



# Winter Family Fun

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Family Engagement Specialist

Melissa Simpson

[msimpson@tccrn.org](mailto:msimpson@tccrn.org)

765-742-7105

# Family Engagement Specialists

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Melissa Simpson



Tanika Phinisee

- High quality child care referrals
- Access to community resources
- Family workshops and other educational opportunities
- Education and resources about quality child care, licensing requirements, and characteristics of quality care
- Information and support related to effective kindergarten transition and readiness

# 10 Things Every Parent Should Know About Play

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1. Children learn through play
2. Play is healthy
3. Play reduces stress
4. Play is more than meets the eye
5. Make time for play
6. Play and learning go hand-in-hand
7. Play outside
8. There's a lot to learn about play
9. Trust your own playful instincts
10. Play is a child's context for learning

# Build a Snowman

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- Gallon sealable plastic bag
- Black permanent marker
- About 16 oz of hair gel (We used blue but any color would work.)
- 2 googly eyes
- Orange foam piece
- Scissors
- 5 small black pom poms
- 3 small buttons
- Clear packing tape



# Snowflakes

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- Pipe cleaner
- Beads





# Gingerbread Man

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- Large paper
- Markers
- Anything else you want to use to decorate your gingerbread man



# Ice Skating Penguins

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- Baking tray
- Ice cube tray
- Penguins
- Water





# Salt and Ice Melt

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- Bowl
- Penguins
- Dropper
- Salt
- Baking sheet

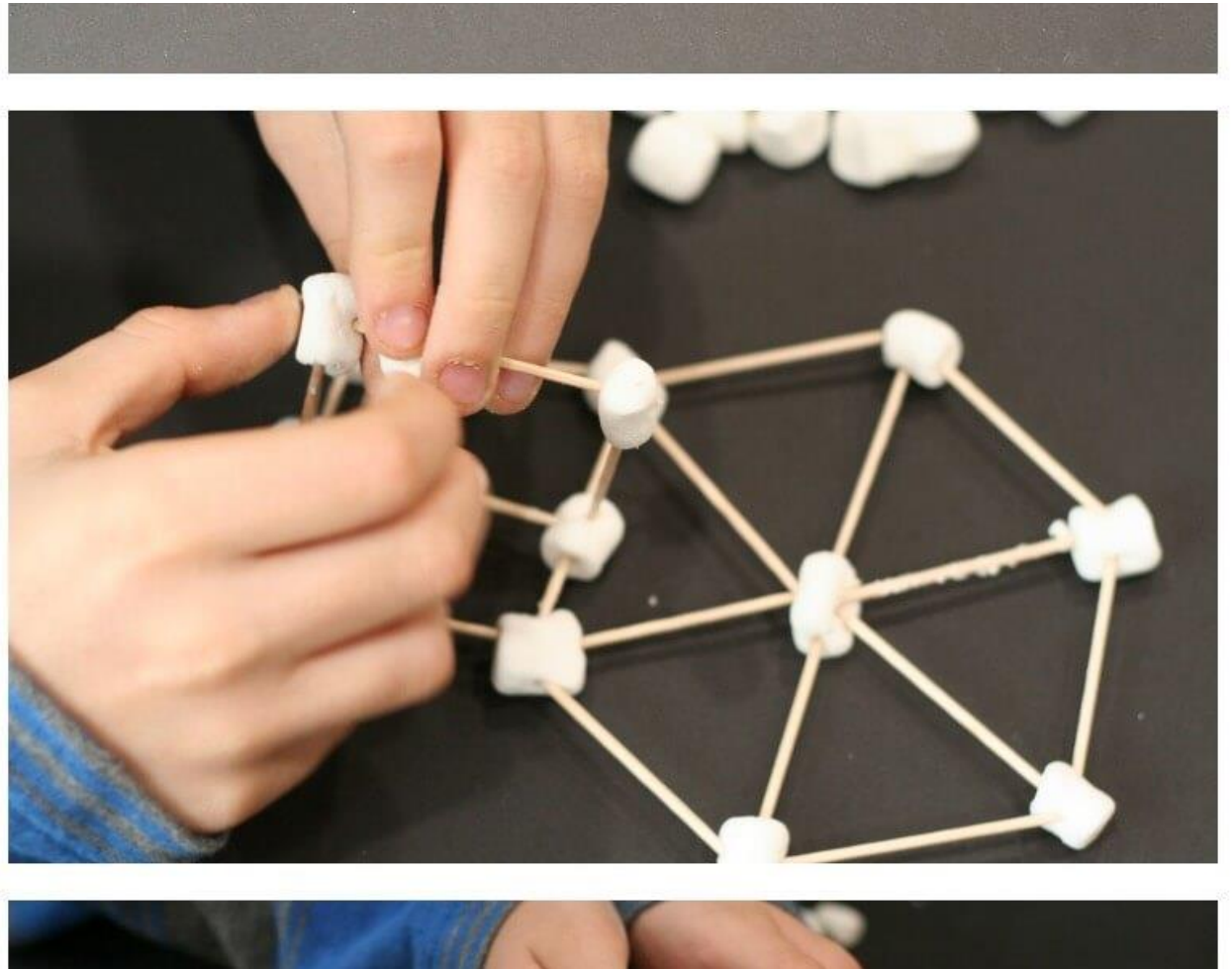




# Building Igloos

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- Toothpicks
- Small marshmallows



# Snow Painting

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- Snow
- Water
- Liquid Watercolor Paint
- Paintbrushes



# Sensory Bins

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- Cotton balls
- Snow
- Animals

The possibilities are endless when it comes to sensory bins!

What are some of your ideas?



# Outdoor Play

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Children need to play outside every day, even in winter. Going outside to run, jump, yell, and wiggle allows children to use their large muscles and work off extra energy.



# Benefits of Outdoor Play in the Winter

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- Being outdoors and breathing fresh air strengthens the immune system. Research shows that children in regular contact with dirt, trees, grass and snow in an outdoor setting are less likely to develop autoimmune disorders and allergies.
- Playing outside for 15-20 minutes a day provides children with the recommended daily dose of vitamin D, which promotes energy levels and better sleep.
- Limiting large muscle exercise during the winter months can weaken children's muscles. Activities like riding bikes, playing tag, sledding, skating, jumping over piles of snow, building a snowman, throwing snowballs or making snow angels help children remain active and limit muscle loss.

# Benefits of Outdoor Play in the Winter

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- Playing in the cold and snow offers different physical challenges than during the warmer months, which promotes problem solving and imagination. Learning how to pack snow tightly to make a snowman or a snow ball, balance when on ice or snow, steer a sled or shovel snow are lessons that can only be learned outside during the winter.
- Children only burn about half as many calories in the winter as they do in the summer due to decreased activity and increased time spent inside. Outdoor activities for kids help them use up unused energy and extra calories.

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## Create a Snow Garden



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# Tic-Tac-Toe





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# Outdoor Snow Painting



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# Snow Potato Head

## Frozen Bubbles



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# Questions?