

STRATEGIES FOR

Winter Indoor Play

Cold weather often limits outdoor time. Intentional indoor play supports motor skills, creativity, and emotional regulation.

1. Movement Activities to Burn Energy

- Safe obstacle course with pillows & tape lines
- Balloon volleyball
- Animal walks (crab, bear, frog jumps)
- Freeze dance

2. Sensory Play for Regulation

- Rice, beans, or kinetic sand bins
- Playdough or clay
- Water play in the sink with cups & spoons
- Cozy corner with blankets and soft toys

3. Fine Motor Activities

- Stickers
- Dot markers
- Puzzles
- Lacing cards
- Legos or building blocks

4. Independent Play Ideas

- Books in a basket
- Art tray with crayons & paper
- Simple matching games
- Toy rotation to keep things fresh

5. Structured Family Play

- Board games with simple rules
- Cooking together
- Family dance party
- Turn-taking games (roll a ball, copycat actions)

6. Keep It Balanced

- Mix high-energy movement with calm activities to help children regulate throughout the day.