

## Winter Activities



**Activity:** Freezing Bubbles

**Space:** Backyard, Park or anywhere outside as long as it is cold

**Supplies:** Bubble Solution – make your own or buy at the Dollar Store

**Ages:** Families or 5 – 12 years

**Instructions:** Blowing a bubble and watching it turn to ice is such a fascinating activity. If it's super cold outside (below freezing), try making frozen bubbles! This is a great science experiment for kids in freezing temperatures. It might take a few different attempts to get a bubble to freeze, depending on time, sunlight, what the bubble lands on and bubble solution. This is an experiment that can last over weeks!

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

### Benefits of Playing Outside in Winter

*“To be healthy, children need several hours (not minutes!) of movement a day — preferably outdoors, where the senses are fully alive and their bodies are free to move in many different ways.”—Angela Hanscom*

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