

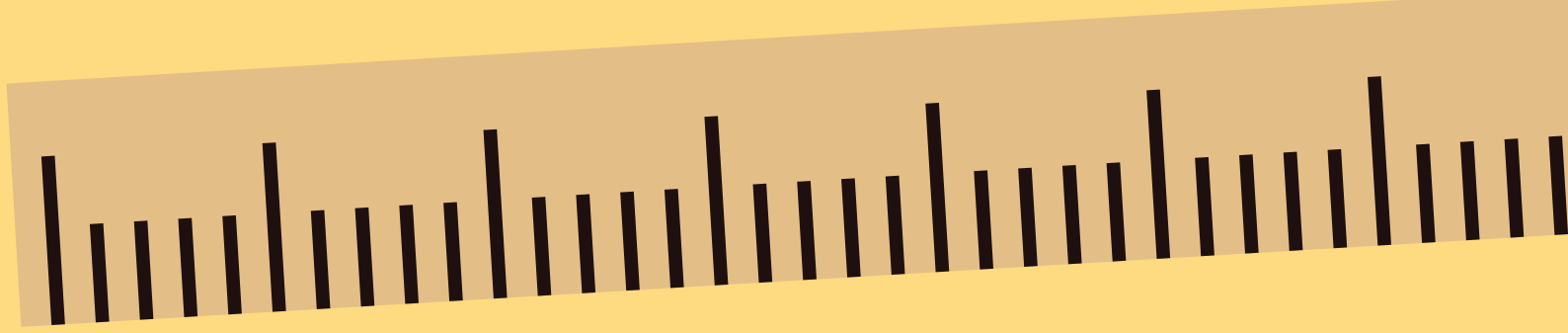


INDOOR SNOW DAY ACTIVITIES

1. Consider filling up the bathtub with some snow. Add some mitts for your children to wear at this 'sensory table' as they explore with the snow and notice how it changes as the temperature in the room warms it up! Challenge your children to explain why the snow is getting sticky when it would not stick together outside. What is different about the inside environment from the outside environment? Consider adding some sticks/ rocks/ beads to the snow to see if this changes the play.

For older children, what about shifting this into a recorded science experiment: invite children to make notes every 15 minutes: how much water (use a ruler) is in the tub, how sticky is the snow – they will need to set criteria to grade the stickiness (does not stick together, loosely sticks together, makes a hard snowball), compare the time of melting for a snowball to loose snow, add some dabs of food colour (not too much, you do not want to colour your tub permanently!) and measure how far it spreads.





2. Create a pretend restaurant where you make a menu (keep it simple and copy some of the cereal names off boxes or bread (toasted), set the table and get ready for customers.


Name the restaurant and create a sign to advertise hours and kind of food served.

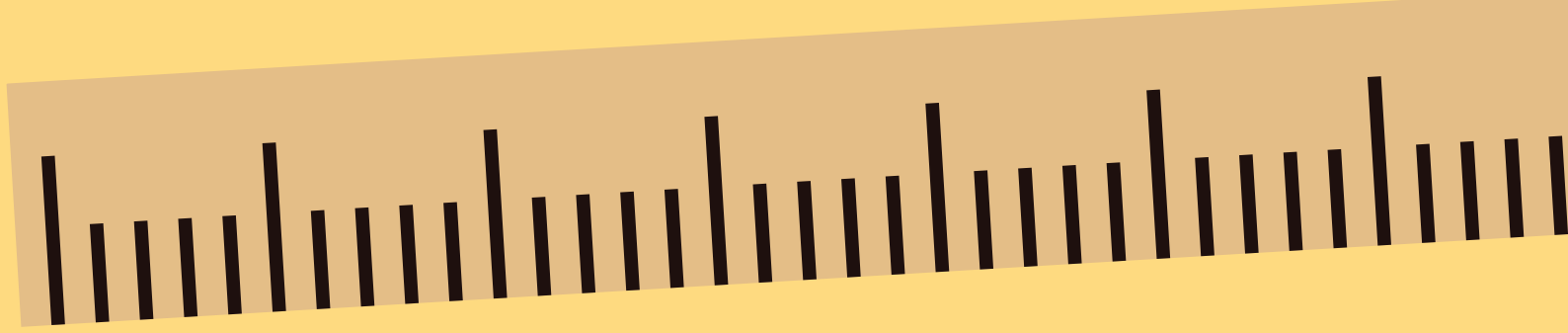
This is a great opportunity to practice speaking, writing, and reading (menu) all in an authentic setting.

BonAppetit!

3. Dance off! Turn on the music and have a dance party in the living room! We are imagining that a lot of parents are working from home so this is a fun 'body break' that can be as short as a couple of minutes. It is as simple as, "Hey Siri- play some dance music!"

Consider spotlight dancing where one member of your family goes in the center of the room to showcase their 'hottest moves' while everyone else chants, "Go Name, Go Name, Go- Go - Go Name."





4. Challenge your children to create a 'ninja warrior course' that will put their parent/sibling fitness capabilities to the test. This activity is called 1-10 and back again! In this activity, children think of ten different 'physical challenges' that both they and other family members then tackle to see if they can complete it. Each child brainstorms their own ideas and finds a way to draw/write it down to keep track of their 'physical challenge'.

