



**FSRC- Child Care Resource Center
Quarterly Newsletter For Providers
January-March 2025**



Outdoor Winter Activities for Toddlers and Preschoolers

Kids need to stay engaged regardless of the weather, so it helps to have outdoor winter activities for preschoolers planned. Whether you are a teacher or run a home daycare, activity is important, even when it is snowing.

There are many ways to keep children active, engaged, and learning, even when the ground is covered with snow. Colder months should not automatically mean you have to stay indoors.

Fresh air is still important and there are many things your preschoolers can do. The outdoors is full of learning opportunities no matter what the season.

Go On A Color Hunt

Let the children explore the area to find colors. Give them notebooks with each page designated for a certain color. As they explore, they can draw anything they find on the designated color page.

Scavenger Hunt

Create a list of items that you know can be found within the area and let each child have one. Provide them with a basket for them to collect as many of the items as they can find

Winter Outdoor Gross Motor Activities For Preschoolers

Simon Says
Freeze Tag
Ball games

Fun Winter Art Activities For Preschoolers

Make a pine cone bird feeder
Create a nature collage
Make ice art

What To Do On A Snowy Day Outside

Snow art

Bird seed snow angels

Snow obstacle course

Paint the snow (spray bottles and powder paint)+

Ice Jewel Dig

Using a silicone jewel mold, water and food coloring, create ice jewels and freeze them. The children can help you do this part as it is part of the fun. Mark an area outside where the jewels will be hidden. You can use hula hoops to make out small circular boundaries. Each child can have their own special area. Scatter and bury the jewels within each area and let them dig and discover all the hidden gems. You can always re-freeze the jewels for another day.

Sled Pulling

If there is enough space, you can create small slides or hills for the sledding. The kids can all take turns pulling each other around the field and up and down slopes. For added motor skill development, throw in some obstacles like cones that they need to pull the sled around. They can also do sled races as teams.

Snow Baseball

Have all your preschoolers make snowballs and keep them in a big pile. Mark out a baseball diamond in the snow using a stick to draw lines or by setting out cones. Create mounds at each base and home plate. There needs to be a mound in the middle for the pitcher too. Place an empty plastic bottle at the top of each snow mound. Taking turns, the children throw snowballs at each bottle to try and knock it off the mound.

Find The Snow Flag

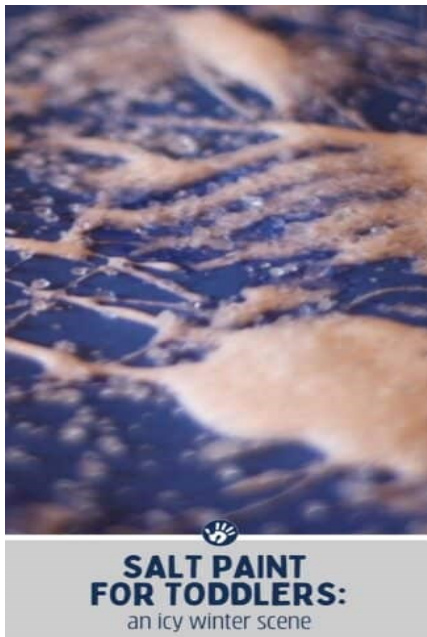
Tie a white cloth or flag to a short stick. Taking turns, have each child hide the flag within a specified area. Every other child needs to try and find the snow flag. Keep track of how long it takes for the flag to be hidden. The winner is the child that hid the flag the best (took longer to find).

Snow Molds

Building sandcastles is the best way to spend time on the beach in the summer. You can have the same amount of fun entering too. Using the same mold and sand toys as you do in the summer, kids can create their own snowy beach.



We enjoy providing you with activities for you and the children to have fun with. We recommend while doing these activities that you keep in mind the projects may contain safety and choking hazards, never leave the children unattended, and be aware that the recipes may contain allergens.



- Have the children spread the glue on paper using a Q-tip, paint brush, or their fingers to create a design or a winter scene.
- Have them sprinkle Epsom salts on the glue.
- Allow to dry.

[Salt Paint for Toddlers: An Icy Winter Scene - Hands On As We Grow®](#)



CACFP Approved Recipes



Pumpkin Pancakes

Breakfast Crediting for Ages 3-5



Total Time
25 minutes



Serving Size
1 pancake



Servings
17



Components
Grains



Ingredients

- 1 3/4 cup whole wheat pancake mix
- 1/4 tsp cinnamon
- 1 tsp pumpkin pie spice
- 2 cups milk
- 1/4 cup oil
- 1/2 cup pumpkin puree
- Spray oil

Directions

1. In a medium bowl, add pancake mix, cinnamon, and pumpkin pie spice together. Mix.
2. Add milk, oil and pumpkin puree to the bowl. Mix all ingredients together until just combined. Be careful not to over mix!
3. Allow batter to rest for 5 minutes.
4. On a preheated skillet, spray with oil and set to low heat.
5. Pour 1/4 cup of batter onto skillet for each pancake.
6. Cook one side until bubbles begin to form. Flip and cook for another 1-2 minutes.

One pancake provides 1 3/4 oz eq grains.



Broccoli Chicken Quesadilla

Lunch/Supper Crediting for Ages 3-5



Total Time
20 minutes



Serving Size
1 quesadilla



Servings
8



Components
Meat/Meat Alternate,
Grains

Ingredients

- 1/2 lb (1 1/2 cups) shredded cooked chicken
- 1 tsp taco seasoning
- 8 whole-wheat tortillas (6 inches)
- 1/4 cup butter, melted
- 2 cups shredded Mexican blend cheese
- 1/2 cup finely chopped cooked broccoli

Directions

1. Combine chicken and taco seasoning in a bowl.
2. Brush one side of each tortilla with butter and place butter-side down on a lightly greased baking sheet.
3. Spoon 1/4 cup of chicken mixture on half of each tortilla. Sprinkle 1 tbsp of broccoli and then 1/4 cup of cheese on top.
4. Fold plain side of tortilla over mix. Repeat for remaining seven tortillas and bake at 375° F for 9-11 minutes or until golden brown.

One quesadilla provides 1 oz eq. grains and 1 1/2 oz eq meat/meat alternate



6 Winter

YOGA POSES FOR

KIDS



BE A SKIER

with Chair Pose



BE A TREE

with Tree Pose



BE A SLED

with Seated
Forward Fold



BE AN ICE SKATER

with Dancer's Pose



BE A BLANKET

with Savasana



BE A SNOWBALL

with Knees to Chest





Health and Safety: January 14-16, 9AM-3PM

CPR: January 18, 9AM-1PM

Safe Sitter: February 19, 9AM-2PM

How Can We Better Serve You?

Do you have suggestions on what you would like to see in our newsletters, or how the Child Care Resource Center can better assist you and your needs?

Please email:

childcare@sccapinc.org

Or call:

Melissa Bevins (518)234-2568 x3016

Heather Jonker (518)234-2568 x3009