

Enjoy Winter!

It's easy to think of things to do with children when the sun is shining. It can be harder in Winter. Warm up with activities to get you going when it's cold or wet.

Here are some fun & active indoor activities for kids!



1. Line up some empty plastic bottles inside and use an old pair of socks to play indoor 'bowling'. Make it harder by adding some weight (like sand or water) inside the bottles. The children could then also recycle the socks to play other games like soccer or tennis, or even puppet plays.
2. Encourage children to throw a scarf up in the air and catch it on an arm, leg, knee or head.
3. Let children kick a balloon up as high as possible and then use a fly swat or plastic bat to hit the balloon.
4. Move to music, make up dances and play dress-ups. Maybe children could act out a new adventure based on a favourite superhero or cartoon character.
5. Set up an indoor treasure hunt.

- 6. If you have space, use chairs, blankets & boxes to build a fort or set up an obstacle course.
- 7. Use an old mattress as an indoor trampoline and get children to try funny running styles, or practise jumping, landing and tumbling.
- 8. Singing & dancing will warm you up! Here are some Winter versions of our favourites:



The Winter Pokey *(Tune: The Hokey-Pokey)*

You put your right mitten in,
 You take your right mitten out.
 You put your right mitten in,
 And you shake it all about. *(Shiver.)*
 And you turn yourself around.
 That's what it's all about!

You put your left mitten in . . .
 You put your right boot . . .
 You put your left boot . . .
 You put your warm scarf in . . .
 You put your warm cap in . . .



Dance Like Snowflakes *(Tune: Are You Sleeping?)*

Dance like snowflakes,
 dance like snowflakes
 In the air, in the air
 Whirling, twirling snowflakes
 Whirling, twirling snowflakes
 Here and there, here and there



Resources:

http://raisingchildren.net.au/articles/winter_activities.html

<https://www.kidssoup.com/activity/winter-preschool-activities-winter-crafts-lessons-and-printables>