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		Week One	Week Two	Week Three
	Creative Art	Ice Cube Painting	Snow Person Kit	Festive Foods Collage
	Excursions	Go to craft fair	Historic home	Walk or drive in neighbourhood (Enjoy decorations)
A B B A C	Language and Literacy	Book: The Jacket I Wear in the Snow	Magnetic and Felt Board Characters	Dramatization of <i>The Mitten</i>
	Websites	Wumpa's World	This is Daniel Cook	Sesame Workshop
	Video and DVD	Chillin' with Pingu	The Snowman	The First Snow of Winter
	Cooking	Easy Freezy Vanilla Ice Cream	Cocoa Tea	Really Rolly Polly Cookies
\$	Science and Nature	Catching Snowflakes	Nature walk (bird watching)	Painting with pine cones
	Music and Movement	The Funny Little Snowman	Instant Orchestra	Five Little Snowmen Fat
XEGX	Dramatic Play	Dress Up Day! (Winter clothes)	Playdough Party	Big Basin of Snow, plus plastic animals, etc.
	Physical Development	Paper Plate Skating	Build a snow person	Move and dance to favourite music









Comfort, Play & Teach[®] **Festive Winter Guide**

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This Week's Top Ten Activities (Week 1)

Infants, toddlers and preschoolers experience the holiday season in a variety of ways as they enjoy the colours, smells, flavours and sounds and interact with different friends, relatives and members of the community. Below are some suggested ways to spend **Comfort Play & Teach**[®] time with your child and build their interest in winter and different festivities taking place during the holidays.





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This Week's Top Ten Activities (Week 1)

that take place when liquids freeze.



Age: 2 to 5 years



How many ways can you and your child catch snowflakes? Can you catch them on your tongue or in your hands? Older children may enjoy freezing a piece of black construction paper and catching snowflakes on it. The dark paper makes it easier to look closely at each different snowflake.

Toddlers and preschoolers will practice simple cooking skills like pouring and stirring when they help to prepare Easy Freezy Vanilla Ice Cream. They will also begin to think like little scientists as they notice the changes



Age: 18 months to 5 years



The Funny Little Snowman is a silly action rhyme that will help build your child's love of language and involve him in role-playing the words. Use finger puppets with your infant or toddler. An older child can create simple snowman and rabbit popsicle stick puppets to make reciting the rhyme even more fun.

Movement



Young children love to dress up and engage in pretend play. Using ideas from the Dress-up Day! activity, you can provide props such as hats, mittens, snow pants, boots and sweaters that will encourage your child to practice dressing independently as he role-plays outdoor winter activities.



Age: 2 to 5 years





Does your child enjoy watching figure skaters or hockey players on television? All you need to try it indoors is a clear carpeted area to move around in and two paper plates to step on. Skating on paper plates is a fun way to enjoy moving to music and pretending to slide and twirl on an ice rink.



Age: 3 to 5 years







The activities with website links can also be found by visiting the Activity Centre at www.investinkids.ca. Click the type of activity (In the Kitchen, Arts and Crafts, Songs, Play Time) then select the age group (baby, toddler, preschooler). Books, websites and videos can be found in We Recommend. Or, you can also type the urls below into your web browser.

Links:

Ice Cube Painting

http://www.investinkids.ca/ContentPage.aspx?name=Parents_Ice_Cube_Painting&Topic=9c9ae54a-7cd1-4af5-86f3-58b4a2fdad 83&groupName=&topicName=

The Jacket I Wear in the Snow

http://www.investinkids.ca/DisplayExtension.aspx/ae591c05-47a7-48c0-ab74-edd7a58d0983/Pages/Books_detail. aspx?id=cd13a0f1-7a61-4d14-bfef-dd61b22cea69

Wumpa's World

http://www.investinkids.ca/DisplayExtension.aspx/ae591c05-47a7-48c0-ab74-edd7a58d0983/Pages/Websites_detail. aspx?id=d32b7f04-707e-464b-af86-d50057a6085d

Chillin' With Pingu

http://www.investinkids.ca/DisplayExtension.aspx/ae591c05-47a7-48c0-ab74-edd7a58d0983/Pages/Videos_detail. aspx?id=f89484d2-9fe2-4a0b-b2b7-35ff44e95937

Easy Freezy Vanilla Ice Cream

http://www.investinkids.ca/ContentPage.aspx?name=Parents_Easy_Freezy_Vanilla_Ice_Cream&Topic=f64a683a-0763-4ef5-801a-3c319b411996&groupName=&topicName=

