

Fine AND Gross Motor Skills

Snow Dough

Ingredients:

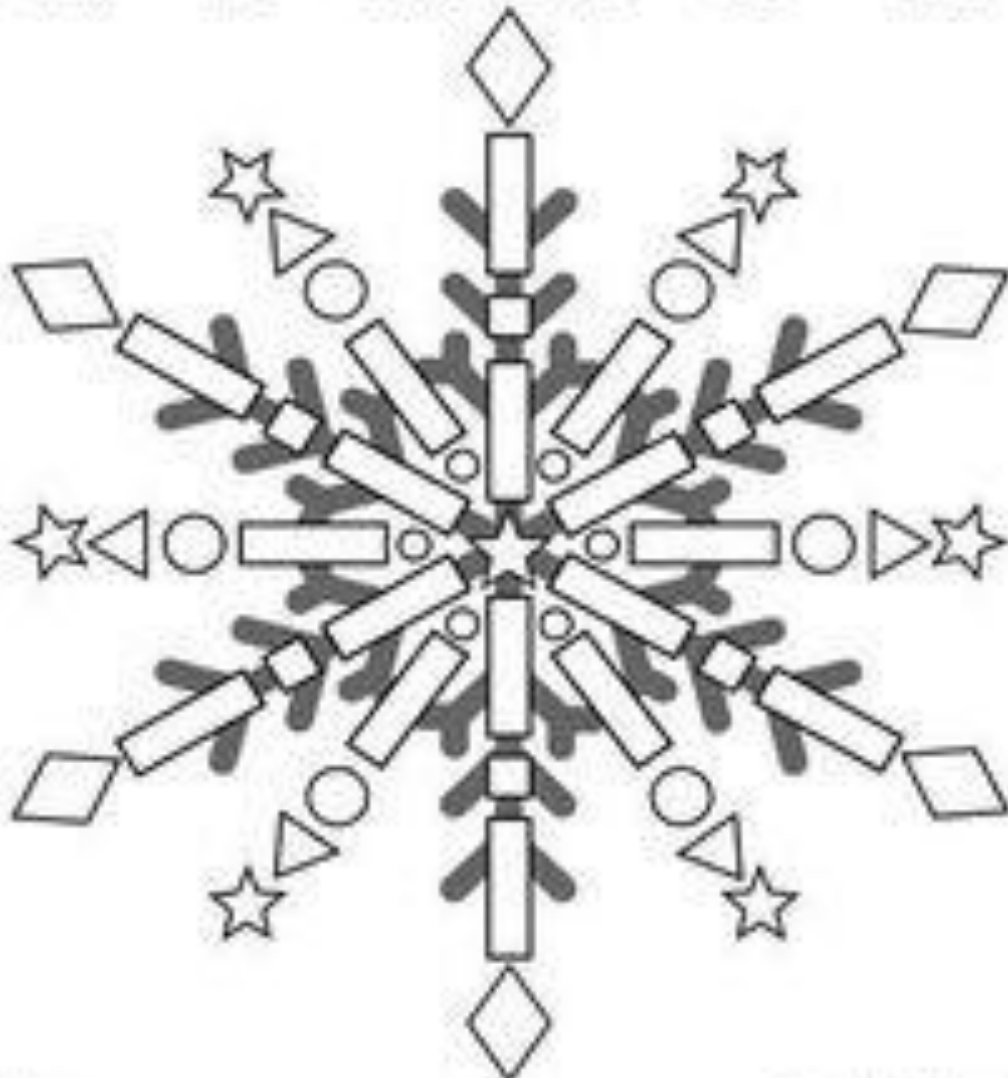
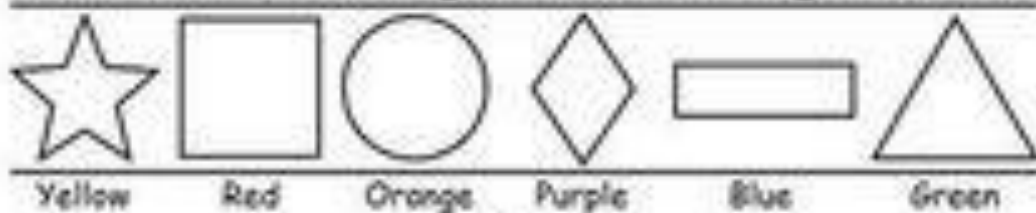
- *1 cup baking soda
- *1/2 cup cornstarch
- *3/4 cup water
- *a drop of peppermint extract
- *iridescent glitter

