Grade school teacher Lucy Taylor (Jodie Sweetin) seems to be the only one in her family who hasn't found true love. Her parents are celebrating their 40th anniversary and her sister, now pregnant, has been married for a full decade. So far Lucy hasn't run into anyone with potential to be her Prince Charming – until she accidentally spills hot mocha on a handsome stranger. He's Jack Evans (David Haydn-Jones), who just ran into the coffee shop for a quick cup before taking his 10-year-old daughter Sophie (Dakota Guppy) to her new school. A widower who recently moved to town, he's focused on two things – being a good dad and his new job, but after he's scalded and smitten at the same time, Jack can't help but admit that a little flirting with an adorable woman feels good, especially when he keeps running into her.

As it turns out, not only is Lucy Sophie’s teacher, but she also ends up jogging in the same park as Jack does. Later, they bump into each while shopping and again at the movies. Every time they come in contact, their easy banter makes it clear that not only are they attracted to the same places, but they're also attracted to one another. Then, one day, when Jack arrives at Lucy’s classroom to pick up Sophie, he's suddenly called back to work, and has no one to watch his daughter, so Lucy offers to take Sophie home with her. They have a great time cooking pasta, and when Jack shows up, Lucy suggests he stay for dinner. But just as they sit down, the doorbell rings, and Ben (Brendon Zub), the coffee shop manager who has a crush on Lucy, walks in. Thinking he's Lucy's boyfriend, Jack awkwardly takes his daughter and leaves.

Running into Jack while jogging the next day, Lucy explains that Ben is only a friend. She then shows him the romantic park where her parents exchanged vows. Sitting on a bench with the inscription: “To all the souls that found their mates,” Lucy and Jack appear to be living proof of whom the dedication was meant for. But while Jack is doing a fine job engineering the Ocean Park Bridge refurbishment, he isn’t as skilled at bridging the gap between himself and someone trying to get close to him, and soon Lucy grows fearful he’s going to break her heart. Still, with her family’s support, she takes the risk, and grows close to Jack and his daughter, giving them a tour of her town, which ends with an indoor forest of rainbows. Sophie, whose science fair project is a study of rainbows, is delighted, as is Jack, seeing how happy Lucy has made her.

But when Sophie’s project wins the science fair and her prize is a trip to Queens Park, known for attracting rainbows, Lucy bursts into tears, missing her mom, who used to sing “Over the Rainbow” to her. Seeing his daughter upset, and worrying he'll disappoint her if he can’t let Lucy in, Jack announces he’s taking a job in Miami. Crushing both Lucy and Sophie, hopefully Jack will realize you can't have a rainbow without some rain, and love can weather any storm.