

STAY 'N' PLAY *Winter*

FIRST
EDITION



CREATIVITY

Creative activities challenge your child's mind and heart and help them express their emotions creatively.



PLAY TIME

Play supports your child's brain development. It is through play that children engage and interact with the world around them.



FAMILY TIME

Talking about the day's activities and playing a family game help your child's mental and emotional wellness.

The image features a central white circle with a thick teal border. The background is split horizontally into teal (top and bottom) and purple (middle). The text 'DAY' is centered in the white circle in a bold, dark grey, sans-serif font. Below it, the number '1' is also centered in the same font style.

DAY

1

DAY 1: CREATIVITY

PAPER SNOWFLAKES

Paper snowflakes are a great craft for little ones- they can be as easy or complex as you want, requires very few materials, and can be used as charming decorations around the house!

MATERIALS:

- Regular paper or white coffee filters
- Scissors
- Hole punch (optional)
- Glitter glue or markers (optional)
- Templates (optional)

INSTRUCTIONS:

1. You'll need to start by cutting white paper into large circles, or you can use white coffee filters.
2. Then, fold the circles in half, and in half again, and again until they make little triangles.
3. Now your kid can go to town cutting out snowflake patterns! You can use templates found [here](#), or let them make their own. For little ones who aren't quite ready to use scissors, a hole punch may be more appropriate.
4. Unfold the triangles and show your child what design they made! Explain to them how in nature, every snowflake is different. Ask them if they can make all of theirs different too!
5. A last optional step is decorating the snowflakes with glitter glue, or even colouring them.

<https://www.easypeasyandfun.com/how-to-make-paper-snowflakes/>

<https://www.notimeforflashcards.com/2010/12/hole-punch-snowflakes.html>



DAY 1: PLAY TIME

ARCTIC ICE PLAY

Playing with ice and animals is a great way to learn about arctic animals and environments! Keep the tub of ice low to the ground to avoid any falls, and then play away!

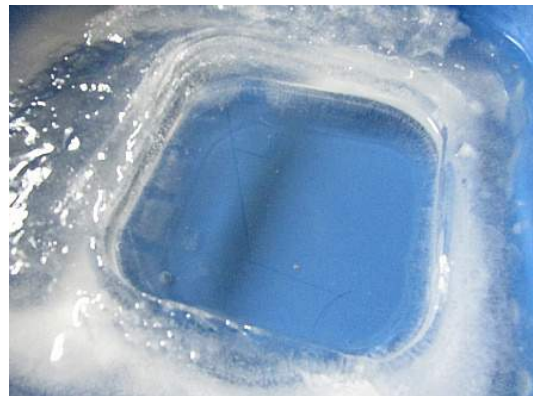
MATERIALS:

- Large plastic tub
- Small plastic container
- Something heavy to place in the container
- Freezer
- Animal toys

INSTRUCTIONS:

1. Start by filling your tub part way with water. Do not fill it all the way it will be so heavy and possibly dangerous. Place the smaller container in and weigh it down. This will create an open area for water inside the icy terrain. Freeze.
2. Remove the smaller container and fill the open area with water.
3. Add animals and play!

<https://www.notimeforflashcards.com/2013/01/arctic-ice-sensory-play.html>



DAY 1: FAMILY TIME

DECORATE SUGAR COOKIES

Baking can be a great way to bring little ones into the kitchen. What's more is that decorating the cookies will be a family affair and everyone will get to eat some sweet treats!

MATERIALS:

- Baking sheet
- Oven
- Bowls
- Whisk
- Utensils
- Cookie cut outs (a glass or cup can work for this)
- Sprinkles (optional)

INGREDIENTS:

Cookies:

- 3 cups flour
- 3/4 tsp baking powder
- 1/4 tsp salt
- 1 cup unsalted softened butter
- 1 cup sugar
- 1 egg
- 1 tbsp milk
- Powdered sugar as needed for rolling

Icing:

- 1 cup powdered sugar
- 2-3 tbsp milk
- 1 tsp vanilla
- Food colouring

COOKIE INSTRUCTIONS:

1. Sift together flour, baking powder, and salt. Set aside. Place butter and sugar in large bowl of electric stand mixer and beat until light in color. Add egg and milk and beat to combine. Put mixer on low speed, gradually add flour, and beat until mixture pulls away from the side of the bowl. Divide the dough in half, wrap in waxed paper, and refrigerate for 2 hours.
2. Preheat oven to 375 degrees F.
3. Sprinkle surface where you will roll out dough with powdered sugar. Remove 1 wrapped pack of dough from refrigerator at a time, sprinkle rolling pin with powdered sugar, and roll out dough to 1/4-inch thick. Move the dough around and check underneath frequently to make sure it is not sticking. If dough has warmed during rolling, place cold cookie sheet on top for 10 minutes to chill. Cut into desired shape, place at least 1-inch apart on greased baking sheet, or parchment, and bake for 7 to 9 minutes or until cookies are just beginning to turn brown around the edges. Let sit on baking sheet for 2 minutes after removal from oven.