Directions:

In a saucepan over medium heat, combine the baking soda, cornstarch, water, and peppermint extract. Stir until a soft dough forms. Allow to cool. Sprinkle glitter over the dough and knead to combine. Snow dough can be stored in an air-tight container.

Name: _____

Color the shapes in the picture.



How to Make Fake Snow for Pretend Play

One: In a large bowl mix 2 1/2 cups of **pure baking soda** with 1/2 a cup of white hair conditioner.

Two: Stir mixture in large bowl until ingredients are well combined.

Three: Enjoy, hours of sensory play!

Yes, it really is THAT simple.

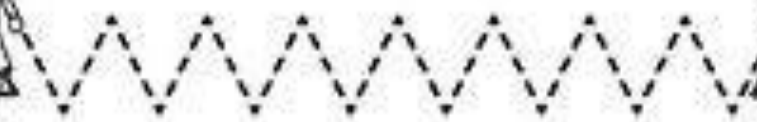
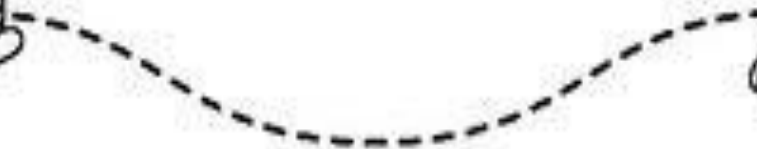
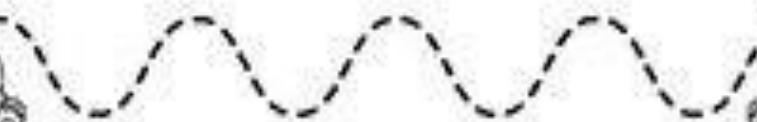
Tip: You can add more baking soda if you wish to make your “snow” less wet if you’d like. If you need to make a larger batch of snow you can easily multiply this recipe.



Name: _____

Let's Trace

Directions: Trace the dotted lines from one picture to the matching one.



