

What can you do when the snow starts to fall and the kids have Cabin Fever??? Go play in the snow!!

Hula Hoop in the snow!! No one ever said you could ONLY hula hoop in the summer!



Create Snow Angels or Animals with your friends!



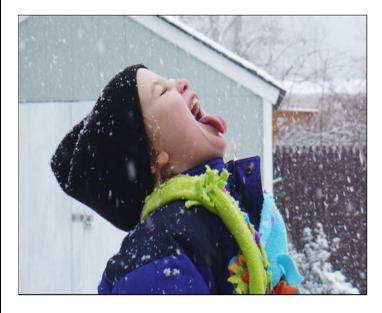
Take turns pulling each other in a sled. This is great fun & great heavy work!!



Find the closest hill, BIG or small, and go sledding!!



Pack and Throw snowballs with your friends! Build a snow fort or a snowman!



After catching the snowflakes on your tongue.....take a walk in the snow! March, Gallop, Skip, Twirl, and Roll in the snow down a hill!!

But if there's no snow...Here are a few activities to do inside to work on strengthening, balance & motor skills:

Strengthening	Balance	Motor
Wheelbarrow Walking	Wax Paper Ice Skating	Marching
Floor Kickball: lay on your	Walk Heel-to-toe on a 6'	Gallop like a horse~ switch
back, propped on elbows &	Tape line. Forward,	lead legs
Kick large ball, 20x	Backwards, balance beanbag on head while walking	
Superman Punches: lay on	Walk on a 2"x4", forwards,	Windmills for Preschool &
stomach & punch large ball, 20x keeping arms up & off the floor	backwards, side-step both directions, walk & clap hands	Cross Crawl for School-Age: Cross Right hand over & tap Left knee & then switch. Start in standing & then
	above your head	when walking
Crabwalk forwards,	Stand on 1 leg like a flamingo	Jumping Jacks- make an "X"
backwards, sideways	for 3-5 seconds	with arms & legs
Tug-o-War	Yoga Tree Pose	Twirl around in circles
Bear Walk on hands & feet	Pillow Sack Races	Log Rolling
Take turns holding	Beanbag Race- balance on	Balloon Games
someone's ankles and try to crawl on hands & knees	head while walking/crawling	Or use socks as "snow-balls" & have a snowball fight!

Just bundle up and go outside and play! Let's hope we get a little snow to play in!!!