

# Winter Classroom Activities

## Infants (Birth–12 months)

### 1) Warm & Cool Touch

**Materials:** 1 warm washcloth, 1 cool washcloth, small blanket

**Steps:**

1. Test the temperature (never hot, just warm).
2. Sit baby comfortably and show one cloth at a time.
3. Let the baby touch for a few seconds.
4. Narrate: “Warm... cool... soft.”
5. Repeat once or twice, then end while the baby is still calm/interested.

### 2) “Snow” Sensory Bag

**Materials:** zip bag, hair gel (or clear dish soap), cotton balls/paper scraps, tape

**Steps:**

1. Add gel/soap + cotton balls to the bag.
2. Seal tightly and tape the edges to the floor/table.
3. Encourage the baby to pat, press, and watch the “snow” move.
4. Talk: “Squish... white... move... stop.”

### 3) Winter Song Time



Free resource developed by [www.ChildCareED.com](http://www.ChildCareED.com)

Licensed Under [CCBY](#)

**Materials:** none (optional scarf)

**Steps:**

1. Sing a familiar song (Twinkle Twinkle / Row Row Row).
2. Add “snowfall fingers” (wiggle fingers down).
3. Repeat the same 2–3 songs daily for comfort and learning.

---

## Toddlers (1–3 years)

### 1) Cotton Ball Snowball Toss

**Materials:** cotton balls, bucket/bowl, masking tape line (optional)

**Steps:**

1. Put bucket 2–3 feet away.
2. Model: “Toss in!”
3. Let toddlers toss 5–10 “snowballs.”
4. Add turn-taking: “My turn... your turn.”  
**Make it easier:** move bucket closer  
**Make it harder:** step back or use a smaller bowl

### 2) Winter Animal Movement Game

**Materials:** picture cards (optional)

**Steps:**

1. Tell children: “We’re moving like winter animals!”
2. Call out one animal at a time:



Free resource developed by [www.ChildCareED.com](http://www.ChildCareED.com)

Licensed Under [CCBY](#)

- Penguin = waddle
- Polar bear = heavy steps
- Seal = wiggle on belly (or wiggle standing)
- Bunny = hop

3. Do each for 10–20 seconds, then switch.

### 3) Ice Painting

**Materials:** ice cubes, washable paint or watercolors, paper, tray, smock

**Steps:**

1. Put paper on a tray.
2. Show how to dip ice into paint and rub on paper.
3. Talk about changes: “Cold... slippery... melting.”
4. End by washing hands together (great transition).

---

## Preschool (3–5 years)

### 1) Frozen Rescue (STEM)

**Materials:** small toys, ice (freeze overnight), bin, salt, warm water + spoon/dropper

**Steps:**

1. Show the toy trapped in ice: “How can we get it out?”
2. Let children sprinkle salt on the ice.



Free resource developed by [www.ChildCareED.com](http://www.ChildCareED.com)

Licensed Under [CCBY](#)

3. Add warm water slowly with spoon/dropper.
4. Watch and talk about what happens.
5. Repeat until rescued.

**Questions to ask:**

- “What made it melt faster?”
- “What happens if we add more salt?”

## 2) Winter Sorting Tray

**Materials:** pom-poms/buttons (large), tongs, ice cube tray

**Steps:**

1. Put mixed items in a bowl.
2. Show how to use tongs to move items into tray sections.
3. Sort by color, size, or type.
4. Count each section: “How many blue?”

## 3) Snowman Process Art

**Materials:** paper circles or torn white paper, glue, crayons/markers

**Steps:**

1. Give children paper + 2–3 circles (or scraps to tear).
2. Invite: “Create a snowman any way you want!”
3. Add details: buttons, face, hat, scarf.
4. Write a child dictation sentence (teacher writes):
  - “My snowman is...”



Free resource developed by [www.ChildCareED.com](http://www.ChildCareED.com)

Licensed Under [CCBY](#)

---

# School-Age (5+ years)

## 1) Winter Shelter STEM Challenge

**Materials:** craft sticks/straws, paper, tape, cotton balls

**Steps:**

1. Challenge: “Build a shelter that blocks wind.”
2. Plan: Draw a quick design (1 minute).
3. Build for 10–15 minutes.
4. Test with “wind” (fan or blowing).
5. Improve: “What would you change?”

## 2) Snowflake Symmetry Art

**Materials:** paper, scissors, markers/glitter glue (optional)

**Steps:**

1. Fold paper into halves/triangles.
2. Cut small shapes on edges.
3. Open carefully and observe patterns.
4. Discuss: “What repeats?” “What looks the same on both sides?”

## 3) Winter Kindness Chain

**Materials:** paper strips, stapler/tape, marker

**Steps:**



Free resource developed by [www.ChildCareED.com](http://www.ChildCareED.com)

Licensed Under [CCBY](#)

1. Ask: "What is one kind thing you can do today?"
2. Write/draw it on a strip.
3. Make a loop and connect to the chain.
4. Add 1–2 links per day as a class.

---

## **Whole-Class Winter Movement Break (Any Age)**

**Try this 2-minute “Snow Day” break:**

1. 10 penguin waddles
2. 5 snowflake spins
3. 10 “blizzard” marches (high knees)
4. 3 deep breaths (“warm cocoa breaths”)



Free resource developed by [www.ChildCareED.com](http://www.ChildCareED.com)

Licensed Under [CCBY](#)