

Preschool Activity List
Weeks 22 & 23

Choice Time Activities	Details
Measuring with Mittens	Cut out 10-12 mitten shapes (all the same size) for your child. Use the mittens to "measure" things and see how many mittens long an item is. For example, use a child's toy truck and place the mittens along the side of it to see how long it is. Try this with other items--or measure people in this way.
Winter Story	Read a story about winter and tell about your favorite part of the story. For example, you could use the book "Never Touch a Polar Bear" and encourage your child to discuss the story.
Winter Clothes or Summer Clothes?	Talk about the kinds of clothes you wear in the winter vs the clothes that would be worn in the summer. Can your child draw pictures of the different kinds of clothing? Label the drawings by writing the names of the clothing on the paper or white board.

Physical Play Activities	Details
Snow Angels	Lay on your back on the floor. Stretch arms and legs out and move arms up and down and legs open and close to pretend you are making snow angels.
Shoveling Snow	Pretend to hold the shovel and shovel the snow. Discuss what clothes you would be wearing and how you would feel while shoveling. Would you be hot or cold? Tired? Would it make you hungry to work so hard? Encourage lots of conversation and descriptive words.
Ice Skating	Pretend to go ice skating. How would you glide along? How would you stop? Could you do some twirls, jumps, or spins? What clothes would you wear for this activity if you were really out in the cold weather or a cold ice skating rink?
Dance and Catch Snowflakes	Pretend it is snowing outside and you are dancing around. Try to catch a snowflake on your imaginary mitten. Could you catch a snowflake on your tongue? Have fun!
Throwing snowballs	Roll up some paper to make imaginary snowballs. Pretend to throw them at someone or in a basket. Are you able to throw them so someone else can catch them. If you make several snowballs, you can practice counting them!

Art & Sensory Play Activities	Details
Drawing mittens	Draw around your hand (with fingers together and the thumb out) to make a mitten shape. Color it. Can you make 2 mittens the same? (Emphasize that they would be called a "pair" of mittens.) Use words to describe the mittens and when you might need to use a real pair of mittens.
Make paper snowflakes	Fold paper (or the coffee filters) and cut them to make paper snowflakes. Make different sizes, and count how many snowflakes you made. Can you drop them from up high and watch them float to the ground?
Pinecone Bird Feeder	Find a pinecone and spread it with some peanut butter. Add some birdseed and hang it outside a window to watch the birds eat from it. Discuss the kinds of food birds eat compared to what people eat. If you are able to observe birds, what colors are they, and how many birds did you count?