

# WINTER ACTIVITIES FOR FAMILIES



The winter break is fast approaching and soon we'll be looking for activities to keep the kids busy. Here are a few ideas to get you started.

## INDOOR ACTIVITIES

### MOVEMENT

- Build a fort. Grab some cardboard boxes, pillows, or blankets and decorate your new space with some lights.
- Have a dance party. Put on some upbeat tunes and start moving.
- Yoga. Follow along to a video and start stretching and balancing.
- Indoor bowling. If you have empty plastic bottles at home, add a bit of weight to it and try knocking them over.

### SENSORY

- Assemble a sensory bin with some snow dough! You can follow this [recipe](#). Don't have time to make snow dough? Try using shaving cream!
- Bake and shape some cookies. Great for squishing and for eating.
- Make some wintery slime. Add some glitter, a few snowflakes, and maybe some water beads. You can find a recipe for slime [here](#).

### CALMING

- Take a break and get cozy with blankets and your family's favourite calming activities: maybe watching a familiar or preferred movie, listening to favourite tunes, or getting pillow squishes in your new blanket fort.

### QUICK TIP!

If you're adding new activities to your family's routine, remember it might take a bit of practice! Try the activity for a week and build up on the time spent on it every day. Using visual schedules or video models are also great tools for introducing new activities!

## OUTDOOR ACTIVITIES

- Colour the snow! Use some water and food colouring and put it in a spray or squirt bottle to start creating some patterns in the snow.
- Make a snow maze or a fort. Try using objects and colours to decorate or mark destinations for your maze.
- Go on a scavenger hunt in the snow. Bury items and start digging.
- Go for a car ride and look at holiday lights.
- Shovel the snow! Great for heavy work and gets a job done!
- Freeze colored water in balloons to create slush or ice for your sensory bins or snow fort.

### QUICK TIP!

Consider your family's strengths and skills when you're planning for activities. You can narrow down the list and decide on a couple to do together!

additional resources

