

How to Kit



**Indoor and Outdoor
Winter Games & Activities**

Other How to Kits & Literacy Activities

This *How to Kit* was developed to help organizations celebrate literacy in the NWT. It is one in a series of *How to Kits* that you can download from the NWT Literacy Council website at www.nwtliteracy.ca. You are welcome to photocopy and use the activities in your programs, or adapt them to your needs.

You will also find other activities on our website that you are welcome to download and use.

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Indoor Activities

Macaroni Snowflakes

This do-it-yourself activity will make your house sparkle!

You will need:

- Wagon wheel pasta
- Craft glue
- 2 Paint brushes
- Wax paper
- White paint
- Glitter
- Ribbon



What to do:

1. Place some wax paper on the table.
2. Using a good strong craft glue and a small paint brush, apply glue generously to the edges of the pasta. Attach the pieces to make a snowflake design.
3. Once you have the design made, let the glue dry completely.
4. Take the white paint and another paint brush and paint the snowflakes. Let them dry and then do the same on the other side and let them dry.
5. Once the paint is dried it is time to apply the glitter. Take the glue and paint brush and put the glue all over the snowflakes. Then lightly sprinkle the glitter over the glue.
6. Once the snowflake is fully dried, take some ribbon and tie it through one of the holes to make an ornament!

Source: <http://www.katyelliott.com/blog/2008/12/budget-gifts-ideas-winner.html>

Ice Cube Relay

Rub your hands together and make them warm! You'll want them heated up for this game!

You will need:

- 2 ice cubes



What to do:

1. Separate the children into two groups.
2. Have each group stand in a circle.
3. The object of the game is to melt the ice cube. The team that melts the ice cube the fastest wins.
4. Hand each team an ice cube.
5. Have each child hold or rub the ice cube for a few seconds, and then pass it to the next child.
6. Keep going until one of the teams no longer has an ice cube!

Snowman Minute to Win It

This is fun for a night with your family or a large gathering. The challenge is to blow the snowmen cup stack off the edge of the table using a Q-tip and a straw before the one minute timer runs out.

You will need:

- 6 cups
- Orange construction paper
- Black marker
- Scissors
- Glue
- 3 Q-tips
- Straws
- Timer



What to do:

1. Make the paper cups into snowmen. You can use the marker for the eyes and mouth. With the orange construction paper make a nose.
2. Stack the paper cups into a pyramid. You will have 3 on the bottom; 2 on top of that; and 1 on top of that. Be sure to build it close to the edge of the table.
3. Get the “darts” and “shooters” ready. Place the Q-tip inside the straw.
4. Stand on the opposite side of the table. Aim the straw at the snowmen pyramid and blow the Q-tip out of the straw towards the snowmen.
5. Try to hit all of the snowmen cups off the table in less than one minute.

Snow Cookies

Lots of fun can happen at a young age! This activity will help with fine motor and sensory skills.

You will need:

- Snow
- Cookie cutters
- Muffin pan
- Cookie sheet
- Water
- Food colouring
- Spray bottles
- Plastic tub (optional)



What to do:

1. Add water and food colouring to the spray bottles. Add different colours to each spray bottle.
 2. Go outside and get a bowl of snow.
 3. Place the cookie cutters on a cookie sheet. Fill the cookie cutters with snow.
 4. Decorate them with the spray bottles of colour.
- OR
- Place snow in the muffin pan to make snowcakes!
5. Decorate them with the spray bottles of colour.

The snow will melt. Be sure to have the snow on a pan or a plastic tub of some sort so you don't have water everywhere.

Vanilla Snow Ice Cream

Make a batch of rich and delicious vanilla snow ice cream with two ingredients and a big bowl of freshly-fallen snow!

You will need:

- 8-12 cups fresh, clean snow
- 1 tsp vanilla
- 300 mls (10 oz) sweetened, condensed milk
- Wooden spoon
- Bowl



What to do:

1. Scoop clean, fresh snow into a large bowl.
2. Sprinkle vanilla over the snow.
3. Drizzle condensed milk over it all.
4. Mix all ingredients together, and stir until well mixed.
5. If necessary, add more snow until you're happy with the consistency of the ice cream.
6. Scoop into a bowl, and enjoy!
7. To freeze leftovers, pat remaining snow ice cream into a freezer-proof container with a lid.

