

Snow Day Guide

As we approach possible snowy weather, we thought it might be helpful to provide information on how to keep your children engaged in healthy activities during days off from school.

- Consider setting an agenda for the day. For example, “First we will get dressed, then eat breakfast, and then we will read a story together!”
- Consider activities that will be engaging, such as simple board games or building with blocks.
- Set aside a designated time to interact and play with your child.
- Set the expectation that your child can entertain themselves for part of the day. Provide activities that they can engage in independently, such as puzzles or Play Doh.
- Young children may have difficulty understanding length of time or duration of events. Setting a visual timer may help them understand when an activity may end.
- Weather permitting, enjoy some outdoor play time with your child! Engage in activities like making snow angels or building a snowman.
- Engage in imaginative activities, such as “Let’s pretend we are walking to the North Pole! Let’s pretend we are penguins!”
- Try cooking together, such as baking cookies or making a special dinner for the family.
- Put together a “Snowy Day” bag with novel activities to engage in. The bag may include craft activities, books on snowy days or special toy vehicles the child normally does not play with.

Hopefully, we will not have many snow days this year! If we do, you will be prepared. Please let us know if you have any suggestions to add to our list.