



## HELLO PARENTS,

We can all feel the chill in the air, which means only one thing: winter is coming. As adults we know this means to wear our heavy sweaters, hats, and boots as we welcome the colder season. Our children require the same level of preparation, if not more, to keep them happy and healthy through the cold winter months. In this newsletter, we provide you with tips and activities that will prepare your family for the cold weather.

## ACTIVITIES

### INFANTS (3 -18 MONTHS)

#### COLD SENSORY BAG

##### MATERIALS:

- Ziploc bag
- Ice cube tray
- Tape
- Mittens

##### DIRECTIONS:

- Fill the ice cube tray with water and put it in the freezer until the water is frozen.
- Put the ice cubes in a Ziploc bag, and then close and tape around the seal to secure it.
- Give your child the bag and watch as they explore the ice with their bare hands.
- After sometime hold your child's hand and comment: "Your hands are cold".
- Put the mittens on their hands and say: "Now your hands are warm".

[Click here](#) for more ice activities.

### TODDLERS (19 MONTHS – 2.5 YEARS)

#### DRESSED FOR THE SEASON!

##### MATERIALS:

- Box
- Snow boots
- Mittens
- Snowsuit

##### DIRECTIONS:

- Together with your child, gather winter clothes such as: snow boots, mittens, snowsuit, etc.
- Talk about the weather when you and your child are choosing clothes. For example, you may say: "It is so cold outside! We need to wear a jacket to keep us warm!"
- If your child tries to put them on, you can build on this awareness by naming the clothes and the body parts they go on. For example, you may say: "You wear a hat on your head! You wear boots on your feet!"

[Click here](#) for more activities.

### PRESCHOOLERS (2.5 – 5 YEARS)

#### WINTER WONDERLAND CLOTHES GAME

##### MATERIALS:

- Winter clothes, for example: hat, scarf, coat, mittens, boots, etc.

##### DIRECTIONS:

- Invite your child and family to sit on the floor.
- Place the items in a pile. Have your child identify the items by name.
- Give your child a clue for each item and when they guess correctly, you then dress a person or stuffed animal with the winter item.
- For example, you might say, "Bear's neck is feeling cold. What could she put on that would warm up her neck?" Answer: A scarf!
- Have fun and enjoy this family game night together.

[Click here](#) for more activities.

### JK/SK (4 – 6 YEARS)

#### HOW DO ANIMALS PREPARE FOR WINTER?

##### DIRECTIONS:

- [Click here](#) to read "Animals in Winter" by Henrietta Bancroft and Richard G. Van Gelder.
- After reading, discuss with your child how animals prepare for and survive through winter by adapting their bodies, behaviour or both.
- Explain to your child that hibernation and migration are two ways animals adapt in winter.
- Some animals do not migrate or hibernate but change their bodies during winter. For example, wolves grow thicker fur during winter to keep themselves warm!
- Make a list with your child of all of the things that animals and humans do to prepare for winter. Are there any similarities or differences?
- Begin to prepare for winter by completing some tasks on the list.

[Click here](#) for more activities.

### SCHOOL-AGERS (6 – 12 YEARS)

#### WINTER CLOTHING SCIENCE EXPERIMENT

##### MATERIALS:

- 4 mason jars with lids
- 3 types of winter clothes such as: jacket, sweater, wool socks
- Pen or pencil
- Paper
- Thermometer

##### DIRECTIONS:

- Fill 4 jars  $\frac{3}{4}$  of the way up with warm water. The water should be about the same temperature as body temperature (between 36.6-37 Celsius).
- Place 3 closed jars inside winter clothing items. Leave one jar without any winter clothing. Put all 4 jars outside.
- Come back in 30 minutes and bring the jars inside.
- Use a thermometer to measure the temperature of the water in each jar.
- Invite your family for a discussion. You can ask:
  - Which jar is the coldest? Which is the warmest? Why?
- You may record your findings and share them with friends or family.

[Click here](#) for more activities to do during winter.



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and Citizenship Canada

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#### A TIP FOR TODAY

- Discuss with your child the importance of dressing warmly for winter, and practice wearing winter attire, including hat, jacket, snow pants, scarf, mittens, boots and gloves.
- Dress infants and toddlers with an extra layer of clothes, as they require this warmth during cold temperatures.
- Stay informed with the [Windsor-Essex County Health Unit's Winter Weather Advisories](#). Consider keeping your child indoors whenever the temperature or the wind chill is reported to be  $-27^{\circ}\text{C}$  ( $-16^{\circ}\text{F}$ ) or lower.
- Enjoy the winter season! Go outside with your child for a winter walk, build snow sculptures, and point out the beauty of the season.