



HELLO PARENTS,

As the days get shorter and colder, it can be particularly challenging to engage children outdoors. However, winter offers many enjoyable play and exercise opportunities, like tobogganing, skating or snowball tossing. Participating in winter games offers numerous benefits: it can strengthen your child's immune system, support their physical and emotional well-being, and enhance their learning skills. In this newsletter, we provide ideas that will help you and your child stay physically active and enjoy the winter season.

ACTIVITIES

INFANTS (3 – 18 MONTHS)

EXPLORING SNOWFLAKES

DIRECTIONS:

- Take your child outside on a snowy day to explore the snow.
- Encourage your child to catch the snowflakes on their mittens.
- Show your child how to blow at the snowflakes.
- While your child is exploring the snowflakes, make comments and describe what is happening.

[Click here](#) for more activities.

TODDLERS (19 MONTHS – 2.5 YEARS)

SNOWBALL BALANCE

DIRECTIONS:

- On a snowy day, go outside and help your child to make snowballs.
- Encourage your child to stack them up.
- Count together how many snowballs they can stack.

[Click here](#) for more ideas.

PRESCHOOLERS (2.5 – 5 YEARS)

MAKE SNOW ANGELS

DIRECTIONS:

- Dress your child in warm clothes.
- Find a snow-filled area and invite your child to play with the snow.
- Have them lie down in the snow, keeping their arms apart and facing the sky.
- Ask your child to wave their legs and arms on the ground to make wings.
- Once done, ask your child to get up and move away from the "snow angel" they have created, making sure not to step on it.
- Encourage your child to make other creations on the snow using their whole bodies.

[Click here](#) for more activities.

JK/SK (4 – 6 YEARS)

BUILD A LARGE SNOW WORM

MATERIALS:

- Snow
- Two rocks
- Thick stubby stick
- Food colouring
- Water
- Spray bottle (more if using more than one colour)

DIRECTIONS:

- Have your child make several large snowballs, with one ball larger than the rest for the head.
- Put the snowballs together to form the worm's body.
- Use two rocks for eyes and a stick for the worm's nose.
- Have your child use a spray bottle with water and food colouring to colour the worm.
- Encourage your child to create more snow creatures.

[Click here](#) for more activities.

SCHOOL-AGERS (6 – 12 YEARS)

SNOW BASEBALL

MATERIALS:

- Snow
- 4 empty bottles
- Buckets

DIRECTIONS:

- Invite your friends or family members to play snow baseball.
- Have everyone make several snowballs as "pitches" and put them in their buckets.
- Set up a baseball diamond by making four snow mounds representing home plate, first, second and third bases, with a mound in the middle for the "pitcher" to stand on.
- Place an empty water bottle on top of each mound in the diamond.
- Take turns to be a "pitcher": stand in the middle of the diamond and try to knock the bottle off each mound by throwing snowballs at each one.
- The player who knocks down the bottles with the fewest "pitches" wins.

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



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A TIP FOR TODAY

- Track the weather with your child.
- Get outdoors as a family.
- Embrace winter weather and dress accordingly.
- Photograph or draw winter views.