



PARENTS' TIPS

#OUTDOORPLAY

Cloud Gazing

It's been an exciting week with the return to school, but it might have been a bit of an anxious one too for some. Cloud gazing is great for relaxing and taking some time out.

- Find a safe space outside to lie back and look at the clouds. Watch them move and change shape.
- What do they look like? What pictures can you find in the clouds?
- Can you make up a story around the things you see?

To learn the names of clouds and find out what weather they bring check out this guide from the BBC weather team:

<http://downloads.bbc.co.uk/tv/greatbritishweather/cloudspottingguide.pdf>

