



# Fun Physical Activities for Winter

Now that the leaves have all been raked and the garden put to bed, it is time to think about winter activities for our children. Here are some fun winter activities that allow children to develop large body movements, coordination, balance and motor planning skills.

- **Shoveling Snow** - Invest in a small shovel for your child - who knows, this could turn into a long-term investment when your child is doing the driveway 5 or 10 years from now!
- **Throwing Snowballs** at a target.
- **Tobogganing** - Going down the hill as well as going up the hill. Even a little hill in the backyard will do the trick for them. Remember that pulling the sled up the hill requires strength and balance.
- **Playing in the Snow** - The timeless activities of making snow angels and building snowpeople encourages motor planning and coordination.
- **Building a Snowfort** and making tracks in the snow are other activities to do with children.

For those days when it is too cold to go outside, activities that require pushing or pulling and using the child's whole body, allows your child to "explore" their bodies.