The Funny Little Snowman

http://www.investinkids.ca/ContentPage.aspx?name=Parents_Funny_Little_Snowman&Topic=cOe11932-1e87-4c29-889c-6e2ecee d328b&groupName=&topicName=

Dress-Up Day!

http://www.investinkids.ca/ContentPage.aspx?name=Parents_Dress-up_Day&Topic=3732d82d-ba09-4981-8bf2-bb057bd4da49 &groupName=&topicName=







www.investinkids.ca

This Week's Top Ten Activities (Week 2)

During the holidays, you may be looking for age-appropriate ways to interact with your infant, toddler or preschooler and to introduce your child to the special events that are happening at this time of year. Here are some ideas for spending Comfort Play & Teach® time with your child and helping her make discoveries about what the festive season has to offer.



Your preschooler will love to use his imagination as he builds creative snow people and decorates them with interesting household items. The Snow Person Kit will help your child to plan his time outdoors and to enjoy creative winter play!



Age: 3 to 5 years



Consider exploring a historic home in your community. Are there any that might be decorated with pioneer crafts? Perhaps there are some that offer educational programs where parents and children can cook or make an ornament. Visiting a historic home will introduce your child to how families lived and celebrated in the past.



Using the ideas described in the Magnetic and Felt Board Characters activity, you and your child can create your own special winter characters. Pictures of cardinals, snow people or hockey players can easily be mounted on cardboard and laminated to become play props that will help your child build her language skills.

Language and Literacy

Age: 2 to 5 years

Age: 2 1/2 to 5 years



This is Daniel Cook is a website with a variety of games for your preschooler to enjoy. In Daniel Cook's backyard your child can explore activities appropriate for each season. In winter he will have fun building a snow person or sliding downhill on a toboggan as he practices using basic computer skills.

Websites

Age: 3 to 5 years



The Snowman is a charming animated adaptation of Raymond Briggs' picture book about a snowman that comes to life and enjoys some magical winter adventures with the little boy who created him. Make some popcorn, snuggle up under a warm blanket and enjoy watching this enchanting film with your child.



Video and DVD

Age: 2 1/2 to 5 years

Comfort:

Sharing your child's interests and spending time watching a video, playing a computer game or inventing felt board stories together makes her feel valued and loved.

Play:

Your child's creativity will blossom when he enjoys activities such as building a snow person, baking playdough cookies or making musical instruments.

Teach:

Feeding birds, cooking with unusual ingredients and exploring historic homes in the community all help your child build her curiosity about the world around her.

Comfort Play &Teach **Every Day**





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This Week's Top Ten Activities (Week 2)



Age: 3 to 5 years



Bundle up and find a park with trees where birds might be perching. Talk to your infant or toddler about the names of the birds, their colours and body parts such as beaks or feathers. Older children can put some seeds in their hand and try to feed a bird. This is a simple way to develop curiosity about living things.

After playing outside in the cold, drinking some West Indian Cocoa Tea might be a spicy change from hot chocolate or cider. Preparing this beverage may require some special ingredients including a cocoa stick, sweet bay leaves

and fresh nutmeg. Plan a visit to a West Indian market to learn more about different foods and spices.



Age: 4 months to 5 years



The Instant Orchestra activity will easily inspire making music. Simple materials from around the house such as jingle bells and small plastic water bottles containing dried beans can be transformed into instruments that you and your child can shake while singing or listening to your favourite holiday recordings.

Movement

Age: 12 months to 5 years

If your child likes to help you cook, she will probably enjoy having a Playdough Party. Using playdough, paper plates and other simple props, you and your child can prepare make-believe cookies and treats for her dolls and stuffed toys. She will role-play real experiences and also practice important social skills like sharing.

Dramatic Play

Age: 18 months to 5 years



There is nothing like playing in the snow. Making a snow person will encourage your child to use his imagination and be creative. What will his snow person look like? Your child will also learn about how snow feels, how to make shapes using snow and how to roll a snowball.



