**Indoor Activities**

1. Go “ice skating” – Move around using paper plates, wax paper or tissue boxes under your feet.

2. Have a “snowball” fight throwing balled up paper or rolled socks across the room or in the hallway.

3. Cut out paper “snowflakes”, throw them in the air and catch as many as you can.

4. Build a “snowman” using paper, tape and cardboard boxes.

5. Use paper “snowflakes” to make a straight line, then use your balance to walk on them.

6. Jump from paper “snowflake” to paper “snowflake”.

7. “Snowball” toss, using rolled up socks or balled up paper, toss items into a bucket.

8. Play ice hockey with a plastic lid (puck), a cereal box (goal) and pool noodles (sticks).


11. Tie small rackets/paddles to your feet and go for a “snowshoe” adventure.

12. Have a winter dance party using winter or holiday themed music.

13. “Snowball” target practice - Place large cloth “snowflake” targets around the room and try to hit the target.

14. Walk like a polar bear on your hands and feet around the classroom.

15. Have two or more children tie their feet to the same board and try “tandem skiing” while working together to walk/slide around the room.

16. Create movement dice with winter activities: downhill skiing, ice skating, throwing snowballs, lifting the middle of a snow man, etc.

17. Hang paper “snowflakes” then try to jump up and touch them.

18. Use a scooter board* as a sled or combine them as a bobsled.

19. Do the freeze dance/game – when the music/light is on you move/dance and when the music/light is off you freeze.

20. Bundle up race – See how fast you can move to a pile of winter clothing, put them all on, then get back to the start.


**Management Notes:**
- Laminate paper “snowflakes” for longer use.
- Secure “snowflakes” to ground using tape to avoid slipping.
- Vary sizes of targets, “snowballs,” “snowflakes,” and loose parts used.
- Vary heights of targets and “snowflakes”.
- If you prefer not to do “snowball” fights, have them split into teams/sides and see who can have the least amount of “snow” in on their side (yard).
Outdoor Activities

21. Ice bowling – freeze water in plastic bottles and bowl a ball or frozen water balloon at the bottles
22. Do snow angels in snow or in leaves
23. Build a snow fort or igloo with snow or loose parts
24. Play “Freeze” Tag
25. Build a snowman with snow or loose parts
26. Have a snowball fight with snow or rolled socks/paper balls
27. Go sledding on a sled or cardboard
28. Play hot potato with a snowball or a pretend snowball
29. Throw snowballs at trees or other targets
30. Fill containers with snow (dirt or sand) and carry them to make a mountain
31. Make a ramp out of the snow and slide down it on a sled or on your belly
32. Build and crawl through snow tunnels or tunnels made from loose parts
33. Create a maze from snow or sticks
34. Catch a snowflake on your tongue
35. Make a snow kitchen
36. Use your feet to draw in the snow, sand, or leaves
37. Build a teepee with sticks
38. Shovel or rake the snow or leaves
39. Stomp words in the snow, sand, or dirt
40. Have a winter scavenger hunt – hide small toys in the snow and dig through the snow to find the items

Tips for What to Wear for Winter Outdoor Play

- Thick coat
- Gloves, hats, and scarf
- Winter boots
- Snow pants or a one-piece snowsuit
- Down or fleece vest
- Pocket hot pads (older children)
- Layers of clothing (base layer, insulating layer, and outer shell)
- Water proof clothing or insulate shoes and clothing with plastic bags
- Good materials for winter clothing include cotton, down, fleece, nylon, polypropylene, thinsulate and wool
- Sun protection – sunscreen, sunglasses, etc.

“There is no such thing as bad weather, just bad clothing.”

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