

STAY 'N' PLAY

SECOND
EDITION

Winter



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

SNOW PUFFY PAINT

This puffy paint is easy to make and will spice up any winter painting crafts!

MATERIALS:

- 1/2 cup white glue (PVA/ runny school glue)
- 1/2 cup of shaving cream
- Silver glitter
- Vanilla extract for sensory bonus!
- Coloured paper
- Paint brush

INSTRUCTIONS:

1. Combine the white glue with the shaving cream in a bowl and mix together until it looks like thick, whipping cream.
2. Sprinkle over lots of silver glitter and stir through. 2-3 drops vanilla extract for added sensory bonus! Done!
3. Put the puffy paint in a bowl with a paint brush and invite your little one to paint on coloured paper any number of snowy, winter scenes.
4. Allow paintings to dry over night then ooh and ahh the next day over how the paint retains it's puffiness!

<https://theimaginationtree.com/snow-puffy-paint-recipe/>



DAY 1: PLAY TIME

MELTING ICE EXPERIMENT

This ice experiment is a great way to explain scientific concepts to kids, like why ice freezes and melts, and is so beautiful that they'll be mesmerized!

MATERIALS:

- Bowls or dishes (for making the ice)
- A large tray with sides
- Salt
- Liquid watercolors or food coloring
- Droppers or a spoon

INSTRUCTIONS:

1. Fill many different sizes of bowls with water and left them to freeze overnight, if you live somewhere cold, you could even leave them outside.
2. Set up your melting station by loosening the ice from the bowls with a little warm water and set them in a big plastic finger paint tray with a raised edge. When the ice melts it will be messy so you might want an extra towel around.
3. Add salt and sprinkle it on the ice, observing how it makes the ice melt.
4. Once it's obvious that the salt is melting the ice, add colour using either droppers or a spoon. The colour will highlight the ravines, crevasses, and tunnels that the salt makes as it melts the ice!
5. Ooh and ahh will your kiddos and talk about the science of how ice melts and why salt makes it melt faster!



<https://artfulparent.com/melting-ice-science-experiment-with-salt-liquid-watercolors/>

DAY 1: FAMILY TIME

MAKE OVEN S'MORES

S'mores are normally a rare summer treat, only to be enjoyed around a campfire, but no more! Be your kids hero by bringing s'more back in the winter. It's a super easy and cozy treat for all.

MATERIALS:

- Cookie sheet
- Oven

INGREDIENTS:

- Graham crackers
- Marshmallows
- Chocolate (bar, chips, candy... anything works!)

INSTRUCTIONS:

1. Place the graham crackers on a clean cookie sheet.
2. On half of the graham crackers, place a marshmallow.
3. On the other half of the graham crackers, place a portion of chocolate.
4. Broil in the oven for 1-2 minutes, keep an eye on them because the marshmallows will brown quickly!
5. Match a marshmallow top to a chocolate bottom to create the s'more sandwich.
6. Enjoy while warm.

You can make as many s'mores at once as you can fit on your cookie sheet, and don't be afraid to experiment with different cookies instead of graham crackers or chocolates!

<https://butterwithasideofbread.com/smores-in-oven/>



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 positioned above the number '2' inside the circle.

DAY

2

DAY 2: CREATIVITY

WINTER BLIZZARD IN A JAR

This "winter blizzard" is fun to make and will awe your little ones as they watch the swirls of glitter in a little snow globe!

MATERIALS:

- Mason jar
- Glitter
- Clear glue
- Warm water
- Hot glue gun
- Ornament (optional) or food colouring

INSTRUCTIONS:

1. If using an ornament, use a glue gun to carefully glue the bottom of your ornament to the mason jar lid. Make sure to use enough glue to secure the ornament. Set aside to dry.
2. Add approximately 2 ounces of clear glue into your jar.
3. Pour 1 cup of warm water into your jar and stir the mixture.
4. Pour in 2 tablespoons of glitter (silver or white glitter works best). Then stir thoroughly with a spoon. If not using an ornament, using blue food colouring will make the jar more interesting.
5. Take the lid (with your ornament in you have one) and place it face down into the mason jar. The lid should rest evenly on the jar's top rim.
6. Take the outer piece of the jar's lid and secure it tightly. Give it an extra twist to ensure the jar is tightly sealed. Add glue to the lid to prevent any leaking if needed.
7. Shake and enjoy!

