



Baby, it's cold outside! Let's have some fun inside as we welcome Winter with these activities picked just for you!

Freeze Play: Here are two fun ways to get your children moving! Have a bowl of ice cubes by your side and ask your children to sit in a circle. If you only have one child, then you and your child can sit across from each other. Put on some of your favorite tunes and start passing the ice cube from child to child or from parent to child. Randomly, turn down the volume or pause the music and whomever has the piece of ice must hold it in their hands. Start counting out loud and see how long you or your child can hold the ice before your hands are just too cold to go on! See who can hold the ice for the longest time. While you have music on, enjoy a game of Freeze Dance where everyone shows their best moves but freezes when the music stops!

Icy Roads: Freeze thin layers of water on baking trays overnight. Let your child race play cars on the ice and see how they slip and slide and have trouble staying in a straight line. Then, sprinkle some sand over the ice and race the cars again. Explain how the sand helps to make the ice not so slippery and that is why in real life when it snows, sand is placed on the roads so cars will not slide!

Winter trees: Take a look outside and bring notice to the leafless branches on the trees now that winter has arrived. Give your child strips of masking tape and let them create their own winter tree. They can stick wider strips on a piece of white paper for the trunk and smaller strips for the branches coming off of the trunk. Once the strips are in place, give your child various colors of acrylic or watercolor paints such as blue, white, and black to paint all over the paper to create a winter sky. Once the paint dries, let your child pull off all of the tape and they will have a beautiful winter white tree surrounded by a beautiful winter sky! They can create many of these trees and make a winter forest to display somewhere in your home!

