



Wee Learn

Wee Builders
(3 – 4 years):
Outdoor Activities For Kids
During the Holidays



You may be spending more time over the holidays with your children, so why not take advantage of the time by heading outside! Here are some great motor and sensory winter activities to get kids up and moving and keep them entertained in the snow! They'll be having so much fun, they won't even notice the cold!

Gross Motor Activities

- With the help of everyone in the group, 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.
- Play a game of freeze tag.
- Play Simon Says!
- Make a conga line and dance in the snow!
- Bury a treasure box to find when the snow melts...dig deep!

Fine Motor activities

- Instead of making a snowman, try sculpting another object: a snow castle, a snow banana, a snow bed – use your imagination!
- Mix water and food colouring in squeeze bottles and paint messages and pictures in the snow in the yard or check out
- Pack snow onto a tray or dish and paint it with watercolours.
- Pack cookie cutters with snow and place the shapes on a cookie tray (pretend they're cookies!)
- Get out your beach toys – dig with the shovels, build castles with buckets, etc.
- Practice writing letters, drawing shapes, or making designs in the snow with a stick (or make it a gross motor activity by shuffling feet through the snow to make large letters, shapes, and designs).

Sensory Activities

- Make a snow angel
- Fill a bucket with snow and hide a few small toys inside. How long does it take to find them?
- Freeze some of your kid's favorite mini toys in ice trays, hide them around the yard, and have a scavenger hunt! Come inside and put them in a bowl of hot water to watch them melt for more fun!

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