



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!



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



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



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 back, propped on elbows & Kick large ball, 20x	Walk Heel-to-toe on a 6' Tape line. Forward, Backwards, balance beanbag on head while walking	Gallop like a horse~ switch lead legs
Superman Punches: lay on stomach & punch large ball, 20x keeping arms up & off the floor	Walk on a 2"x4", forwards, backwards, side-step both directions, walk & clap hands above your head	Windmills for Preschool & Cross Crawl for School-Age: Cross Right hand over & tap Left knee & then switch. Start in standing & then when walking
Crabwalk forwards, backwards, sideways	Stand on 1 leg like a flamingo for 3-5 seconds	Jumping Jacks- make an "X" 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 someone's ankles and try to crawl on hands & knees	Beanbag Race- balance on head while walking/crawling	Balloon Games 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!!!