<https://www.foodnetwork.com/recipes/alton-brown/sugar-cookies-recipe-1914697>

DAY 1: FAMILY TIME

ICING INSTRUCTIONS:

1. Combine all ingredients. Stir until smooth.
2. If icing is too thick, add more milk. If icing is too runny, add more icing sugar.

<https://www.tablespoon.com/recipes/easy-cookie-icing/34421f51-7243-4ae1-a851-fa6d3b1d63ae>

DECORATING INSTRUCTIONS:

1. Set up a decorating station at kitchen table or counter with little bowls of different coloured icing, and sprinkles if you have any.
2. Invite the whole family to decorate beautiful cookies.
3. Enjoy together!



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DAY

2

DAY 2: CREATIVITY

ROCKING PENGUINS AND SNOWMEN

These wobbly crafted friends are easy, cheap, and fun to make, and entertaining to rock back and forth!

MATERIALS:

- Paper plates
- Stapler (or glue in a pinch)
- Scissors
- Coloured markers and/or coloured paper
- Googly eyes (optional)

INSTRUCTIONS:

1. Start off by cutting a paper plate in half. One paper plate will make 2 figures.
2. Next, roll a half plate into a cone and staple it shut. If necessary, you could also glue it but be sure to hold it while it dries.
3. Help your kiddo decorate it to look like a penguin or snowman, as seen in the pictures. Bonus points for googly eyes and creativity!

<https://www.easypeasyandfun.com/rocking-paper-plate-snowman/>

<https://www.easypeasyandfun.com/paper-plate-penguin-craft/>



DAY 2: PLAY TIME

WINTER SLIME

Slime can seem like an intimidating craft because you might not have saline solution- but all the ingredients can be found at a supermarket and will provide endless hours of entertainment for all.

MATERIALS:

- 1/2 cup clear or white PVA school glue
- 1 tablespoon saline solution (must contain boric acid and sodium borate)
- 1/2 cup of water
- 1/4-1/2 tsp baking soda
- Glitter or other mix-ins

INSTRUCTIONS:

1. In a bowl mix 1/2 cup water and 1/2 cup of glue well to combine completely.
2. Now's the time to add (color, glitter, or confetti)!
3. Stir in 1/4- 1/2 tsp baking soda. Baking soda helps to firm and form the slime.
4. Mix in 1 tbsp saline solution and stir until slime forms and pulls away from sides of the bowl.
5. Start kneading your slime! It will appear stringy at first but just work it around with your hands and you will notice the consistency changes.

Tip: Knead your slime well after mixing. Kneading the slime really helps to improve its consistency. The trick with this slime is to put a few drops of the saline solution onto your hands before picking up the slime. However, keep in mind that although adding more activator (saline solution) reduces the stickiness, it will eventually create a stiffer slime. Store slime in a clean reusable container with a lid and it can last several weeks!

<https://littlebinsforlittlehands.com/how-to-make-saline-solution-slime-recipe/>



DAY 2: FAMILY TIME

NEW YEAR'S BUCKET LIST

Experts say that in 2021, things will return to normal! Now is a great time to gather the family and make a list of things you want to do after COVID-19 restrictions ease and people can safely do the activities that they miss.

MATERIALS:

- Pen
- Paper
- Bucket (optional)
- Scissors (optional)
- Tools for decorating (optional)

INSTRUCTIONS:

1. Gather everyone in your family and ask them to think of five things each they want to do in the new year. It could be as small as finding a new playground or as big as taking a family trip! Parents and older children can write their ideas down, little ones might need someone to write their ideas down for them.
2. Your family's bucket list can be just that- a list, or you can cut strips of paper for the ideas and put them in an actual bucket. Little ones can have fun with this by decorating the paper or the actual bucket.



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DAY

3

DAY 3: CREATIVITY

WINTER TREE FINGER PAINTING

This painting is super easy and kids will love the opportunity to get messy with their art! There are many ways to modify this too- you could introduce sponges or stamps too. This activity is both fun and develops fine motor skills.

