

WINTER

12 WEEKS OF PHYSICAL ACTIVITIES FOR THE WINTER MONTHS

Infants

(0-12 months)

Pillow Mountains

Materials: Pillows, blankets, sofa cushions, or large stuffed animals

Description: Pile up soft, lumpy objects for infant to crawl over. Place a toy just beyond reach and encourage infant to crawl to it. Help infant roll across the pillows.

Resource:
<http://www.kids-sports-activities.com/infant-activities.html>

Toddlers

(1-2 years)

Mitten Match

Materials: Pairs of mittens

Description: Hide one half from each mitten pair in plain sight. Pass the other half out to the kids and let them find its match.

Resource:
<http://redtri.com/indoor-party-games-for-winter/>

Preschoolers

(3-5 years)

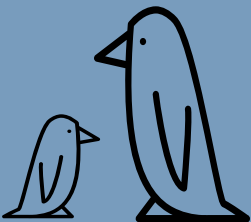
Penguin Shuffle

Materials: Use beanbags or hackysacks for penguin eggs

Description: Children stand side by side with their "eggs" on top of their feet. Kids try to shuffle across the room without dropping their "eggs."

Resource:
<http://www.kidactivities.net/category/games-winter-inside.aspx>

Winter
Week 1



Infants

(0-12 months)

Little Drummer Baby

Materials: Box or drum

Description: Place a big enough box that makes the infant get on their knees or feet to work on balance or to walk around it. Demonstrate drumming on the box.

Sing songs, play fun winter music, or drum along with them.

Resource:

<https://www.care.com/c/stories/4582/activities-to-get-your-baby-crawling-standin/>

Toddlers

(1-2 years)

Snow Monster Stomp

Materials:
Bubble wrap,
music

Description: Place bubble wrap on the floor. Put on a fun winter song for them to dance to. Have them stomp like a snow monster!

Resource:

<https://letopusa.wordpress.com/2011/12/28/new-years-eve-fun-and-activities-for-the-family/>

Preschoolers

(3-5 years)

Christmas Tree or Snowman Balance Activity

Materials: Green, blue, or white painter's tape. Colorful paper to make ornaments, buttons, scarf, or carrot nose

Description: Use tape to draw an outline of a Christmas tree or snowman on the floor. Use paper to make ornaments or clothing. Have kids decorate the tree or snowman by walking on the lines and adding only one ornament or clothing item at a time. For example, a child can walk to the top of a tree and place a star on the floor. Then they can walk back to the base of the tree and pick out another decoration.

Resource:

<https://theinspiredtreehouse.com/christmas-activities-balance/>



Winter

Week 2

Infants

(0-12 months)

The Polar Express

Materials: None

Description: Sit on the floor with the infant sitting between your legs and leaning up against your tummy as you hold onto their arms/elbows. Move the infant's arms in a circular motion like the wheels on a train. Begin making slow motions as you say "Choo Choo!" Gradually go faster and faster. Throw in a "Woo Woo!" as you lift the infant's arm to pull the train whistle.

Resource:

<https://www.shapeamerica.org/uploads/pdfs/2017/downloads/activities/Infant-Choo-Choo.pdf>

Toddlers

(1-2 years)

Don't Ring the Bells

Materials: Bells, hula hoops, string, chairs, plastic pipe or ruler or pool noodle, long piece of wood

Description: Use materials or other household items to create a sensory obstacle course. Attach bells to a hula hoop, and hang the hoop slightly off the ground. Attach bells to a long pipe and elevate it between two chairs. Attach bells to long ruler and create a balance beam to step over the bells. The objective of the course is to not hit the obstacles and ring the bells. Obstacle course example in resource.

Resource:

<https://childhood101.com/sensory-play-obstacle-course-ideas/>

Preschoolers

(3-5 years)

Reindeer Trot

Materials: Tape or object indicating start and end lines

Description: Pretend to be a reindeer and do a relay with movements reindeer do, such as run, gallop, pretend to fly, and trot. Split the children into two or more teams. Have them start at a starting line, trot to the end line, and then trot back before the next child goes.

Resource:

https://d3knp61p33jvn.cloudfront.net/2016/04/Physical_Activity_Cards_-4perpg.pdf



Winter

Week 3



Infants

(0-12 months)

Winter Time Indoors

Materials: Tubs, snow or pretend snow, scoops, small shovels, plastic animals they can't swallow

Description: For older infants. Bring snow indoors (or use pretend snow) in sensory tubs for the children to play in with scoops, shovels and "winter time" animals.



