

Snow Day Choice Board

Choose activities to complete with your child each day we are out for inclement weather. I hope you enjoy the different activities to work on with your child.

Dance Party	Time to count	Snow ball toss: crumple paper into balls and toss into a box
Freeze	Shape and color hunt	Coloring: color a picture with your child
I-Spy	Number songs	Body Parts
Mindfulness:Meditate	Follow the leader	Breathing: Belly Breathing



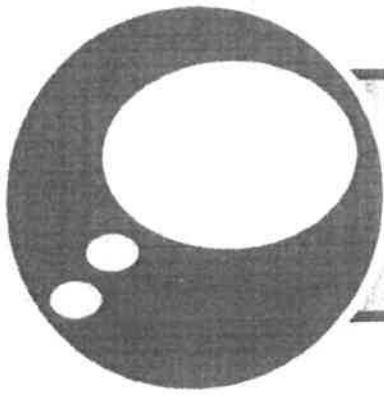
Mindfulness: Meditate

Dim the lights and work on sitting quietly for a meditation. Start with very short meditations and then make them longer. Your child will be practicing trying to stay quiet and learning to focus their attention. This will be hard for them. Remember, this is just practice!

Give your child something to focus their attention on.

For example:

- ◆ Place their hands on their belly and chest and watch or feel it move with their breath.
- ◆ Cup their hands in front of their mouth and blow their air into a “balloon.”
- ◆ Listen to soft music playing in the background.



I-Spy

Give your child clues about things in the world around them and ask them to find what it is.

For example:

- ◆ "I-Spy water, can you find water?"
- ◆ "I-Spy a bug, do you see a bug?"

Math-related examples:

- ◆ "I-Spy a circle."
- ◆ "I-Spy something under a table."
- ◆ "I-Spy something blue. This is blue (*show an example*). Can you find something that is blue like this?"

Prompt Children's Explanations

Ask your child to explain how they knew what to look for or how they found it. For a nonverbal child, describe it for them.

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"Ah, you heard me say 'under,' so you are looking under the table."



Freeze

Do different movements with your child (like dance, jump, run, ride a bike, hop) then call out, "freeze." Wait 2-3 seconds before calling out "go" to move again.

Narrate and Label

Focus and Attention:

"Wow! You are listening so closely to hear me tell you when to freeze!"

Managing Behaviors:

"I see you holding your body very still when I say 'freeze.'"



Dance Party

Have your child do a dance move (provide suggestions for them to choose from if needed). Copy their dance move. Then, you create a move and have them copy yours. For more challenge try putting two or more dance moves together (such as clap then spin).

Narrate and Label

Working Memory:

“I see you remembered which dance move comes next!”

Managing Behaviors:

“Nice job dancing! You are controlling your body so you don’t bump into anything!”

Snowman



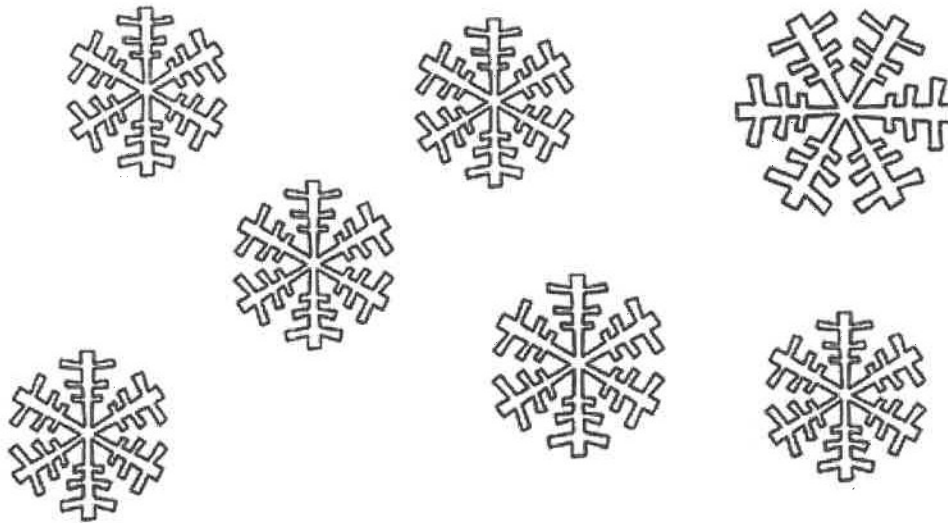
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Winter Fun!



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I see snow!



SNOW



Body Parts

Sing songs about body parts and have your child label (point to or say) the parts of their body.

For example:

(Touching each body part as sung)

Head, shoulders, knees, and toes,
Head, shoulders, knees, and toes,
Eyes, and ears, and mouth, and nose,
Head, shoulders, knees, and toes.

(Moving each body part as described)

I wiggle my fingers,
I wiggle my toes,
I wiggle my hands,
I wiggle my nose,
Now the wiggles are out of me,
I'm as still as I can be!

Switch for different movements (for example, shake, bend, touch), and different body parts (such as head, knees, elbows).



Follow the Leader

Play follow the leader by lining up with your child in a “choo-choo-train.” Have them lead the train to certain areas in the home or outside (for example, “Leader, take us to the kitchen!”).

You can also call out “reverse!” and you and your child will turn around. Now, you are the new leader!

Narrate and Label

Managing Behaviors:

“I see that you are walking carefully so that you don’t bump into me!”



Breathing: Belly Breathing

Breathing exercises help children calm down and become aware of their bodies.

Have your child lay down on their back and put their hands on their stomach. As they take a deep breath in, have them watch their stomach go up. Then have them breathe out and watch their stomach go down.

Narrate and Label

Focus and Attention:

"I see you're watching your belly rise and fall. You are watching and listening closely to your breath."



Number Songs

Sing songs and fingerplays with your child that include counting up/down from 1-5 or 10.

For example:

5 little seashells, lying on the shore. Swish went the waves. Then there were...4.

5 little ducks went out to play,
Over the hill and far away,
When the mama duck said, "quack, quack, quack,"
4 little ducks came swimming back.

5 little speckled frogs,
Sat on a speckled log,
Eating the most delicious bugs. Yum! Yum!
One jumped into the pool,
Where it was nice a cool,
Now there are 4 speckled frogs.

Act out the motions and show the number of fingers as you sing (for example, 4 fingers when saying 4). Count down until you get to 0 shells, ducks, or frogs. Be sure to point out that 0 means nothing.



Shape & Color Hunt

Challenge your child to hunt for shapes or colors in a room or outside. When needed, provide an example of what they are hunting for. For example, show a circle, then ask your child to find a shape that is just like it. If possible, have your child move to touch the object they find. Add challenge by combining shape and color (such as a blue circle).

Prompt Children to Identify Shapes and/or
Their Properties

“What shape is this? How do you know it’s a...?”

“You found something that looks like a triangle.
It has 3 sides!”



Time to Count!

Playfully count aloud with your child at different times during the day.

For example:

- ◆ Count giant and/or tip toe steps from the chair to the couch or from room to room.
- ◆ Count quietly and then get louder and louder.
- ◆ Count each step you take to different places outside (such as from tree to tree).
- ◆ Count food items (like crackers) on a plate.
- ◆ Count how many times you pass a ball back and forth.
- ◆ Count how many times you can jump.

Label Numbers and Cardinality

When you count, always point out that the last number indicates the total amount.

“1-2-3-4-5, wow! We just jumped **5 times!**”

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When possible, show the numeral.

“This is a 5. That’s how many times we jumped!”