<https://www.shutterfly.com/ideas/mason-jar-snow-globe/>



DAY 2: PLAY TIME

SENSORY BALLOON MATCHING

This matching activity is both fun and educational for many ages! You may be surprised how satisfying these balloons are and how long they'll keep your little ones entertained.

MATERIALS:

- Balloons (be careful- balloons can be a choking hazard for little ones that still put everything in their mouth)
- Funnel
- Various contents to put inside balloons (i.e. rice, beans, hair gel, playdough, flour, sand)

INSTRUCTIONS:

1. Attach the funnel to the end of the balloon and fill two balloons with each texture. Tie up the balloon to make sure nothing leaks.
2. Dump the balloons randomly and let your little one work to find the pairs!

<https://www.icanteachmychild.com/heart-sensory-matching/>



DAY 2: FAMILY TIME

INDOOR BEACH PARTY

Winter might have you feeling blue (and cold!) but an indoor beach party is a great way to break out of routine, and the novelty of it will awe your kids!

MATERIALS:

- Summer attire (bathing suits, shorts, sunglasses, etc.)
- Beach towels or blankets
- Any beach props (like beach balls, lawn chairs, a cooler, etc.)
- Tropical movie (like Finding Nemo, The Little Mermaid, or Lilo and Stitch)
- Happy, summery music
- Cold treat (like popsicles or watermelon)

INSTRUCTIONS:

1. Set the scene of your indoor beach- laying out towels or blankets and bringing out any props you may have around the house like beach balls, lawn chairs, a cooler, etc. If possible, turn the heat in your home up a bit so bring back memories of warmer days.
2. Tell your family to get in their summer outfits, whether that be swimsuits, shorts, sundresses, etc.
3. Invite them to the beach! You can play upbeat music, watch a movie, or play games. Either way, the excitement of a beach party will surely be a blast and make a ton of memories.
4. For added fun, give out a summer treat like popsicles or watermelon to the whole family.





DAY

3

DAY 3: CREATIVITY

PAPER ROLL SNOWMEN

These little guys are a great way to craft and upcycle at the same time. One person's recycling is another's fun indoor activity!

MATERIALS:

- Toilet paper rolls
- White paper or paint
- Coloured paper for scarves
- Orange paper or paint for noses
- Black marker
- Scissors
- Glue

INSTRUCTIONS:

1. Cut the white paper and glue it around the paper roll. Alternatively you can also paint the paper roll white. Cut a strip of coloured paper for the scarf.
2. Wrap the strip of paper around the paper roll (just above the middle). Glue together to make a scarf.
3. Draw eyes, mouth and buttons with a black marker.
4. Add an orange nose with a small amount of orange paper or paint and you're done!

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



DAY 3: PLAY TIME

ANIMAL DANCES

Dancing is a fantastic way to burn off some energy, develop coordination, and have fun! Giving your child animal prompts will keep them interested longer and give them more chances to build muscle.

MATERIALS:

- Music (could be animal themed or not!)
- Space to dance

INSTRUCTIONS:

1. Put on some music and explain to your child what each of the animal prompts mean (the pictures on this page can be a guide, but feel free to add your own!)
2. Give one prompt to start and yell out a new one every 20 seconds or so.
3. Ask your child what other animal dances they can come up with, such as their favourite animal.
4. Repeat until your child is thoroughly exhausted!