Age: 18 months to 5 years

Comfort Play **&**Teach **Every Day**





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Links:

Snow Person Kit

http://www.investinkids.ca/ContentPage.aspx?name=Parents_SnowmanKit&Topic=9c9ae54a-7cd1-4af5-86f3-58b4a2fdad83&gr oupName=&topicName=

Magnetic and Felt Board Characters

http://www.investinkids.ca/ContentPage.aspx?name=Parents_Magnetic_and_Felt_Board_Characters&Topic=3732d82d-baO9-4981-8bf2-bb057bd4da49&groupName=&topicName=

This is Daniel Cook

http://www.investinkids.ca/DisplayExtension.aspx/ae591c05-47a7-48c0-ab74-edd7a58d0983/Pages/Websites_detail. aspx?id=0b95ac3c-1333-4e88-a633-ac7a0d297c40

The Snowman

http://www.investinkids.ca/DisplayExtension.aspx/ae591c05-47a7-48c0-ab74-edd7a58d0983/Pages/Videos_detail. aspx?id=aa863b9c-b014-4623-9fec-1db9842465d2

Cocoa Tea

http://www.investinkids.ca/ContentPage.aspx?name=Parents_Cocoa_Tea&Topic=f64a683a-0763-4ef5-801a-3c319b411996&gro upName=&topicName=

Instant Orchestra

http://www.investinkids.ca/ContentPage.aspx?name=Parents_InstantOrchestra&Topic=cOe11932-1e87-4c29-889c-6e2eceed328 b&groupName=&topicName=

Playdough Party!

http://www.investinkids.ca/ContentPage.aspx?name=Parents_Play_Dough_Party&Topic=3732d82d-baO9-4981-8bf2-bbO57bd4 da49&groupName=&topicName=







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This Week's Top Ten Activities (Week 3)

The holiday season is a busy time and it is important to find quiet moments to relax and discover simple activities that you can share with your child. Enjoy some Comfort Play & Teach® time with your infant, toddler or preschooler as you share stories and songs, cook, dance to music and play games together.



Age: 2 1/2 to 5 years You and your child can enjoy exploring a variety of learning activities at http://www.sesameworkshop.org/sesamestreet/. The games at this

Websites

site will help him to understand concepts such as letters, numbers and weather (your child can help a character dress properly for outdoor winter play!) while practicing simple computer skills.

Age: 2 to 5 years



The First Snow of Winter is a charming animated film about a young duck that gets separated from his family as they migrate for the winter. With the help of a friendly vole, he succeeds in facing different challenges until he is reunited with his family in the spring. This is a wonderful movie the whole family can enjoy!



Video and DVD

Age: 3 to 5 years

Comfort:

Your child will enjoy spending quality time with you when you do simple activities such as watching a video, walking in the neighbourhood or dancing to music.

Play:

Activities such as role-playing stories, doing fingerplays and creating collages are not only fun, they also allow your child to express her creativity in different ways.

Teach:

Baking, exploring nature items and playing simple computer games together will encourage your child to develop thinking and problem-solving skills.

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or consider putting together a gift basket for a friend or neighbour.

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This Week's Top Ten Activities (Week 3)



Age: 3 to 5 years

Age: 2 1/2 to 5 years



Science and

Painting with pine cones or clusters of pine needles encourages your child to think creatively while exploring items found in nature. Provide two different colours of paint so she can discover what happens when two colours are mixed together!

Baking Really Rolly Polly Cookies is a great way for your child to learn about ingredients, to develop physical and social skills and to participate in a special family activity. Make some cookies for you and your family to enjoy,



Sharing fingerplays with your child like Five Little Snowmen Fat is a simple way to build his enjoyment of poetry and the musical quality of language. You can play this simple game on your infant or toddler's fingers or toes, or encourage your preschooler to pretend to be a snow person and role-play the words.

Movement

Age: 12 months to 5 years

If there is lots of clean snow in your yard, scoop some into a big bowl or basin and add props such as plastic people and animals, vehicles, pine cones and small twigs. Your child will create her own winter story while touching the cold snow and observing what happens as it melts.



Age: 2 to 5 years



Play recordings of holiday music that you enjoy. There are so many renditions of familiar songs and carols - classical, baroque, rock 'n' roll, jazz, new age. All your child needs are scarves or squares of colourful tissue paper to encourage moving creatively to favourite songs that make him want to dance.