Source: <http://happyhooligans.ca/3-ingredient-delicious-vanilla-snow-ice-cream/>

Snow Slime Recipe

This snow slime is icy cold to the touch and sparkly white, making it very fun. You'll be able to make *OOZING* snowmen and stretch and pull this snow in ways you can't with real snow.

You will need:

- 2 cups of white school glue (or use silver glitter glue)
- Glitter (If you are not using glitter glue)
- 1 1/2 cups of very warm water
- 1 1/3 cups of very warm water
- 3/4 tsp of Borax
- 2 bowls
- 2 wooden spoons
- Optional: a few drops of peppermint extract to give the snow slime a fresh and clean scent



What to do:

1. In one bowl mix 2 cups of white school glue and 1 1/2 cups of very warm water.
2. In a second bowl mix 1 1/3 cups of very warm water and 3/4 tsp of Borax
3. Mix the ingredients of both bowls, well.
4. Mix the two bowls together.
5. Once the two bowls are mixed together with the spoon you will want to mix with your hands!
6. Add some glitter to the snow. Add a few drops of peppermint extract, if you want.
7. Make it cold by storing it in a zip seal bag in the fridge before and after play.



Source: <http://www.growingajeweledrose.com/2012/12/slime28.html>

Shake It Up

It doesn't always have to be a winter scene. The magic in this activity can be year-round!

You will need:

- Strong glue (Super glue or a glue gun)
- Mason jar with lid
- 2 – 3 tsps baby oil
- Glitter
- Water
- Favourite action figure or photo, etc.
Remember it needs to fit into the jar!



What to do:

1. Using the strong glue, glue the action figure or photo to the lid of the mason jar. It should be glued to the part that will be going into the jar.
2. Take your time and create the scene that you want.
3. Fill the mason jar with water – almost to the top.
4. Put a bunch of glitter into the jar.
5. Add 2 – 3 tsps of baby oil and stir the jar.
6. Put the mason jar lid on. Remember your action figure will be going into the water!
7. Tighten the lid. Super glue or tape the lid shut.
8. Now shake the snow globe and see the glitter fly!

Outdoor Activities

Create a Snowy Self Portrait

This doubles as a tasty treat for animals who might stop by to admire and sample your work!

You will need:

- Birdseed
- Fruits and vegetables
- Food colouring
- Water
- Spray bottles



What to do:

1. Start by preparing the art materials. Fill the spray bottles with water and a few drops of food colouring. Cut up various fruits and vegetables.
2. Take everything outside with you!
3. Start your masterpiece by lying back in the snow to make your body print. Gently rock your body to pack the print, then carefully get up. (You may need help from a friend!)
4. Create a portrait by filling in the shape with the seeds and vegetable pieces and adding details with the coloured water.
5. Take photos so you can remember what you made!

Jump Snow Hurdles

Hopping... skipping... jumping!!!

You will need:

- Snow

What to do:

1. Lightly pack a lot of basketball-size snowballs.
2. Build a course of hurdles to jump over.
3. Have one child begin as the leader to take the rest through a round of 'Follow the Leader'.



Snow Relay

How quickly can you move one pile of snow to another – and create something out of it?

You will need:

- Snow
- 2 soup ladles



What to do:

1. Make a start line and a finish line. They should be 20 ft. apart.
2. Make sure you are in an area that has a lot of snow!
3. Split the children into 2 teams.
4. They will need to bring 12 scoops of snow from the start line to the finish line.
5. Once they have brought 12 scoops of snow to the finish line they will need to work as a team to build something with that snow. Ideas may include:
 - i. Mini Snowman
 - ii. Caterpillar
 - iii. Circle
 - iv. Tower
6. The first team to move the snow and build something wins!

Cool Critters

Use the snow and nature to create some fun critters!

You will need:

- Snow
- Natural elements – sticks, stones, leaves, etc.

