

# Snow Day Sensory Fun



## Dressing Warm

- Provide organizing sensory input before dressing to have a calming effect and help your child manage the feeling of multiple added layers of clothing.
- If your child is sensitive to clothing, providing deep pressure by squeezing their hands and feet or giving big bear hugs prior to putting on snow gear can help.



## Snow Angels

- Making snow angels targets our tactile and proprioceptive sensory systems.
- This activity allows your child to explore textures and temperature, and provides heavy muscle work as they move their body through the snow.



## Sledding

- Sledding is a fun movement based activity that targets our vestibular system.
- The vestibular system processes movement, changes in head position and provides a sense of where our body is in relation to gravity.
- Try sledding in different positions by having your child lay on their belly or sled slowly in reverse.



## Shoveling

- Heavy muscle work is calming to our bodies.
- Giving your child a mini shovel can provide opportunities to push and shovel snow outside.
- Your child can pretend to be a snowplow or dump truck by clearing a section in the driveway or shoveling snow onto a sled to lug it away.



## Snowman

- Pushing and rolling snowballs across the yard can provide calming and organizing (proprioceptive) input to your child. It can also improve body awareness in space and level of arousal.
- Decorating the snowman by adding a face will work on visual perceptual skills.



## Play Inside

- An alternative to playing outside in the snow is bringing some snow inside.
- Fill a container with snow. Hide favorite small toys inside or use food coloring to paint the snow.
- If the cold is too much, make your own snow for a messy play tactile experience by mixing equal parts shaving cream and baking soda.



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