

Playing Outside In The Cold Weather Can Be FUN!

Playing outdoors in winter promotes physical development and well-being. This is because outdoor play encourages the use of the whole body, by offering a safe space to run, jump, and exercise key muscle groups.



Don't forget to dress for the weather:

Dress warm and for the season. A warm jacket & snow pants are a good start. Hats, mittens, and scarves are important as well. Next on your list — boots, so you can step over snowbanks and wade through snow on the sidewalk. These items are not only important for the children, but for parents as well. Getting outside as a family helps foster a love for the outdoors at a young age and can have a life time of benefits.

Not a fan of cold weather? Don't think your kids will last more than a few minutes outside in freezing temps? That is ok! 5 or 10 minutes is better than no time at all. Check out these gross motor and sensory winter activities to get kids up and moving and keep them entertained in the snow! Have some fun as a family.

Gross Motor Activities

- Make a giant snowball, then try to fit everyone on top of it!
- Play hopscotch by jumping and creating footprints in fresh snow.
- Have someone follow in your footsteps, trying not to fall out of them!
- Run in deep snow with boots on.
- Shovel!
- Play a game of freeze tag.
- Play Simon Says!
- Make a conga line and dance in the snow!
- Take turns pulling each other on a sled.
- Make a big pile of snow, run, and...JUMP!

