsibility of supervising adults to ensure the safety of children in their care. As medical information is situation-specific and can change, we do not warrant that the information provided is correct. You and your children should not rely on the material included within this resource and we do not accept any responsibility if you or your children do. It is up to you to contact a suitably qualified health professional if you are concerned about your health or the health of your children.