

**Summit School
Occupational Therapy Department
Fun Sensory-Motor Activities for the Wintertime!**



Strengthening and endurance activities to try:

- ☼ Going for walks in the snow
- ☼ Playing in the snow:
 - build a snow fort
 - build a snowman
 - cover you child in snow up to their hips and then allow them to kick their way out
 - make snow angels
 - tobogganing
 - snowshoeing
- ☼ Jumping on a mini-trampoline
- ☼ Tug of war
- ☼ Roughhousing - play wrestling

Ball skills and coordination activities to try:

- ☼ Playing outside:
 - make a big pile of snow and roll or jump off it
 - make snow balls and aim at a target
 - skiing (downhill or cross country)
- ☼ Go ice skating at a local park
- ☼ Road hockey
- ☼ Bowling
- ☼ Balloon badminton: pass a balloon back and forth using badminton racquets - see how long you can keep the balloon in the air!
- ☼ Skipping, elastics and hop scotch