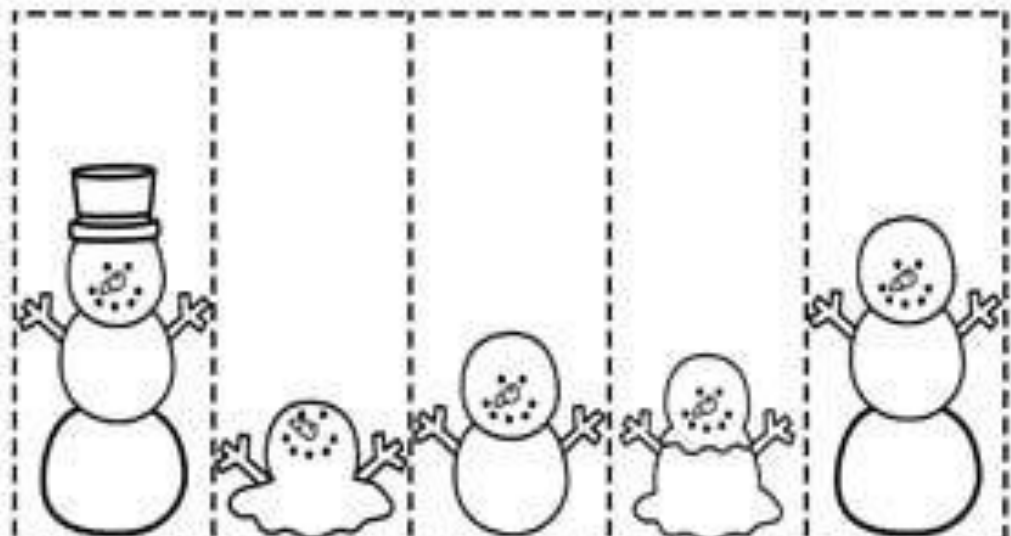


Name _____

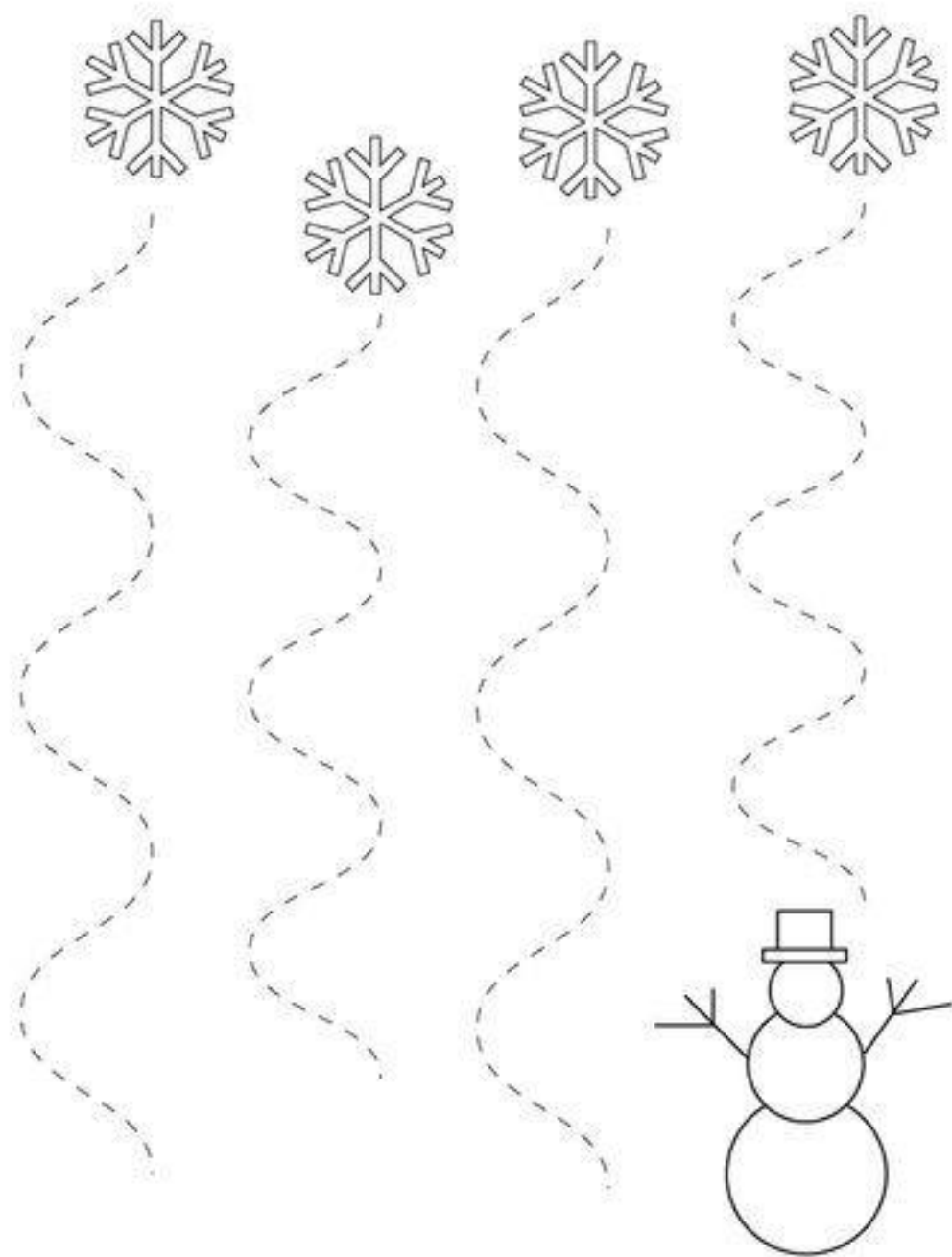
Shortest to **Tallest**

Directions: Color and cut out the snowmen friends.
Paste them from shortest to tallest.