MATERIALS:

- Sheet of blue paper
- White non-toxic paint
- Black marker or black paint with brush
- Cotton swab (optional)

INSTRUCTIONS:

1. Start by drawing or painting a black tree silhouette on the blue paper with a tree trunk and branches. You can either do this as a template for your kiddo, or they can do it themselves.
2. Invite your little one to finger paint snow onto the ground and tree branches.
3. If desired, a cotton swab/Q tip can be used to create snow in the sky as well.

<https://www.easypeasyandfun.com/winter-tree-finger-painting/>



DAY 3: PLAY TIME

SNOWBALL THROW ALPHABET GAME

This alphabet game is a fun and active way to engage your child in literacy building! With very little prep and many opportunities to adapt as needed, this game is a hit with kids who are full of energy and parents who are eager to teach.

MATERIALS:

- 2-3 pieces of paper
- Ping-pong balls (or other light weight balls)
- Marker or other writing utensil
- Tape

INSTRUCTIONS:

1. Cut each piece of paper into 4 equal pieces.
2. Write one letter on each piece of paper
3. Tape the papers to a wall
4. Explain to your child that they are going to throw pretend snow balls (the ping pong balls) at the letters. Your child must wait and hear what letter you call out before throwing the ball at the right letter. For added learning, your child can make the sound of the letter before they throw it, or they can throw it based on you telling them the sound, not the letter! You can also tape the letters up high on the wall to build better coordination and an added challenge for your child.

<https://funlearningforkids.com/snowball-throw-alphabet-game/>



DAY 3: FAMILY TIME

WINTER SCAVENGER HUNT & FAMILY WALK

A winter walk is a great way for the whole family to get some fresh air together, and by giving little ones a scavenger hunt to complete while walking, you won't hear any objections!

MATERIALS:

- Piece of paper
- Writing utensil
- Bucket to collect items with

INSTRUCTIONS:

1. Create a list of items for your scavenger hunt. This may depend on where you live but examples could include a pinecone, a feather, a red leaf, something heavy, something wet, something lost, etc.
2. Bundle your family up and find a nice spot to walk. It might even be nice to find a new route such as a park or a different neighbourhood.
3. Show your little ones the list and explain to them what they are trying to gather. Give them the bucket so that they can carry their treasures with them!





DAY

4

DAY 4: CREATIVITY

COTTON BALL SNOWMAN

This craft is easy, full of fun texture, and your kid will love being creative with decorating their own snowman!

MATERIALS:

- Cotton balls
- White paper
- Large blue piece of paper
- Glue
- Scissors
- Decorations (buttons, scrap fabric, coloured paper, popsicle sticks, etc.)

INSTRUCTIONS:

1. Cut a snowman shape out of the white paper.
2. Generously apply glue to the snowman and have your child help you put cotton balls all over the shape until it's completely covered.
3. Let your kiddo go wild with decorations for the snowman's arms, face, buttons, hat, etc.
4. Glue the finished snowman onto blue paper.

<https://www.easypeasyandfun.com/cotton-ball-snowman/>



DAY 4: PLAY TIME

WINTER SENSORY BIN

Sensory bins are a fun way for little ones to develop hand-eye coordination, concepts like measurement, and creativity!

MATERIALS:

- Bin or pan to put sensory materials in
- Sensory materials
 - This example uses packing peanuts, blue pompoms, snowflake figures, pieces of ribbon
 - But you could also include things like cotton balls, uncooked rice or beans, marbles, small toys
- Tools
 - This example uses clothespins
 - But you could also use shovels, spoons, bowls

INSTRUCTIONS:

1. Gather your sensory materials and put them in your bin.
2. Encourage your child to mix and explore the materials using their hands and the tools.
3. Ask your child open ended questions about their play!
4. Get creative about different games or stories you can play with the materials, such as hide and seek.

Tip: It is extremely important to watch for choking hazards with small items, especially if your little is notorious for putting items in their mouth!

<https://www.notimeforflashcards.com/2010/01/winter-sensory-tub.html>



DAY 4: FAMILY TIME

LISTEN AND DANCE TO MUSIC

A lot of time spent indoors typically means a lot of time sitting. It will feel really nice to invite your family to shake off the winter blues and have a little dance party! Pick music that is most fun and meaningful to your family and have a blast!

MATERIALS:

- Space to dance
- Device that can play music loudly

INSTRUCTIONS:

1. Make a playlist of music for the dance party! It can be themed (i.e. holiday music, music from your culture, 80's hits, etc.) and everyone could suggest a song to play.
2. Clear the dance floor and let loose! Try teaching your kids a dance move from your childhood, and let them teach you ones that they make up. If you need inspiration, you can do things like a conga line, take turns dancing in the middle of the circle, or even using YouTube to learn a line dance!



