

# **Toronto District School Board Occupational Therapy and Physiotherapy Services from the Special Education and Inclusion Department**

## **Winter Fun Ideas**

### **Family Room:**

- Action Songs- Head and Shoulders, Hokey Pokey, If you're happy and you know it, Patty Cake, London Bridges Falling Down, Eensy Weensy Spider, etc.
- Make a fort with blankets and pillows to create a cozy corner.
- Obstacle courses using cushions and chairs, going over and under, etc.
- Mystery writing- trace lines "up", "down", "sideways", diagonals, +, triangles, and squares along the child's back to reinforce early concepts or practice writing them on paper.
- Make Alphabet cards and cut them in half, then have your child match them up.
- Play Red light/ green light or freeze (stop/go) dance · Play with ribbons or light scarves- throw them in the air to practice catching, wave them "up, down, in front, and behind".
- Move to music at various tempo- fast and slow and "just right".

### **Kitchen:**

- Make cookies or cupcakes- mixing, stirring and decorating.
- String popcorn with a plastic needle.

- Use tongs (Olive tongs are available at the dollar Store or Fish sticks are available at Mastermind) to eat finger snacks such as cheerios, cheese, goldfish crackers, small pieces of apple, etc.
- Practice writing letters & numbers in or on different textures such as salt, rice, corn meal on a cookie sheet. Place foil over the top of a stencil of letters, numbers, shapes and gently rub index finger over foil to reveal the stencil.
- Individually wrap small snacks loosely in foil and have child “unwrap” the snack.
- Making letters using cooked or uncooked spaghetti noodles.

## **Bedroom:**

- Blanket rolls (keep head/ face out of roll) - pretend to be a hot dog and squeeze out.
- Play dress-up, don't forget the socks and practice buttons and fasteners.
- Read a book and play “I Spy”- get child to point with an index finger at various spots on the page (or trace finger along while reading), have them turn the pages, too.

## **Bathroom:**

- Practice scooping and pouring liquids from one container to another.
- Using a trigger spray bottle.
- Squeezing or wringing out sponges to fill up containers.
- Blowing and popping bubbles.
- Play with soapy foam on tub walls.

## **Outside! Dress Warm!**

- Go tobogganing – have them pull the toboggan.
- Walking big steps through snow- pretend to be a bear.
- Roll a snowball to make a snowman.
- Use cookie cutters in the snow.

- Shovel snow!
- Hide toys in the snow and go digging for them!
- Play catch with snowballs or practice target throwing.
- Use eye droppers with diluted food colouring to change the colour of snow.
- Use a key ring on a zipper to make it easier to pull up the zipper on jackets.

Disclaimer: All activities should be completed with adult supervision. It is okay if your child gravitates towards certain activities and avoids others. This is not individualized therefore some activities may not be appropriate for your child.