

Winter Activities



Activity: Outdoor Tic Tac Toe

Space: Backyard, Park or anywhere outside

Supplies. Spray Bottles, water, food coloring or watercolor paints - Optional Pine cones, sticks or rocks

Ages: Families and 5 – 12 years

Instructions: Playing tic-tac-toe outside in the winter is so much fun for kids. There are a variety of ways you can set up a game outdoors. Use 4 large sticks to create a board and then use colored water in spray bottles to designate your X or O marking. Or use pinecones for Os and 2 sticks to make Xs. You can do the same even if you don't have snow in your area. Play on a picnic table with rocks and sticks. Or play in the driveway.

Source: <https://runwildmychild.com/outdoor-winter-activities-for-kids/>

Benefits of Playing Outside in Winter

Did you know...Playing in the cold gives kids the opportunity to learn that they can manage when life gets a little challenging. They get the message that they have the resources to persist and make the best of what life hands them. There may not be two more important capacities kids need for long term wellness than grit and resilience, so that is a lesson we can't afford to miss out on.

Source: <https://tinkergarten.com/blog/why-being-outdoors-is-essential-for-wellness-even-in-winter>