Resource:
Katlyn A.

Childcare Center
Omaha, NE

Toddlers

(1-2 years)

Texture Walk, Stomp, Crawl

Materials: Bubble wrap, tin foil, felt, burlap, no slip cupboard grip, painter's tape, cotton balls, styrofoam glued to paper, feathers glued to paper, pompoms glued to paper, dry noodles glued to paper, etc.

Description: Create a course on the floor with materials and painter's tape. Lay the squares of different textures in a line or curvy path and tape onto the floor. Toddlers then can walk, stomp, and crawl on the path. Encourage walking on their tippy toes, running, or jumping on the textures.

Resource:
<http://www.acottonkan dilife.com/sensory-play-gross-motor-fun-texture/>

Preschoolers

(3-5 years)

Winter Olympics Yoga Stories

Materials: Mats (optional), print or access yoga story in resource

Description: Go through the journey of the winter Olympics through yoga reading and telling the children what sport they should do next.

Resource:
<https://www.kidsyogastories.com/wordpress/wp-content/uploads/2014/01/Kids-Yoga-Stories-Winter-Olympics-Lesson-Plan.pdf>



Infants

(0-12 months)

Make a Snowman

Materials: None

Description: Hold the infant's hands in your own. Gesture and sing to the tune of Pat-a-cake.

Pat-a-cake. Let's all make a big snowman!
Roll me a ball as fast as you can!

Roll it... and Pat it...
and Stack it 1-2-3!
Leave it outside for baby and me!

Resource:
<https://www.pinterest.com/pin/75013150018668513>

Toddlers

(1-2 years)

Glittery Snow

Materials: Heavy duty zip-lock bag, duct tape, and silver colored glitter

Description: Put white paint into a heavy duty zip-lock bags and add some silver or colored glitter. Duct tape the tops shut. Have them hold it. Put on a fun winter song to dance to while they play with the glittery snow. See how the glitter moves and creates a blizzard when they are dancing.

Resource:
Lynn V.
Childcare Center
Columbus, NE

Preschoolers

(3-5 years)

Get Ready for Snow Relay

Materials: Winter gear (socks, coats, boots, scarves, hats, etc.)

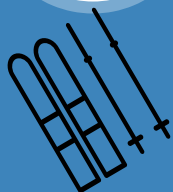
Description: Have winter clothes in a pile for each child. The kids start at their piles and at "GO!", they'll run across the room, tag a point, and run back to their pile. They'll put on one article of winter gear, and then they will have to run back to the tagging point. They will keep running back and forth, adding one layer at a time, until their piles are gone.

Resource:
<http://www.paper-and-glue.com/2015/01/get-ready-for-snow-gross-motor-game.html>



Winter

Week 5



Infants

(0-12 months)

Find the Noise

Materials: Rattle, bell, drum, winter music

Description: Create noises with the different materials in different locations around a room. Moves sounds to both sides of the infant's head, behind, above and below them. Make the noise softer and louder, faster, and slower. Hide sounds under and behind objects. The object is to encourage baby to search for noise.

Resource:

<http://www.kids-sports-activities.com/baby-activities.html#anchor10>



Toddlers

(1-2 years)

Winter Snow Walk

Materials: Print example of scavenger hunt, clothes for the snow, magnifying glasses

Description: Help the children use their 5 senses to discover the snowy world around them outside. Ask them to complete the scavenger hunt provided in resource.

Resource:

<http://www.oopseydaisyblog.com/wp-content/uploads/2012/01/snow-walk.jpg>



Preschoolers

(3-5 years)

Build a Snowman

Materials: Toilet paper, buttons made of paper

Description: Use toilet paper to wrap around friends to build a snowman. Then tape on cut out buttons. You can make it into a relay to create faster movement.

Resource:

Mary R. Childcare Center York, NE



Infants

(0-12 months)

Track It

Materials: Finger puppets

Description: Put on finger puppets, slowly move them up, down, and in circles in front of infant's face. Then move the puppet from left to right. Encourage the child to grab it.

Resource:

<https://www.nhsa.org/our-work/initiative/go-smart>



Toddlers

(1-2 years)

Icy Treasure Hunt

Materials: Ice cube tray or small paper cups, small items to freeze, large bowl

Description: Freeze small items in ice cubes and hide them on the playground. Have the children run to find the frozen items. When the children find an ice cube, have them drop it in a big bowl and assign them an action (i.e. jumping) to do before searching for another ice cube. When all the cubes are found, have them come inside. Tell them they need to run around to help the cubes melt.