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DAY

5

DAY 5: CREATIVITY

CLOTHESPIN SNOWMEN

Clothespin snowmen are not only a fun craft, they're also functional! Use them to hold notes, lists, and photos.

MATERIALS:

- Clothespins
- Yarn
- Glue
- Mini orange pom poms
- White paint
- Paint brush
- Black marker
- Scissors

INSTRUCTIONS:

1. Start by helping your child to paint the clothespin white, being careful not to "glue" it shut with the paint.
2. Wrap a small piece of yarn around the clothespin to make a scarf and secure it with a knot and a touch of glue.
3. Help your little one use the black marker to make the eyes, mouth, and buttons.
4. Use a drop of glue to add an orange pom pom nose.
5. When all the glue is dried, the craft is done! What creative variations can you and your child think of?

<https://www.easypeasyandfun.com/clothespin-snowman-craft/>



DAY 5: PLAY TIME

WINTER LAVA LAMP EXPERIMENT

This science experiment will wow your kids and is a great opportunity to talk about science! What's more, it looks like a winter blizzard!

MATERIALS:

- White paint
- Water
- Baby oil
- Original Alka-Seltzer
- A glass or jar

INSTRUCTIONS:

1. In a small cup or bowl, mix about 1 tablespoon of white paint with a cup of water.
2. Pour the baby oil in a tall glass or jar until it is about 1/2-2/3 full.
3. Pour the white water into the oil.
4. Break the Alka-Seltzer tabs in quarters and put them in a small cup.
5. Kids will take a piece of an Alka-Seltzer tab and drop it in the glass. *Do not let them put the tablet in their mouth at any time.*
6. They will soon see the white water start to bubble up in the glass. It will rise up to the top of the oil and then drop back down over and over again.
7. The more pieces of Alka-Seltzer you drop in the more it bubbles up. Just be careful, if you add too much it might bubble over the top of the glass!

<https://funlearningforkids.com/blizzard-lava-lamp-experiment/>



DAY 5: FAMILY TIME

SNOWMEN PANCAKES

Cooking can be a family affair when little ones help measure and mix, parents cook, and laughs are shared by all! This winter-inspired meal can be a great way to start the day, or a novel breakfast-for-dinner.

MATERIALS:

- Oven
- Frying pan
- Paper towel
- Spatula
- Plates and utensils

INGREDIENTS:

Pancakes:

- 1 cup all-purpose flour
- 1 tbsp granulated sugar
- 1 tsp baking powder
- 1/4 tsp salt
- 1 egg
- 1 1/4 cup milk
- 1/4 cup unsalted butter ,
melted
- 1 tsp vanilla

Toppings:

- 6 slices bacon
- Icing sugar
- Blueberries
- Orange slice, cut into
triangular segments
- Pretzel sticks
- Bananas
- Cocoa powder

INSTRUCTIONS:

1. Cook bacon in a large non-stick frying pan over medium until brown and cooked through, but not crisp, 2 to 3 min per side. Remove to a paper-towel-lined plate. Discard fat and wipe pan clean with a paper towel.
2. Whisk flour with sugar, baking powder and salt in a medium bowl. Whisk egg with milk, butter and vanilla in another bowl. Stir egg mixture into flour mixture until just blended. The batter will be lumpy, do not over-mix.
3. Spray same pan lightly with oil and set over medium. Scoop 1/4 cup batter into pan. Pancake will be about a 4-in. wide circle. Add more pancakes if it fits in pan. Cook until bubbles form on the top of each pancake and edges begin to brown, 2 to 4 min. Flip and continue cooking until bottoms of pancakes become golden, 1 to 2 more min. Don't press down. Once you have made 6 pancakes, switch to 2 tbsp batter. Each pancake will be about a 2-1/2-in. wide circle. Make 6 small pancakes. You should have 12 pancakes in total.
4. Lay a small pancake above a large one on each plate. Dust with icing sugar. Place a bacon strip between pancakes for the scarf. Use blueberries for eyes and buttons, and an orange segment slice for the nose. Use pretzel sticks for the arms. Cut banana to fit snowmens' heads for hats. Dust hats with cocoa powder on a separate plate and then carefully transfer to snowmen.

DAY 5: FAMILY TIME



<https://www.todayparent.com/recipe/holiday-recipes/snowman-pancakes-recipe/>