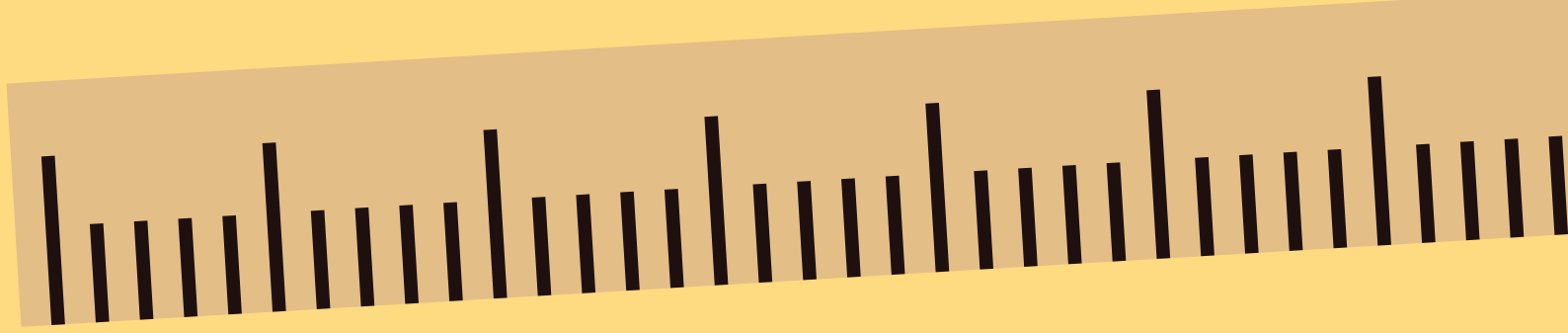
Example: one burpee, two jumping jacks, three sit ups, four mad dance moves, five tries at jumping up and touching the top of the door frame, six...so on until you get to ten... and then go back down again.

Example: Ten crab crawls, nine jumps as high as you can go, eight hula hoops etc.

Challenge your children to 'capture' their activity course in pictures and or words so that someone could simply pick up their 'instruction sheet' and either read or visually see what they are required to do.

Next Level: Consider timing yourself doing the activity and then putting on your gear and taking the same activity challenge outside! How much longer does it take in the snow...or can you do it faster?





5. Natural Play Dough (Kristen Marr)

Ingredients

2 1/4 cups white all-purpose flour

1 cup salt

1 1/4 cups hot water

2 TB oil (I've used avocado and olive oil with good success)

Natural dye * optional

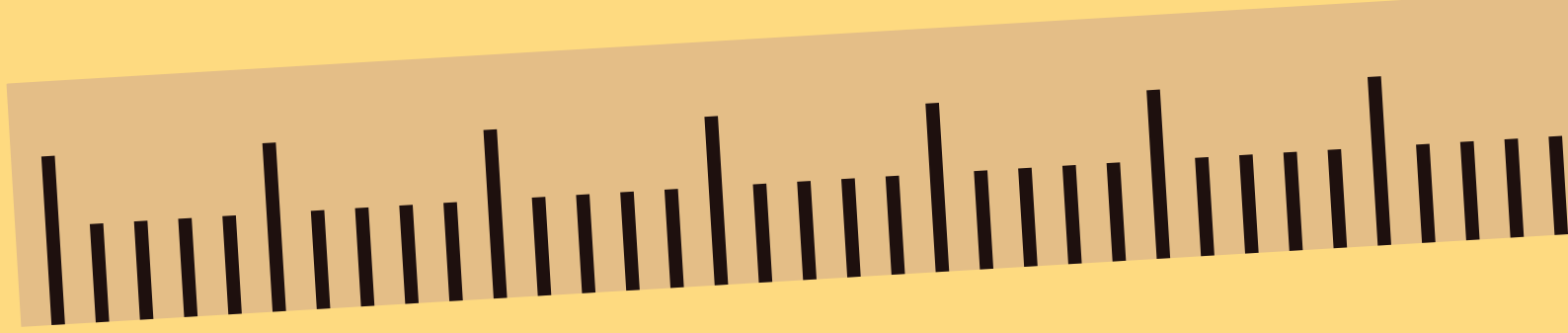
Instructions (All baking is a use of math skills like fractions!)

a. In a large bowl, combine the flour and salt. Add the hot water and oil to the flour and salt mixture. If you're using a dye to color the dough, add it to the bowl (the amount you use will depend on your personal preference). Stir the dough until it forms a ball. Once the dough begins to form a ball, knead the dough with your hands, adding more flour by teaspoon if it is needed. .

b. The play dough is best used within 7 days. Store at room temperature in an air-tight container. If the play dough gets too sticky, just knead in more flour. If the play dough gets too dry, add a drizzle of oil to the dough.

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Welcome to the Snowman Factory

After making the playdough, look around the house for various items such as buttons, ribbon, string, pipe cleaners, and so on or outside materials such as rocks, sticks, acorns, etc. Set up a little station and allow your child to create a snowman using the items then invite them to write about the snowman. For example, give the snowman a name, describe its size, shape or what the snowman will do during winter. Let their imaginations bring the snow person to life with its own life story!

6. SNOW DAY CHARADES!

Give everyone some time to brainstorm and write down or draw as many activities as possible to do outside in winter. Each person must keep their ideas hidden from the other players. Once the lists are made, starting with the youngest player, have them act out one of their ideas. Whoever guesses correctly then gets their turn to demonstrate their acting skill and 'mime' their idea. Continue play until mad laughter results...or until your family decides to move to a different activity.

