



**A Shared Vision**

Partners in Pediatric Blindness and Visual Impairment

## Ten Activities for a Snowy Day!



When it's too cold and snowy to go outside, you can bring the snow inside with some of these fun, sensory activities. Your child can still experience snow with all their senses while learning important concepts like "cold," and "wet," sequencing skills while you build a snowman, and predicting what happens when the snow melts. Put a towel on the floor just in case your floor gets wet!

1. **Make a Snow Sensory Bin** – Fill a rimmed cookie sheet, plastic bin, or a large bowl with fresh snow. Add a mini shovel, spoons, and small cups or containers in bright colors for scooping and dumping the snow. An ice cream scoop, melon baller, or ladle is also fun for making snowballs. Don't forget mittens to keep little hands warm and a towel or washcloth for drying hands off afterwards.
2. **Play in a Snow Pool** – Depending on your child's interest level and ability, you could also fill a plastic baby pool with snow and let your child sit in it with their scooping toys, cars, or trucks. Dress your child in a snowsuit, boots, and mittens so they don't get cold.

3. **Build a Snowman** – Help your child make three balls of snow. Count them out loud as you make one “big,” the next one “medium,” and the last one “small.” Stack the balls, with the small one on top. Add pebbles, pom poms, raisins, or chocolate chips for the eyes and mouth, sticks for the arms, and ribbon or a piece of cloth for the snowman’s scarf.
4. **Throw Snowballs** – After you’ve made some snowballs, practice throwing them into a laundry basket or a bucket. Does the ball stick together or does it fall apart?
5. **Make Handprints or Footprints** in the snow. Trace some letters or shapes with your fingertip. Cookie cutters are fun for making snow cookies when the snow is dense and wet.
6. **Taste the Snow**. Go outside and catch snowflakes on your tongue or serve a scoop of snow in a cup. Is it cold? What does snow taste like?
7. **Bag the Snow**. Sometimes it’s easier to introduce new tactile experiences to your child if the object is in a plastic bag. Put some snow in a gallon Ziploc bag so your child can feel how cold it is and squish the bag. With a Sharpie draw some eyes, a nose, and mouth for a snowman sensory bag.
8. **Listen to the Snow Falling**. What do you hear? Sometimes it feels quiet while it’s snowing. Listen for the snowplow, people shoveling their sidewalk, or snow falling off a tree branch with a “thump.” Do you hear the snow “crunching” when you walk on it?
9. **Where Does Snow Come From?** What is it made out of? Sometimes it’s dry and powdery. Other times it’s wet and heavy. Use verbal descriptions to give meaning to the snowy experience your child is having. Label sensory information, e.g., “You’re touching the snow. The snow is cold! Good thing you’re wearing your red mittens to keep your hands warm.”



10. **Make an Experience Book** about your snow day and remember all the fun you had together. Here are some other books you can read together about snow: All You Need for a Snowman, Ten on the Sled, The Jacket I Wear in the Snow, The Snowy Day Board Book, The Mitten, and Ten Sparkling Snowflakes.

