

Winter Activities



Activity: Snow Ice Cream

Space: Backyard, deck

Supplies. Clean untouched Snow

Ages: Families or 5 – 12 years

Instructions: Snow ice cream is one of those special delicacies that every child should experience! It's a magical mixture of nature, vanilla, sugar and sprinkles! What could be better than that? Our favorite recipe combines 1 cup milk/cream, 1/3 cup sugar, 1 tsp vanilla extract, and 8 cups clean snow. Mix all together, adding snow until you get the creamy consistency you want. Then top with sprinkles! Enjoy homemade snow ice cream on a cold day!

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

Benefits of Playing Outside in Winter

Did you know...Joy: Learning to find and experience the joy that nature and play provide is another way to provide children with enriching, positive emotional experiences in the short term. If we can engrain that joy practice for them, they can carry forward this powerfully positive way of being in the world.

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