Bear walk to develop arm and shoulder strength



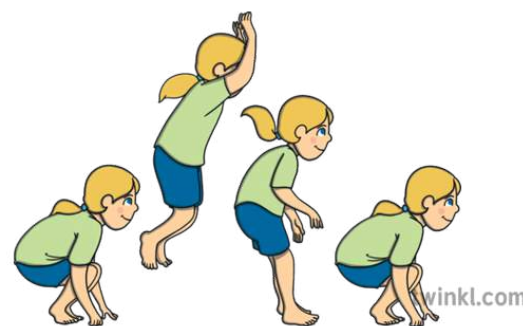
Crab walk to develop arm, leg, and core strength



"Flamingo pose" to develop balance



Inchworms to develop core, arm, and leg strength



Frog jumps to develop leg strength and stamina

DAY 3: FAMILY TIME

EASY GINGERBREAD HOUSES

These "gingerbread" houses are really just an excuse to eat some candy and exercise some creative decorating skills! You might find it easier to prep the graham cracker structure first so the kiddos can focus on decorating, but you can really modify this activity to whatever suits your family best. This will most likely be a messy activity but also a ton of fun!

MATERIALS:

- Empty milk or cream cartons
- Paper plates
- Staple
- Towels/paper towels for clean up

INGREDIENTS:

- Graham crackers
- Icing (store bought or home made, both equally fine)
- Glue (optional)
- Candy for decorating (some popular choices: mini chocolate chips, mini marshmallows, powdered sugar, gumdrops, M&Ms, cereal, candy canes)

INSTRUCTIONS:

1. Wash, dry, and staple shut empty milk or cream cartons.
2. Using icing as your "glue" (or using real glue if you are strict about nobody eating the graham crackers), glue your carton to a paper plate and glue the graham crackers around the carton to create the "gingerbread" house.
3. Now bring in the decorations! It may be easiest to put the candies already unwrapped in little bowls for easiest access. Use frosting to secure candy decoration to the "gingerbread" houses and let everyone make their own masterpiece.
4. Some inspiration if needed: using mini marshmallows to make mini snowmen, using powdered sugar as "snow", making shingles on the roof, etc.)
5. Keep moist towels around for easier clean up

<https://www.simplykinder.com/milk-carton-gingerbread-houses-how-to/>

<https://www.instructables.com/Graham-Cracker-Gingerbread-House/>

DAY 3: FAMILY TIME





DAY

4

DAY 4: CREATIVITY

PENGUIN FOOTPRINT

This cute project is a great way to remember how little your kiddos once were and they will giggle away at using their feet to paint!

MATERIALS:

- White construction paper
- Black, orange and white paint
- Paint brush
- Googly eyes
- Glue

INSTRUCTIONS:

1. Paint the bottom of your child's foot with the black paint. This will be very ticklish and likely hilarious!
2. Press the foot down onto the white construction paper. Make as many prints as you want. Each print will be a penguin body. Allow to dry.
3. Paint a white oval onto the middle of the footprint for the body. Add an orange beak and some wings in black.
4. Glue the eyes into place. Decorate as desired! Give your masterpiece a name and date!

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



DAY 4: PLAY TIME

PLAYDOUGH SNOW

Using playdough as snow and inviting your child to make animal prints in it will encourage their creative story telling skills, and is an activity that is calm and connecting.

MATERIALS:

- Playdough
 - 2 1/2 cups flour
 - 1/2 cup salt
 - 3 tbs. oil
 - 1 tbs. alum or 3 cream of tartar
 - 2 cups boiling water
- Animal toys

INSTRUCTIONS:

1. To make playdough "snow", mix all the playdough ingredients together until it's smooth. Your little one can help with the dry ingredients! You could even add silver glitter for extra "wow!"
2. When it's cooled, lay it on a flat surface and invite your child to play with the animals on a snowy field.
3. Ask them questions about the animals, the seasons, let them explain any stories that they're coming up with.



DAY 4: FAMILY TIME

POPSICLE STICK SNOWMEN FAMILY

Letting everyone personalize their own snowman persona will bring out the creativity and combining them all together will create a meaningful winter decoration!