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Snowflake Tracing Practice

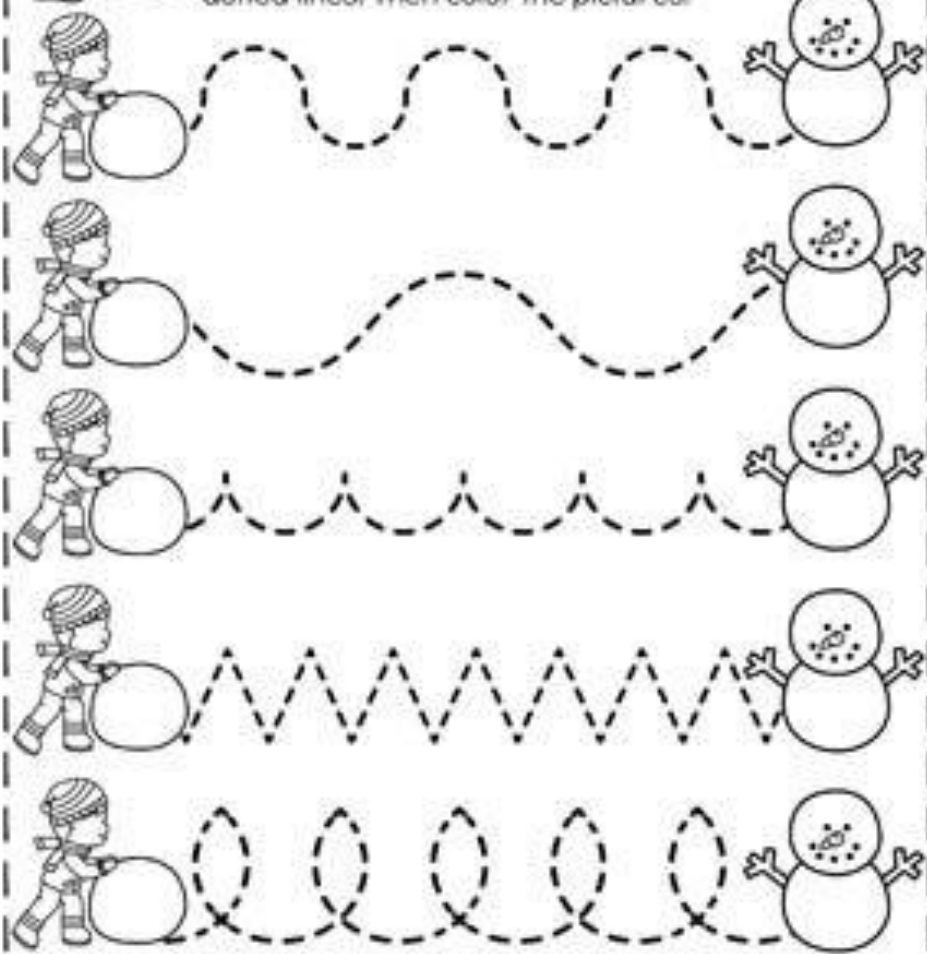




Name _____

Snowman Building Tracing

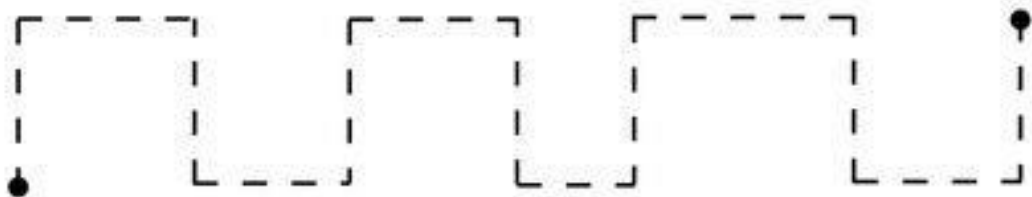
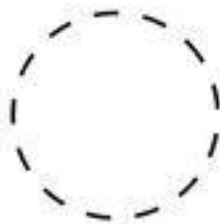
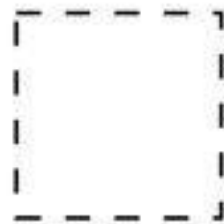
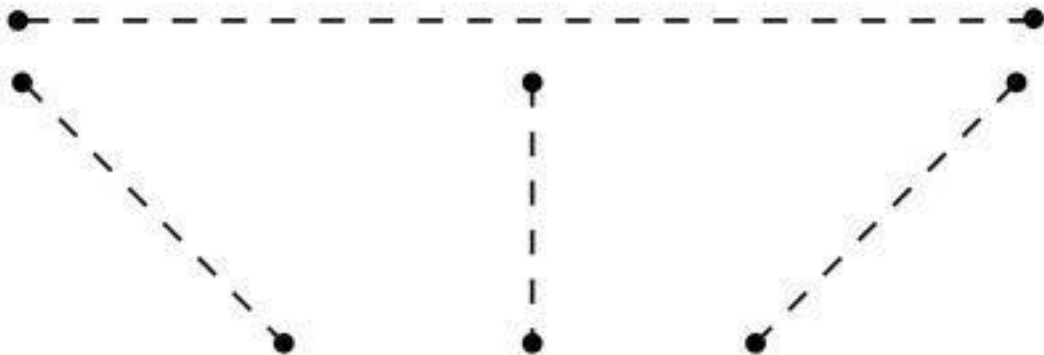
Directions: Help the boy build the snowmen. Trace the dotted lines. Then color the pictures.



Name: _____

Fine Motor Skills Practice

Directions: Practice holding your pencil just right. Use your fine motor skills to trace or color the lines and shapes below. Try to stay on the lines and have fun!



Name: _____

I Can Cut on the Lines

Directions: Color and cut



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Snowky Pokey

You put your right mitten in
You take your right mitten out
You put your right mitten in
And you shake it all about
You do the Snowky Pokey
And you turn yourself around
BRRRR {shiver}
That's what it's all about!

OTHER VERSES

You put your left mitten in...
You put your hat in...
You put your right boot in...
You put your left boot in...
You put your scarf in...