Physical Development

Age: 18 months to 5 years







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Links:

Festive Foods Collage

http://www.investinkids.ca/ContentPage.aspx?name=Parents_Festive_Foods_Collage&Topic=9c9ae54a-7cd1-4af5-86f3-58b4a2f dad83&groupName=&topicName=

The Mitten

http://www.investinkids.ca/DisplayExtension.aspx/ae591c05-47a7-48c0-ab74-edd7a58d0983/Pages/Books_detail. aspx?id=25a608df-2ef6-4816-b10c-839b0a8f13c5

Sesame Workshop

http://www.sesameworkshop.org/sesamestreet/elmosworld/games.php?contentId=11270546

The First Snow of Winter

http://www.investinkids.ca/DisplayExtension.aspx/ae591c05-47a7-48c0-ab74-edd7a58d0983/Pages/Videos_detail. aspx?id=cd9a53b5-e29c-4ee0-ac30-7fd8d426a718

Really Rolly Polly Cookies

http://www.investinkids.ca/ContentPage.aspx?name=Parents_ReallyRollyPollyCookies&Topic=f64a683a-0763-4ef5-801a-3c319b 411996&groupName=&topicName=

Five Little Snowmen Fat

http://www.investinkids.ca/ContentPage.aspx?name=Parents_Five_Little_Snowmen_Fat&Topic=cOe11932-1e87-4c29-889c-6e2e ceed328b&groupName=&topicName=









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Ten Winter Activities for the Family

- Explore festive recipes from various cultures. If you usually drink hot chocolate, try West Indian cocoa tea for a new experience. Bake different cookies such as rugelach, benne cakes or biscochitos. Trying new foods lets you talk about where recipes come from and what different foods add to family celebrations.
- Attend a local concert. Choirs and ensembles often perform during the holidays providing the opportunity to enjoy carols, music from different cultures, and musical styles such as classical, Renaissance and baroque. You will be supporting the arts while enjoying beautiful music together as a family.
- Bundle up and play outside! Go sledding, build an igloo or lie down and make snow angels. If you make a snow person, decorate it with treats that birds and small animals will enjoy. Is there a park or nature trail nearby? Go for a walk and gaze in wonder at how beautiful the snow looks as it blankets the ground.
- Think of ways to brighten the holiday season for people less fortunate than you. Consider giving warm clothes or blankets to a shelter. Involve your child in selecting an item for a toy drive. Donate canned goods to a food bank. The comfort this may bring another will add to the happiness you enjoy at this time.
- Go to the library and sign out books about different celebrations. There are many wonderful stories and information books about Christmas, Hanukkah, Posadas, Kwanzaa and Chinese New Year, to name a few. Learning something about each celebration might enrich your own family's traditions.
- Enjoy simple arts and crafts activities together. Try making paper chains, decorating doilies with glue and glitter, shaping playdough treats with rollers and cookie cutters, ice cube painting or collaging a greeting card for someone special. Your child will develop important skills while playing creatively.







- Make time to attend special events going on in your community. Enjoy the excitement
 of a parade. Visit a historic home decorated for the holiday season. Is a local recreation centre holding
 a craft or bake sale? These are simple ways to connect with others and share in all your
 neighbourhood has to offer.
- Rent or sign out a few movies the family can enjoy together. Share some favourites that you watched when you were a child. Taking time to make popcorn, snuggle up under a blanket and relax will be a treat for everyone during the busy holiday season.
- If sending out holiday cards or letters to family members, include a drawing your child made or write down what he wants to say. Let your child know the importance of taking time to write to those you might not see over the holidays, and how good a message from him might make someone feel.
- Play simple games like Lotto, Bingo, Snakes and Ladders or I Spy. Your child will love spending time with you, and enjoy your special attention. Sometimes the best gift is quality time spent together.







Comfort, Play & Teach® Festive Winter Guide Checklist



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Ways Our Family Enjoys the Winter Holidays

Comfort

- My child loves to hear about my childhood holiday memories. We find quiet time to talk and look at pictures together.
- I involve my child in donating clothing, toys or canned goods to help him understand and show concern for the needs of others.
- My child enjoys helping with special jobs like cooking and setting the table. She develops pride in her abilities as she joins in family routines.
- I invite my child to participate in deciding which community events we will attend. This lets him know I respect his feelings and opinions.



Play

- My child and I enjoy playing outside in the snow. There are many creative things to do, and we invent different ways to keep warm.
- I play different styles of music during the holiday season. My child and I enjoy dancing or playing along using simple homemade shakers.







- My child and I enjoy simple art activities together or play games like I Spy when it is too cold to go outside.
- I tell my child riddles and we make a game of guessing about snow, winter animals, warm clothing, holiday treats and outdoor activities.

Teach

- My child and I go to the library to sign out books that help us learn about winter and different holidays. She discovers many new things by reading.
- I talk about different ingredients used for preparing holiday treats. My child enjoys finding out where different foods and spices come from.
- My child and I take time to write messages in greeting cards. This builds his language skills and shows him how words look when they are written down.
- I show interest in various holiday celebrations. I help my child to explore the differences and similarities and to see what is special about all celebrations.