What to do:

1. Decide what cool critter you want to make. Some ideas are:

- i. Caterpillar
- ii. Spider
- iii. Worm
- iv. Lizard
- v. Snake

2. Begin to sculpt them in the snow. You can also use some sticks and stones to add some eyes, antennas, or even legs!



Snow Races

When there is energy there is a relay race! Have your children participate in this relay race to get rid of some of their energy!

You will need:

- Nothing



What to do:

1. Make a start line in the snow.
2. Explain the activities (see below) the children will have to do for this snow race. You may have to remind them of everything they need to do during the race.
3. Here is what they will need to do:
 - i. 10 Jumps.
 - ii. Touch 5 things that are white (things covered in snow count!).
 - iii. Make 3 snow angels.
 - iv. Make a square in the snow.
 - v. Touch 2 things that are blue.
 - vi. Make a circle in the snow.
 - vii. Run around a tree.
 - viii. Knock 3 times on something wooden.
4. Once they have done all these – they are done!

Remember: You can change the colours they touch!

Sending a Message

The alphabet can be fun on the fridge door. How about sending the alphabet outdoors with a message!

You will need:

- Alphabet letters
- 2 empty ice cube trays
- Water



What to do:

1. Take the alphabet letters and place one letter in each of the ice cube trays.
2. Fill the ice cube trays with water.
3. Place outdoors to freeze.
4. Once frozen, take the ice cubes out of the ice cube tray.
5. You will now have letters inside the ice.
6. Create a message with your new ice block letters!

Hide and Glow

Take the traditional hide and seek game and put a spin on it with fun glow sticks!

You will need:

- Glow sticks



What to do:

1. One person will act as the hider.
2. Take all the glow sticks and hide them in different places throughout the snow.
3. Be sure no one is watching you hide the glow sticks!
4. Have the others go and find the glow sticks.

Snow Volcano

You've heard of making a volcano erupt, but what about making a snow volcano erupt! Play with colours to have your volcano erupt in your favourite colour.

You will need:

- A cup or plastic bottle from recycling
- Snow
- Baking soda
- Vinegar
- Food coloring



What to do:

1. To make a snow volcano you will first need snow. Place the plastic cup on the ground. Pile the snow up and around the cup to form the volcano. Leave the top of the cup open.
2. Be sure to pack the snow tightly around the cup to help the volcano hold its shape.
3. Once the volcano is formed add the baking soda and a few drops of food colouring to the cup. (The cup is now the volcano's core.)
4. Carefully pour the vinegar in and watch the volcano erupt.

Source: <http://www.growingajeweledrose.com/2013/12/how-to-make-snow-volcano.html>

Tic-Tac-Snow

Head outside for this classic game in the snow!

You will need:

- Snow
- 10 sticks
- 4 stones



What to do:

1. Gather 10 sticks and 4 stones.
2. With one stick draw a tic-tac board in the snow.
3. With the sticks you will make 'x's for one player. The other player will play the game as stones.
4. One player begins and places their 'x' down in a square. Then the next player goes and places a stone in a square. Continue back and forth until someone has 3 in a row OR all the squares are taken.

Winter Scavenger Hunt

There are a lot of hidden treasures outside. It's time to look for them!

You will need:

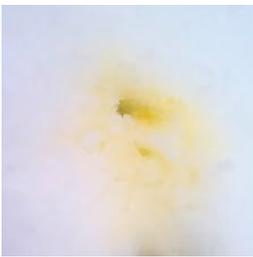
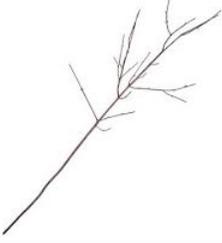
- Printed copy of the Scavenger Hunt List
- Pencils



What to do:

1. Make copies of this sheet for each child. Or have the children work together in groups of 2 or 3.
2. Have each group go and find each of these items. They can check off each one when they find them. Or, if you have older children with ipods, have them take funny photos with the items.

