



Dressing For The Weather



- When I get dressed I need to wear clothes matched to the weather.
- Putting on the right clothes means thinking about what I am doing today. Will be I be running about? Will I be outside? Do I need to wear school clothes? It also means thinking about the weather and the temperature:
 - I may need to wear clothes to keep me warm when it is cold
 - If it is hot I may need to wear clothes that help me stay cool
 - Sometimes it can be both cold and hot during the day. Then I might need to wear something warm that I can take off and put on when I need to
 - I may need a waterproof coat if it might rain
- Wearing the right clothes for the weather is sensible. It means I can keep myself from getting too hot or too cold. I can stay comfortable.
- If I don't wear the right clothes I may be too cold or too hot. This will make me feel uncomfortable and that is not OK. Adults may worry about me if I don't wear the right clothes.
- Wearing the right clothes means dressing for the weather and thinking about what I will be doing today.

