



VIRTUAL CHILDCARE PARENT SUPPORT SERVICES

**VOLUME #71
OUTDOOR WINTER ACTIVITIES**

HELLO PARENTS,

Winter is a great season for outdoor activities. Cold weather, ice, and snow are a wonderful source of fun for children. Winter outdoor activities promote emotional health benefits, such as self-confidence and the ability to assess risks. Playing outside during the winter teaches children how to work together in groups, and helps children learn to share, negotiate, and solve conflicts. Outdoor play in winter helps children to identify hazards, such as slippery surfaces and modify their actions accordingly. It also encourages social development, collaboration and provides them the opportunity to exercise and explore their imaginations. In this newsletter, you will find different winter activities for your children to try.

ACTIVITIES

INFANTS (3 – 18 MONTHS)

COLOURED ICE BLOCKS

MATERIALS:

- Different sized containers
- Ice cube tray
- Cookie tray
- Food colouring

DIRECTIONS:

- Fill the ice cube tray and different containers with water.
- Add a few drops of food colouring to the water to make coloured ice blocks and leave outside overnight or put them in the freezer.
- Take the ice blocks out, put them on the tray and invite your infant to explore them.
- Observe your infant as they explore. For example: they may touch, try to pick them up, taste, try to stack on top of each other, etc.
- Describe and comment on what your infant is doing.

[Click here](#) for more activities.

TODDLERS (19 MONTHS – 2.5 YEARS)

MAKE SNOWY ART

MATERIALS:

- Spray bottles or an empty bottle with a hole
- Water
- Food colouring

DIRECTIONS:

- Fill the spray bottle or empty bottle with water.
- Add a few drops of food coloring in the water.
- Let your child spray the colourful water onto the snow and create snowy art.

[Click here](#) for more activities.

PRESCHOOLERS (2.5 – 5 YEARS)

FROZEN SUN CATCHERS

MATERIALS:

- Branches, twigs, leaves, rocks, etc.
- Paper plate · Water · String

DIRECTIONS:

- Dress warmly and go outside with your child to gather natural items, such as branches, berries, twigs, leaves, etc.
- Ask your child to tie a piece of string on the paper plate.
- Let them fill the paper plate with water and arrange the natural items on the plate any way they like.
- Leave the plate outside overnight to be frozen.
- Have your child gently remove the sun catcher from the plate and hang it on a tree or windowsill.

[Click here](#) for more winter activities.

JK/SK (4 – 6 YEARS)

BUILD AN IGLOO

MATERIALS:

- Snow
- 1-3 plastic containers

DIRECTIONS:

- Fill plastic containers with snow.
- Press down on the snow in the container to pack it tightly and create a solid block of snow.
- Flip over the container quickly and tap the top of it. This will loosen the snow from the inside of the container.
- Once the snow block is loosened, you may remove the container from the block of snow.
- Repeat these steps to create a perimeter for your igloo. You may line up the blocks of snow, one next to the other.
- Once you have created a perimeter, begin to create the walls of your igloo by stacking blocks of snow, one on top of the other.
- Continue this process until you have built your igloo.

[Click here](#) for more winter activities.

SCHOOL-AGERS (6 – 12 YEARS)

MAPLE SYRUP ON SNOW – TIRE SUR NEIGE

MATERIALS:

- Pure maple syrup · Baking pan · Fresh snow
- A big plastic container · A pot · Tablespoon

DIRECTIONS:

- Fill the pan with fresh fallen clean snow. You may place it in the freezer until you use it.
- Pack the snow tightly in the container and carve little areas or designs to pour the maple syrup into fun shapes.
- Place the maple syrup in a pot on the stove and bring to a boil.
- Continue to boil until syrup reaches the soft ball stage.
- Carefully remove the pot from the burner and set on a hot pad.
- Use the tablespoon to pour the hot maple syrup onto the snow.
- The maple syrup will harden quickly. You can remove the pieces and eat them or you can wrap the pieces around the end of a food-safe wooden craft stick.

[Click here](#) for more activities.



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

A TIP FOR TODAY

- Dress your children with appropriate clothes, which should include one more layer of clothing than an adult would wear in the same conditions.
- Put on warm boots, gloves or mittens, a hat, jacket and snowsuit on your child when you are going outside.
- Consider keeping children indoors whenever the temperature or the wind chill is reported to be -27°C (-16°F) or lower. At these temperatures, exposed skin will begin to freeze.
- Check often to see that your child is warm and dry. Younger children should take regular breaks and come inside for a warm drink.