Resource:

https://d3knp61p33sjv.n.cloudfront.net/2016/04/Physical_Activity_Cards_-4perpg.pdf



Preschoolers

(3-5 years)

Plate Skating

Materials: Paper plates (two for each child's feet), music (optional)

Description: Have the children step on paper plates. Then have them follow you around the room pretending to ice skate. Put on some fun winter music for them to skate to.

Resource:

Marissa M. Family Childcare Home Papillion, NE



Infants

(0-12 months)

Hat, Scarf, Mittens, and Boots

Materials: None

Description: Sing the song hat, scarf, mittens, and boots to the tune of head, shoulders, knees, and toes. Hold infants hands, and move their arms to where the winter clothing item would be.

Hat, scarf, mittens and boots.
Mittens and boots.
Hat, scarf, mittens and boots.
Mittens and boots.

Hat and scarf,
and mittens and boots.
Warm and cozy
in the snow, in the snow.

Resource: <https://www.pinterest.com/pin/373517362814790368/>

Toddlers

(1-2 years)

Shoveling Snow

Materials: Fake "snow" (made with white cotton, white pom poms, or cotton balls), shovels, tubs

Description: Place the "snow" on the ground, and have the toddlers shovel the "snow" off the ground and place it into tubs. They can dress up in winter gear to make it more fun! Have them wear gloves or a vest.

Resource:
Jackie S.
Childcare Center
Omaha, NE

Preschoolers

(3-5 years)

Hibernating Bears or Bats

Materials: Snack (optional)

Description: Have the children crawl under a table, crouch down, and be hibernating bears. Then signal spring is coming, have the children stretch and wake up then crawl to find a snack. Hibernating bats have their legs up on chairs and they fly around or fly to find their snack.

Resource:
<http://mrsgoffskinders.blogspot.com/2013/01/hibernation.html>



Winter

Week 8

Infants

(0-12 months)

Go! Baby, Go!

Materials: Rolled up towels or sheets, chairs, tables, cardboard boxes

Description: Use materials to create a mini obstacle course for the infant to move through. Adaptations and extensions are provided in resource.

Resource: Page A-71 of resource.

<https://www.nemours.org/content/dam/nemours/www/v2/filebox/service/healthy-living/growuphealthy/infantoddlertoolkit.pdf>

Toddlers

(1-2 years)

Snowey Pokey

Materials: None

Description: Fun twist on 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.
You do the Snowey Pokey (shiver),
And you turn yourself around.
That's what it's all about!
... continue

Resource:
<http://www.oopseydai.com/wp-content/uploads/2012/01/snowey-pokey.jpg>

Preschoolers

(3-5 years)

"Snowball" Throwing

Materials: Several sheets of white paper or newspaper, hula-hoop, laundry basket

Description: Crumple up sheets of paper to make paper snowballs. Set up a hula-hoop on the floor and toss the snowballs into the circle, OR place a laundry basket on a table and try to toss the snowballs into the basket.

Resource:
<http://www.kidactivities.net/category/games-winter-inside.aspx>



Winter

Week 9

Infants

(0-12 months)

Touch It

Materials: Winter things like gloves, gift wrapping paper, a boot, an ice cube, bows, a furry coat or hood, a snow globe, cotton balls, safe winter plastic cookie cutters

Description: Encourage infants to touch, reach, and grab safe winter themed objects. Encourage them to throw soft objects.

Resource: None

Toddlers

(1-2 years)

Winter Moving!

Materials: None

Description: Act like a winter object! Melt like a snowman, twirl like a snowflake, prance like a deer, growl like a bear, steam like a cup of hot chocolate, shiver like a snowman, melt like icicles, stand like an evergreen tree, flap your arms like a cardinal, glide like an ice skater, throw snowballs like a kid, waddle like a penguin, twist like a candy cane, roll around like a polar bear, flop like a seal, snowboard like a snowboarder.

Resource: None

Preschoolers

(3-5 years)

The Sid Shuffle - Ice Age

Materials:
A screen/projector

Description: Watch and have the children try this 3 minute video/song of Sid the Ice Age character teaching you the moves to the Sid Shuffle. Video available in resource link below.