Winter and Holiday Books in We Recommend

Augustine by Mélanie Watt

http://www.investinkids.ca/DisplayExtension.aspx/ae591c05-47a7-48c0-ab74-edd7a58d0983/Pages/Books_detail. aspx?id=2ba6a4d8-9db9-4f58-bb79-366fd8543d7d

Bear Stays Up for Christmas by Karma Wilson

http://www.investinkids.ca/DisplayExtension.aspx/ae591c05-47a7-48c0-ab74-edd7a58d0983/Pages/Books_detail. aspx?id=3237ffd7-a8c7-4260-8a33-be652f46e3de

I Spy Little Christmas by Jean Marzollo

http://www.investinkids.ca/DisplayExtension.aspx/ae591c05-47a7-48c0-ab74-edd7a58d0983/Pages/Books_detail.aspx?id=e4fa33e2-b205-4b33-942f-2741a7f72a17

My First Kwanzaa Book by Deborah M. Newton Chocolate

http://www.investinkids.ca/DisplayExtension.aspx/ae591c05-47a7-48c0-ab74-edd7a58d0983/Pages/Books_detail.aspx?id=8b3d55e5-8f9c-416d-9a7a-8bd018812b6c

Room for a Little One: A Christmas Tale by Martin Waddell

http://www.investinkids.ca/DisplayExtension.aspx/ae591c05-47a7-48c0-ab74-edd7a58d0983/Pages/Books_detail.aspx?id=8bbbcb09-23e8-4849-9572-4ecef19650c3

Sam and the Lucky Money by Karen Chinn

http://www.investinkids.ca/DisplayExtension.aspx/ae591c05-47a7-48c0-ab74-edd7a58d0983/Pages/Books_detail.aspx?id=add99e69-8977-4ab1-9ab9-efa8c4a6e296

Seven Days of Kwanzaa by Ella Grier

http://www.investinkids.ca/DisplayExtension.aspx/ae591c05-47a7-48c0-ab74-edd7a58d0983/Pages/Books_detail.aspx?id=d6863861-2c62-4d60-9ad7-bc0b7c70daf9

Snow, Snow: Winter Poems for Children by Jane Yolen

http://www.investinkids.ca/DisplayExtension.aspx/ae591c05-47a7-48c0-ab74-edd7a58d0983/Pages/Books_detail.aspx?id=14926407-b59c-4fea-a812-db83d63c3399







Winter and Holiday Books in We Recommend

Snowballs by Lois Ehlert

http://www.investinkids.ca/DisplayExtension.aspx/ae591c05-47a7-48c0-ab74-edd7a58d0983/Pages/Books_detail. aspx?id=7da5e846-a76d-4083-9b10-3d165ff2b107

The Jacket I Wear in the Snow by Shirley Neitzel

http://www.investinkids.ca/DisplayExtension.aspx/ae591c05-47a7-48c0-ab74-edd7a58d0983/Pages/Books_detail. aspx?id=cd13a0f1-7a61-4d14-bfef-dd61b22cea69

The Twelve Days of Christmas (Robert Sabuda, illustrator)

http://www.investinkids.ca/DisplayExtension.aspx/ae591c05-47a7-48c0-ab74-edd7a58d0983/Pages/Books_detail. aspx?id=30fd309c-9320-40e4-95d4-275970fb8bb4

The Christmas Bear by Nathaele Vogel

http://www.investinkids.ca/DisplayExtension.aspx/ae591c05-47a7-48c0-ab74-edd7a58d0983/Pages/Books_detail. aspx?id=d61871f1-5c39-476e-9a55-521b4fedfc80

The Snowy Day by Ezra Jack Keats

http://www.investinkids.ca/DisplayExtension.aspx/ae591c05-47a7-48c0-ab74-edd7a58d0983/Pages/Books_detail. aspx?id=a2d52eee-259a-418a-996c-94048c7900b6

Thomas' Snowsuit by Robert Munsch

http://www.investinkids.ca/DisplayExtension.aspx/ae591c05-47a7-48c0-ab74-edd7a58d0983/Pages/Books_detail. aspx?id=96845421-2680-4c7d-9006-23293858d0ac

Spin the Dreidel! by Alexandra Cooper

http://www.investinkids.ca/DisplayExtension.aspx/ae591c05-47a7-48c0-ab74-edd7a58d0983/Pages/Books_detail. aspx?id=f085b7c1-fc9f-48b1-987f-7c2e6e5dd35c

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