

Cold Weather Activity Checklist

Make room for play.

It can be challenging figuring out what to do with the family in the colder months – but rather than fighting Mother Nature, embrace nature’s winter wonderland! Here are some ideas to get your family playing and moving – inside and out – all winter long. Try to complete them all!



- Grab a sled and cruise down a slope.
- Strap on your skis or snowshoes and hit the trails.
- Ice skate with the family.
- Build a snowman.
- Make a snow angel, or two, or three.
- Bury some goodies in the snow in a cooler, create a treasure map and send your kids on a hunt for buried treasures.
- Build a snow fort.
- Take a walk with your kids and teach them about animal prints in the snow.
- Build a snow castle. Make this summer pastime a fun winter experience.
- Pretend you are an Arctic explorer and make some important outdoor discoveries.
- Create a winter version of your favorite game. This is a great opportunity to take scavenger hunts; play tag; red light, green light; and other fun games outside.
- Play tag while staying in your tracks in the snow.
- Go for a swim in an indoor pool or check out an indoor waterpark.
- Play a game of hockey in your driveway or head to a rink with friends.
- Find a way to make winter chores, like shoveling snow, fun. Take turns shoveling the driveway.
- Sign up for a program at your local recreation centre. Family yoga? Badminton?
- Make getting ready to go outside a race. See who can get dressed in all of their snow gear first!
- Try something new, like snowboarding or Nordic walking.
- Take a hike. Get off the beaten trail and explore nature’s winter wonderland.
- Create a winter obstacle course in your backyard or at a park.
- Fill some spray bottles with warm water tinted with food colouring and have your kids “paint” your backyard or a nearby park. Snow makes the perfect blank canvas! Kids LOVE this activity.
- Grab some hula hoops and have a contest to see who can keep theirs going the longest. It’s much more challenging when wearing winter gear!
- Have a snowball toss! Create a target in the snow using food colouring (like a big red dot, or a giant “X”) and then roll some snowballs and practice hitting your target.
- Make a snow bakeshop! Take baking pans and molds from the kitchen outdoors so they could make snow cakes, muffins, pies and other treats.