



When the weather gets frosty, you can keep your preschooler active and entertained with these indoor winter-themed activities.

Active Physical Play

- **Indoor "Snowball" Fight:** Use crumpled-up scrap paper or white [pom-poms](#) to have a safe "snowball" battle in the living room. You can buy indoor snowballs too.
- **Obstacle Course:** Use couch cushions to create a "snow mountain" crawl, painters' tape on the floor for a "balance beam," and laundry baskets as tunnels.
- **Balloon Volleyball:** Blow up a balloon and try to keep it from touching the "lava" (floor).
- **Winter Yoga:** Practice "Snowflake Pose" (standing tall with arms extended) or "Polar Bear Plank" to build strength and calm.
- **Create a Scavenger Hunt:** Create a picture list of items in your house for your child to find.

Sensory & Scientific Discovery

- **Frozen Toy Rescue:** Freeze small plastic animals in a tub of water overnight. Give your child warm water, droppers, or a toy hammer to "rescue" them.
- **DIY Snow Sensory Bin:** Mix equal parts baking soda and shaving foam to create "fake snow" that feels cool to the touch.
- **Snow Painting:** Bring a bin of real snow inside and let them paint it using water mixed with food coloring and spray bottles.
- **Melting Race:** Place two scoops of snow on separate plates. Sprinkle salt on one and observe which one melts faster.

Creative Arts & Crafts

- **Marshmallow Snowmen:** Use toothpicks to stack marshmallows and decorate them with pretzel stick arms and chocolate chip buttons.

- **Window Snow Scene:** Tape contact paper (sticky side out) to a window and let kids stick on cotton balls and Q-tips to create a wintry view.
- **Coffee Filter Snowflakes:** A classic activity—fold and snip coffee filters to create intricate, unique snowflake designs for your windows.

Cozy & Quiet Time

- **Blanket Fort "Reading Nook":** Build a fort with blankets and pillows, or throw a blanket over a table, then fill the fort with winter-themed books like *The Mitten* or *Bear Snores On*.
- **Indoor Picnic:** Lay a blanket on the floor and serve "winter fuel" like hot cocoa with extra marshmallows and gingerbread cookies.

Stock-up On Snow Day or Too Cold Day Supplies for Indoor Play

Keep a stockpile of new or not recently used items hidden away and pull them out on snowy or too cold to go outside days!

- Books – Winter Themed (Books can be from the library. Just don't forget to renew them.)
- Puzzles – Winter Themed
- Simple craft kits
- Craft Box with Scissors, Glue Sticks, Paper, Crayons, Catalogs, etc. to make Winter Themed Collages, or Cut Snowflakes, or Make Snow Men
- Brownie or Cookie Mixes
- Supplies to make Trail Mix
- Board Games
- Duplo or Lego Sets or other Building Sets