Winter Scavenger Hunt List

 <p>A close-up photograph of a single, brown, textured leaf that has become brittle and frozen onto a thin, white, frost-covered branch.</p>	 <p>A photograph showing several sets of dark, circular boot prints pressed into a layer of white snow.</p>	 <p>A photograph of a large, smooth, undulating mound of white snow, likely formed by wind.</p>
<p>A Frozen Leaf</p>	<p>Boot Prints</p>	<p>Snowdrift</p>
 <p>A photograph of a green plastic shovel with a black handle and a red grip, set against a plain white background.</p>	 <p>A close-up photograph of a young child's face, wearing a red knit hat with 'CANADA' written on it. The child's cheeks are noticeably red from the cold.</p>	 <p>A photograph of a building's roof edge with numerous long, thin, white icicles hanging down.</p>
<p>A Shovel</p>	<p>Rosy Red Cheeks</p>	<p>Icicles</p>
 <p>A photograph of a white bird in flight against a bright, snowy background. The bird is captured in mid-air, with its wings spread.</p>	 <p>A photograph of several sets of animal tracks, likely from a dog or cat, pressed into the snow.</p>	 <p>A photograph of a puddle of water that has frozen into a solid, greyish, textured block on a dark, rocky surface.</p>
<p>A Flying Bird</p>	<p>Animal Tracks</p>	<p>A Frozen Puddle</p>
 <p>A close-up photograph of snow that has turned a pale yellow color, possibly due to dirt or pollen.</p>	 <p>A photograph of a single, thin, bare twig with several small branches extending from it.</p>	 <p>A photograph of a string of colorful Christmas lights (red, green, yellow, blue) glowing against a dark background.</p>
<p>Yellow Snow</p>	<p>A Twig</p>	<p>Christmas Lights</p>

Snowball Target

Ready, Set, Aim, Throw! This game will have you test your arm strength and see how close you really can get to the bullseye!

You will need:

- Snow
- Food colouring
- Water
- Spray bottle
- Bean bags



What to do:

1. Mix the water with some food colouring in a spray bottle.
2. Draw a target on the snow with your foot first.
3. You are going to spray 4 circles – one inside the other. Make sure each circle is a different colour.
4. Once you have painted the snow, choose a point system for each colour. The highest points earned should be on the bullseye, the points should be lower for each ring that is further away from the center of the bullseye. E.g.) Outer ring – 5 pts. Inner ring – 10 pts. Second inner ring – 15 pts. Middle ring – 20 pts.
5. Draw a line in the snow where everyone will throw their snowballs from. (If your snow is not staying together, use bean bags.)

6. Pack some snow together to make snowballs to throw at the target.
7. Each player can take turns throwing three snowballs.
Remember to keep track of the score. The first player to 50 points is the winner.



Hopscotch in the Snow

In the summertime you will see children outside with sidewalk chalk drawing lines for their hopscotch. Here's how you can turn it into a winter hopscotch!

You will need:

- Water
- Food colouring
- Squeeze bottle
- Snow



What to do:

1. Fill the squeeze bottle with water.
2. Add a few drops of food colouring.
3. On the snow draw the lines for hopscotch with the squeeze bottle.
4. Use a snowball or a stone.
5. Toss the snowball or stone into the first square. Hop over the first square and then continue hopping in each square all the way to square 10.
6. On the way back, stop and pick up the snowball or stone. Now toss it into number two. This time you will jump over square two.
7. Keep going until you've gone all the way to 10!

Outdoor Rink Bowling

This game will have your children making the bowling pins and balls before they begin to play!

You will need:

- 10 large pop bottles
- Sand or gravel
- 4 empty soup cans
- Ice or flattened snow area



What to do:

1. Fill the bottom of 10 large pop bottles with 2 inches of sand or gravel. Tighten the lids. These will be the pins.
2. For bowling balls, you will need 2 empty soup cans. Fill them with water and set them outside to freeze.
3. The bowling “alley” can be up to 60 ft. long. Make a start line at one end of the rink.
4. Set up a triangle of 10 bowling pin bottles at the other end.
5. For each turn, players take 2 throws. Try to knock down as many pins as you can.
6. Then re-set the pins for the next player.
7. Keep score by writing down how many pins a player knocks down on each turn.