You put your snowself in...

Mrs. Bremer's
CLASS



Little Penguin

Tune: "I'm a Little Teapot"

I'm a little penguin,
black and white.
I waddle to the left,
And I waddle to the right.
When I'm feeling hungry,
splash and splish,
I jump in the water,
And catch a fish!



ARCTIC ANIMALS YOGA



I am a moose.

WARRIOR 1 POSE



I am a walrus.

COBRA POSE



I am a polar bear.

BEAR WALK



I am a musk ox.

CAT POSE



I am an arctic hare.

HERO'S POSE with BUNNY BREATH

WINTER YOGA

5-MINUTE-A-DAY YOGA ROUTINE with  and  poses



1 Candle



2 Cow



3 Cat



4 Dog



5 Mouse



6 Warrior



7 Tree



8 Happy Baby



9 Windshield Wipers



10 Do Nothing Pose



This routine is by **Teresa Power**, acclaimed yoga expert, creator of the *ABCs of Yoga for Kids* series, founder of **Kids' Yoga Day**. For instructions on how to do each pose, visit abcyogaforkids.com/backtoschool. As always, before beginning any type of exercise program, it's a good idea to consult with a doctor.

TERESA POWER 

Illustrations by Kathleen Rietz and excerpted from *The ABCs of Yoga for Kids*® • WWW.ABCYOGAFORKIDS.COM • INFO@ABCYOGAFORKIDS.COM