

Sensory Snow Exploration

What to do:

- If safe, explore real snow outside with an adult or
- Use alternatives indoors: crushed ice, cold water, white rice, cotton wool, or shaving foam.

Adult support prompts:

- “Is it cold or warm?” “Can you squeeze it?” “What happens when it melts?”

Skills supported: Sensory processing, Communication (choices, reactions, symbols, gestures), Cause and effect



These activities are about enjoyment and exploration. There is no right or wrong way to take part. Please follow your child’s interests and stop when they are ready

Build a Snow Friend

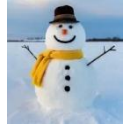
What to do:

- Build a snowman outdoors **or**
- Make one indoors using socks, paper, playdough, or recycled materials.

Adult support prompts:

- “Big or small?” “Eyes or no eyes?” “Where does the hat go?”

Skills supported: Choice making, Body awareness, Creativity



Snow Day Mark Making

What to do:

- Make marks using white paint, chalk, toothpaste, or shaving foam on dark paper or a tray.
- Use fingers, brushes, spoons, or cars.

Extension:

- Draw lines, circles, or “snowflakes”
- Make footprints or tracks

Skills supported: Fine motor, Early writing, Visual attention



Snowy Sounds & Movement

What to do:

- Listen to winter sounds (wind, crunching snow) or sing a simple song like “*Snowflakes Falling Down*”.
- Encourage gentle movements: falling, floating, shivering, stomping.

Adaptations:

- Use scarves or ribbons
- Use switches or instruments

Skills supported: Listening & attention, Gross motor, Emotional regulation

