

40+ Fun and Active Things to Do With Your Child (for Free or Almost Free)

1. Play Snow Golf. Bury cans in the snow, use any kind of ball and a hockey stick, bat or golf club to hit the ball into the cans.
2. Play Tic Tac Toe in the snow. Use pine cones and sticks as markers.

3. Write shapes or letters on a ball and shout the one you see when you catch the ball
4. Make "snow angels" in fresh



snow.

Fresh snow makes the best ones.

5. Build a balance beam by placing a board on the floor or a wide piece of tape. Help your child walk the "plank"
6. Use handfuls of snow to create funny faces on a tree trunk.
7. Make a target in the snow. Throw snowballs into it.



8. See how many times you can throw a ball up in the air and catch it, without letting it fall.

9. Build a snowman. Decorate him with a carrot nose, sticks for arms, your old scarf and a hat.



10. Balance a snowball on a big serving spoon and try walking fast, slow, backwards and while skipping.
11. Play freeze tag in the snow.
12. Do the Limbo
13. Make paper snowflakes. Fold a square piece of paper into a



triangle. Fold 2 more times. Cut out

notches and shapes. Unfold and see your beautiful design! Hang in your front window.

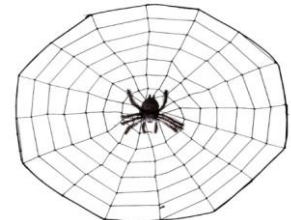
14. Shovel the neighbor's sidewalk (even more fun as a family activity.)
15. Put on some music and dance, rock 'n roll, country or hip hop, kids love it all!
16. Put on a stick puppet show for your family and friends.
17. Read a book with your child (or a bunch of children).



18. Go tobogganing on a nearby hill. Remember to wear a helmet and watch out for obstacles that could be dangerous, like trees or large rocks.



19. Teach your child a nursery rhyme and act it out and have fun slipping and sliding in the snow. Try "Little Miss Muffet" *Little Miss Muffet sat on her tuffet, eating her curds and whey. Along came a spider who sat down beside her and frightened Miss Muffet away.*



20. Make a bird feeder from half of an empty milk carton; fill with seeds and hang it in a tree.
21. Go on a wild life hunt looking for tracks in the snow. Try to identify the bird or animal tracks you see, draw them when you come home.

40+ Fun and Active Things to Do With Your Child (for Free or Almost Free)

22. Get bubbles at the dollar store, blow them outside on a cold day and watch them freeze.



23. Try some snow graffiti; put water and food coloring in an old water bottle, poke a small hole in it and squeeze it to draw pictures and shapes in the snow.

24. Use an old cardboard box to build a car, get in, stick your legs out the bottom and drive!



25. Try to catch snowflakes in your hand, on your tongue...

26. Freeze colored water in ice cube trays and hide them around the yard for a scavenger hunt.

27. Collect up small cardboard boxes to design a school, store, garage or zoo. Decorate



with
crayons
or
markers

28. Get your child to help you shovel the snow, make patterns as you go.

29. Play "walk this way". Waddle like a duck, stomp like a bear, wiggle like a fish.

30. Put a ball between your legs and



try to walk with it.

31. Make a caterpillar out of snowballs and use sticks and leaves for eyes and antennae.

32. Use old hats, clothes and shoes for dress up and pretend. An old mirror makes this activity even more exciting. An enthusiastic audience is even better!!

33. Involve kids in cooking, give

them a job title like "assistant to the chef", have them find the ingredients



and bring them to you (allow extra time for your cooking job)

34. Hide buttons and small objects (make sure they are not a choking hazard) in playdough; watch your child discover them with their fingers.

35. Bring the outdoors inside! Lay out a towel, fill an empty bin with snow, put on long sleeves and mittens, add toy trucks, measuring cups, plastic spoons and have fun.

36. Pretend you are at the beach, get out a beach towel, a glass of lemonade and relax in the "sun".

37. Gather up your child's fleet of cars and trucks for a



Load them into the sink, clean and polish them.

38. Make shadow animals on the wall in a darkened room with a flashlight and your fingers.

39. Get a deck of cards at the dollar store and play matching games or build a house out of cards.

40. Play indoor "keep away" with a balloon (always supervise balloon play – they are a choking hazard!)



41. Make house work a game, who can do the duster relay, the vacuum car-rally or the dishwasher dash the fastest?

42. Create an obstacle course in the snow that includes crawling through, walking under and jumping over.

43. Go to the library and look for books about winter, snowflakes or animals that live in the winter.



Have fun, play lots and be active. Play will strengthen your child's thinking, language and physical skills.

If you have questions about your child's development or need more ideas contact:

www.foothillsnetwork.ca

(Revised August 2018)