MATERIALS:

- Popsicle stick or tongue depressor (half of one for each family member)
- White paint and paint brush
- Cotton glove
- Black and orange markers or pens
- Yarn or ribbon
- Scissors
- Black felt

INSTRUCTIONS:

1. Start by painting the popsicle sticks/tongue depressors white and when the paint is dry, cutting them at varying lengths- longest ones for parents and other adults, middle ones for older children, and smallest ones for the littlest ones.
2. Let everyone decorate their own snow person with drawing faces (complete with carrot noses!), using yarn or ribbon to make scarves, and even cutting the finger tips off a cotton glove to make a toque or beanie. You can also use felt to make a top hat.
3. Glue the snow people together in a way where you can still see everyone's faces. If needed, attach a loop of ribbon to the back so the decoration can be hung up.





DAY

5

DAY 5: CREATIVITY

SOCK SNOWMEN

This fun tactile activity is a cute decoration, DIY gift, or even a door stopper or bookend! Grab a spare sock today and get crafting! Your sock snowman will rock!

MATERIALS:

- 1 white sock
- 1 coloured sock (for the hat)
- Rice
- Rubber bands or thread
- Colourful buttons
- Ribbon
- Glue gun
- Markers of paint
- Orange pom poms

INSTRUCTIONS:

1. Start by filling your white sock with rice. You will need a hefty amount!
2. Once you are happy with the amount (and size) of your sock snowman tie the top with the rubber band.
3. Take another rubber band and place in the middle – more to the upper side – of the rice filled sock to form the head shape.
4. Now glue the buttons to the bottom side by using a glue gun.
5. Add the mouth & eyes with black marker or paint.
6. You can also add pink cheeks. Make the nose out of two orange pom poms.
7. Add a ribbon scarf with hot glue.
8. Cut the coloured sock (the foot part, without heel). Roll it a bit and place it on the head of your snowman. You can leave it as it is or you can secure it with some glue.



DAY 5: PLAY TIME

FIZZING SNOW FLAKES

This activity will be a great day to introduce a mini chemistry lesson to your little ones and awe them with some fizzy action! The great thing about the baking soda snowflakes being frozen is that the reaction seems to last a little longer than normal.

MATERIALS:

- Snowflake mold (if possible)
- Baking soda
- Water
- Vinegar
- Flat tray or pan
- Squeeze bottle

INSTRUCTIONS:

1. Pour baking soda into each of the snowflake molds- if you don't have a snowflake mold, an ice tray would work too. Add a little bit of water and mix together—just enough so that all of the baking soda is wet (it should be paste-like). Put the mold in the freezer.
2. Once the snowflakes are completely frozen, get them out of the freezer and put them onto a shallow tray.
3. Pour vinegar into the squeeze bottle and let your little one start fizzing the snowflakes! Be careful to not let your kiddo get vinegar or baking soda on their hands and then touch their face, especially eyes!

<https://www.icanteachmychild.com/fizzing-snowflakes/>



DAY 5: FAMILY TIME

SCRAPBOOK PAGES

Scrapbooking is creative outlet, way to reminisce, and a way to make memories all at the same time! Gather your family and work together on some pages together.

MATERIALS:

- Family photos
- Thick paper (construction paper works well)
- Glue
- Scissors
- Stickers, glitter, markers, other tools for decorating

INSTRUCTIONS:

1. The first step is to locate some family photos- you may have some laying around or you might be able to print some more recent ones.
2. Gather the supplies and invite the family around the table.
3. Give everyone one piece of paper and a photo and allow them to decorate their page with the photo glued onto it.
4. Parents might need to help little ones with writing photo captions with names and dates so that special memories aren't lost!
5. You'll be left with some beautiful pages that feel much more special than photos by themselves. If you have a scrapbook album, you could add the pages to that but they're also wonderful as standalone pages.