Indoor or Outdoor Activities

Balloon Ice Globes

Decorate the outside of your house with these fun looking globes!

What you will need:

- Balloons
- Water
- Food colouring
- Scissors



What to do:

1. Fill each balloon with water and a couple of drops of food colouring.
2. Tie the balloons in a knot so that no water is leaking out.
3. Place the balloons outside to freeze.
4. Once the balloons are frozen you will cut the balloon off.
5. Now you are left with a colourful globe!
6. Place them around the outside of your house to add some colour!

Small Ice Hangings

This is a fun project for young children who love to help the grownups. These beautiful ice hangings are created with very little effort. You can hang them individually or string them in a rainbow on a stick.

You will need:

- Plastic cups
- Water
- Food colouring
- Clear thread or cord
- Stick (optional)



What to do:

1. Fill cups as high as you want with water. Add a few drops of food colouring to each cup. Remember: you can use different colours!
2. Cut a length of thread and place one end of the thread into the water. Try to push the thread down further in the cup, but don't push all the thread in.
3. Place the cups outside or in the freezer to freeze.
4. Find a branch to hang the ice on.
5. Once the cups of water are frozen, take them out of the cups. If they are stuck, run them under a little bit of warm water.
6. Take the thread and tie each block of ice to the branch.
7. Now hang this outside and enjoy!

Pretty Building Blocks

Let Mother Nature freeze these colourful ice blocks, then get building to brighten gray days.

You will need:

- Plastic containers of various sizes
- Water
- Food colouring



What to do:

1. Fill all sorts of containers with water.
2. Add a few drops of food colouring to each container.
(Remember: you can make different colours in each container.)
3. Freeze the blocks in the freezer or outside.
4. Once the blocks are frozen take them out of the containers. If they are stuck in the container, run some warm water over the plastic to loosen the block.
5. Have fun building different things with the blocks!

Orange Cup Bird Feeders

Winter has arrived and is here to stay! Get some bird feeders ready for the birds around your house.

You will need:

- Left-over empty orange halves
- A bowl of snow
- Spoons
- A muffin tin
- A few pantry ingredients (e.g. nuts, raisins, assorted fruit and berries, sunflower seeds)



What to do:

1. Cut the oranges in half. Squeeze out the juices. (You can drink this later as a snack!)
2. Place each orange half into the muffin tin.
3. Scoop the snow into the orange halves.
4. Sprinkle the snow with the goodies from your pantry. Gently press them down into the snow.
5. Don't take too long, or the snow will melt!
6. Once they are ready, go outside and place the orange halves around the yard for the birds.

Reindeer Hunt

Help Santa find his Reindeer.

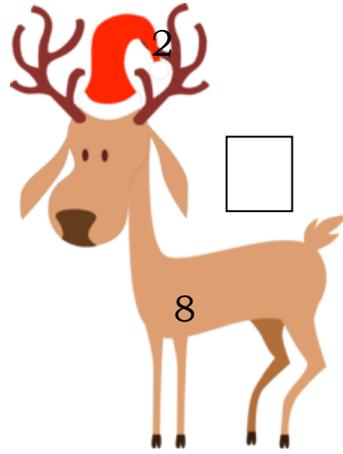
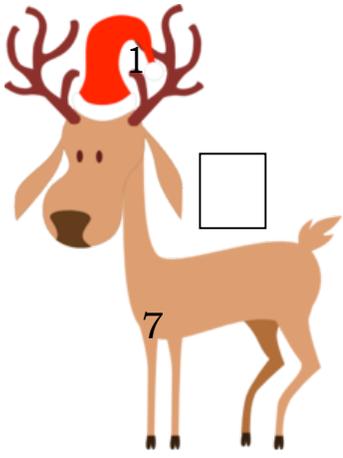
You will need:

- Scissors
- Sheet on the next page with Reindeer

What to do:

1. Cut out the reindeer from the sheet on the next page.
2. Hide the reindeer indoors or outdoors.
3. Instruct the children to find Santa's reindeer. There are 9 reindeer to find!

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