Resource:
<https://www.youtube.com/watch?v=uMuJxd2Gpxo&feature=youtu.be>



Infants

(0-12 months)

Shake, Rattle, and Roll

Materials: Rattle

Description: Place a rattle in the infant's hand and ask them to shake it. Once they are able to do this, shake rattle back and forth and place on a table. Infant should pick up the rattle and shake it on his or her own. Increase the challenge by partially covering the rattle with a piece of cloth or put the rattle in a sock with part of the rattle exposed.

Resource:
<https://www.shapeamerica.org/uploads/pdfs/2017/downloads/activities/Infant-Shake-Rattle-Roll.pdf>

Toddlers

(1-2 years)

A Leap of Imagination

Materials: Small items: glove, block, ribbon, paper cup, scarf, twig

Description: Lay an object on the ground. Tell the children they are deer and to pretend the object is a pile of snow or a fallen log. Have them leap over it. Try it with a cup and pretend to fly over a tall building like a snow owl. Video example in resource.

Resource:
<https://www.nhsa.org/our-work/initiative/go-smart>



Preschoolers

(3-5 years)

Glow in the Dark Bowling

Materials: Plastic water bottles, glow sticks, light up ball

Description: Turn off the light, close the blinds, and put glow sticks in water bottles. Bowl with a light up ball.

Resource:
<http://www.mykidsadventures.com/how-to-create-glow-in-the-dark-bowling-in-your-home/>



Winter
Week 11

Infants

(0-12 months)

Soothing Touch

Materials: Baby lotion

Description: Massage the infant with baby lotion and slowly stretch and move their limbs.

Resource: Page A-61 of resource.

<https://www.nemours.org/content/dam/nemours/www/v2/filebox/service/healthy-living/growuphealthy/infant-toddler toolkit.pdf>

Toddlers

(1-2 years)

Off to The Races

Materials: Tape, cushions, and other household items

Description: Arrange a race course with tape around the room. Get down on the floor on hands and knees and pretend to be a snowplow or snow mobile. Crawl upstairs, over cushions, around furniture and under tables together. Video example in resource.

Resource:

<https://www.nhsa.org/our-work/initiative/go-smart>

Preschoolers

(3-5 years)

Snowball Catch

Materials: Shop vac, light balls

Description: Use the shop vac to blow light balls in the air and the children catch them as they land.

Resource: Suzanne S.

Childcare Center
Lincoln, NE



BOOK SUGGESTIONS

Fun books to read and get kids moving!

Check with your local library to see if they either own or can access these books for free.

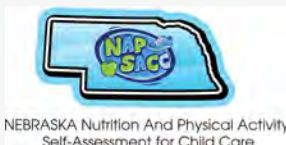
- "Toddlerobics" by Zita Newcome
- "The Snowy Day" by Ezra Jack Keats
- "Hop, Skip, and Jump" by Nicola Tuxworth
- "Dancing Feet" by Lindsey Craig
- "Wiggle" by Doreen Cronin
- "Shake a Leg!" by Constance Allen
- "Barbar's Yoga for Elephants" by Laurent de Brunhoff
- "Llama Llama Hoppity-Hop" by Anna Dewdney
- "Good Night, Animal World" by Giselle Shardlow (read and do before nap time)
- "My Amazing Body" by Pat Thomas
- "Oh!" by Kevin Henkes
- "Tracks in the Snow" by Wong Herbert Yee
- "Let It Snow" by Maryann Cocca-Leffler
- "Hokey Pokey Elmo" by Abigail Tabby
- "Keep Running GingerBread Man" by Steve Smallman

SONG SUGGESTIONS

Kid friendly songs to add to any fun activity!

*Active Children's Songs- Watch the video to see actions you can add to the song.

- "Can't Stop the Feeling" by Justin Timberlake
- "Try Everything" by Shakira
- "The Walker" by Fitz and the Tantrums
- "Don't You Worry 'Bout A Thing" by Tori Kelly
- "Do You Want to Build a Snowman?" by Frozen
- "Happy Dance" by MercyMe
- "Santa Claus Is Coming To Town" by Jackson 5
- "Rockin' Around The Christmas Tree" by NewSong
- "Frosty the Snowman" by Gene Autry
- "Winter Song" by The Kiboomers
- "Counting the Snowflakes" by Maple Leaf Learning
- * "Winter Hokey Pokey" by The Kiboomers
- * "Penguin Dance" by Jack Hartman
- * "If You Know All the Seasons" by The Kiboomers
- * "The Snowman Song" by Maple Leaf Learning



Questions or Comments? Please contact Dr. Danae Dinkel at dmdinkel@unomaha.edu or 402.554.3259