Snowmen Games

SAIL's theme of the week is Snowmen At Night. What perfect timing for this week's snowfall! Listed below are activities to go along with the snowmen's nightly games in the book, "Snowmen At Night".

Snowmen Races:
- **Cut out three circles, larger to smaller to make a snowman.**
  - Use a large exercise ball or a laundry hamper.
  - Stand in front of the ball/hamper and roll/push it across the room or through an obstacle course.
  - Earn a circle at the end of each course. Paste it onto paper/cardboard.
  - Repeat until you have made the base of your snowman.
  - Sit on the ball (chair if safer) to complete the snowman picture, drawing on arms, legs, face, etc. Use fabric, pipe cleaners and glue to make it multidimensional.
  - Increase the challenge. Stand on the opposite side of the ball/hamper. Push back to make your child push harder. This can be very light or more challenging.

Skating:
- **With Caution- Guard your child for safety. This is slippery and may not be right for your child. Skating works on balance, strength and coordination.**
  - Carpeted Surface- use two pieces of wax paper, one under each foot.
  - Hard Floor- use two paper plates, one under each foot.
  - Hold your child's hands while he/she "skates" across the floor.
  - You can set up cones or other objects to skate to or to skate around.

All Fall Down:
- **Play Ring Around The Rosy https://video.link/w/oZNJb**
  - Vary the speed from very slow to faster to challenge balance, coordination and overall motor control.

Baseball Game:
- **Play a game of baseball**
  - Bring in your outdoor tee or hand toss an indoor ball (plastic ball, nerf ball, crumpled paper, ball pit balls. rolled up socks, pom pom…)
  - Use a plastic bat, wrapping paper tube, spatula...get creative.

- ○ Mark spots for the bases.
- ○ Play an inning of baseball!

Snowball Fight:

Indoors: Use a mix of the ball suggestions above in baseball. Build a fort with cushions, cardboard boxes, cardboard bricks, megablocks or just hide behind a couch. GO!

Outdoors: Roll snowballs or use a snowball maker. Gather them on a sled and take them to your fort. Your fort can be a natural barrier or you can build one. Bring out the sand toys and make a fort from snow. Forget the fort altogether and just throw the snowballs to a target (tree, snowman, etc.)

Sledding:

- In your own yard- pull your student around the yard on his/her belly or in a seated position. To increase the challenge, pull your child up/down slopes, left and right turns of varying sharpness, faster/slower.
- Local-ish Spots: Check with local friends/family for spots you may not even know are near you. Look into the listed sledding hills below. Call ahead to ensure they are open and to confirm pricing (free to small fee/park pass required).
  - ○ Marshbank Park Sled Hill- West Bloomfield. Free. Hill is very close to parking. Warming shelter. Modern restrooms. (Open during Covid???)
  - ○ Booth Part Sled Hill- Birmingham. Smaller hill.
  - ○ Catalpa Oaks- Southfield. Not very crowded per online information.
  - ○ Bloomer Park Sled Hill- Rochester. $5 park admission. 3 runs. Walkways between each hill to climb back to the top.
  - ○ Borden Park- Rochester. Free. Plenty of areas to sled. May be a longer walk if looking for your "perfect spot" to sled.
  - ○ Waterford Oaks- Waterford. Voted 2017 MetroParent Best Sledding Hill. Sledding hill parking lot is very close to sledding hills. Walkways to the top (320 feet long, 27 feet high).
  - ○ Shiawassee Sled Hill- Farmington. Fenced off walking path with hay bales for safe climbing back to the top.
  - ○ Kensington Metropark- Milford. Beginner to advanced hills. Padded trees for extra safety along the short "bunny hill".
  - ○ Lost Lake- Oakland. Warming shelter (call to see if available during Covid), a bunny hill and larger hill with designated walking paths back to the top.
  - ○ Seymour Lake Park "Red Flyer Run" Sled Hill at Seymour Lake Park- Oxford. The hill is close to the parking lot. There is a bathroom.