

Winter Break SURVIVAL GUIDIE

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Survive and thrive.

When faced with an extended period of time off school, it's exciting to be free from schedules and homework. Fear strikes when you realize no school means no routines and nothing for the kids to do all day. But have no fear! There are ways to make your time off fun, maybe even fruitful. You could even get a bit of mom time in!

The secret to surviving and thriving with a creative, right-brain child is to plan ahead, build in structure and find a balance between scheduled activities and open-ended play time. Right-brain creative kids have very active minds and bodies, exploding with ideas. They need an outlet for that creative energy.

For this eBook, I've gathered an assortment of fun activities to keep your kids busy. There are activities you can do *In the House* and activities that are *Out of the House*. And within each category, there are things kids can do independently and things to do as a family.

As you read through the ideas, look at your calendar and plan what you want to do when. As you create your family's schedule, remember to leave blocks of unscheduled time for spontaneous play.

The background is a solid teal color with a repeating pattern of white snowflakes. The snowflakes vary in size and orientation, creating a festive, wintry atmosphere. The text "[In the House]" is centered in a white, serif font.

[In the House]



Why visual kids benefit...

Visual kids are creative kids and they are happiest when they're making things. They'll draw, doodle and make stuff on their own, so be sure to give them plenty of those kinds of supplies. But always good to switch it up and do activities that fill that need in new ways. These indoor activities will pleasantly entertain while developing their fine motor skills - can we say hello better handwriting?

01

Paper Snowflakes.

Kids can happily occupy themselves cutting out dozens of unique paper snowflakes and hanging them all over the house creating a snowstorm.

02

Cookie Decorating.

Get the kids creating their own edible masterpieces with pre-made dough, frosting, sprinkles, colored sugars, etc.

03

Have a Drawing Class.

[Click here to explore](#) the exciting things happening on the Young Rembrandts Channel! Enjoy our fun step by step how to draw videos and more.

04

Paint the Snow.

Fill spray bottles with water and food coloring and get painting. No snow? It works on the sidewalk or the side of the house and washes away in the rain.

05

Show a Movie.

Use a projector and show it on the ceiling!

06

Enjoy a Backyard Camp Out.

If it's warm enough, pitch your tent, grab some marshmallows and have a fun family camp out in your own backyard.



Why visual kids benefit...

Our creative kids are full of ideas, and always hungry for more. Be intentional about feeding them new ideas, new experiences, new people and situations. Out of the box experiences is what promotes out of the box thinking. Think of them as little sponges, so hungry for more ideas, and enjoy that you're the one that gets to introduce them to things that will broaden their minds.



Why visual kids benefit...

All kids need to move their bodies. They are going to move, run and be physical, and you know it can get crazy. But when you give them constructive ways to be active, there's going to be lots more peace in them and the house. These fun, gross motor activities are just what the doctor ordered.

07

Fort Building.

There is so much potential in a few blankets, pillows, the dining room table and the couches. Don't forget the binder clips! Or take the building outside and create snow forts.

08

Dance Party.

Have each member of the family choose their favorite song and M.C. a round of Freeze Dance. Freeze in your current position when the music stops and hold it until the music starts again.

09

Mazes in the Snow.

Once the kids finish shoveling the snow, set them loose creating mazes in the yard.

10

Plan a Family Game Night.

Game night is a great way to bond with the whole family, enjoy a few laughs and gives us a chance to build memories together.

11

Host a Happy Noon Year Party.

Help the kids ring in the new year without having to throw bedtime off. Make a balloon drop and noisemakers and do the countdown earlier in the day.



Why visual kids benefit...

Executive function skills are a critical part of self-regulation and focus. These silly indoor activities will require your child to plan ahead, wait their turn and focus on the task at hand. Learning to do this while having fun, will pay off in many other ways.

The background is a solid blue color with a repeating pattern of white snowflakes. The snowflakes are of various sizes and designs, some with six points and others with more complex, geometric shapes. They are scattered across the entire background.

[Out of the House]

01

Go for a Hike.

Hike in a forest preserve and collect some winter treasures.

02

Ice Skating.

This classic winter activity is a great way to get out of the house and burn off some energy.

03

Sledding.

Put that snow to good use. Bundle up, grab your sleds, and find the perfect hill for hours of fun.



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04

Go Bowling.

This classic family friendly game is a great way to get out of the house and isn't hard to find or cost too much.

05

Pull a Switcheroo.

Had enough of winter break? Send your kids to a friend's house for the day. Take their kids another day.



Why visual kids benefit...

Visual kids are social! They need ways to interact with other kids and adults. Being in a social setting gives them opportunities to practice their social skills, learn to wait their turn or how to support or encourage others. These are important personal skills that will help them back in the classroom as well.

06

Visit a Museum.

Local museums are a great way to spend quality time together. Museums provide memorable, immersive learning experiences that provoke imagination, and introduce children to unknown worlds and subject matter.

07

Go to the Library.

The local library usually does a great job planning activities to accommodate the school holidays. If not, drop in to get more books and games for days at home.

08

See a Matinee.

You can watch plenty of movies at home, but getting out of the house makes it special. Movie theaters have special pricing for showtimes early in the day or all day on certain days of the week.



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09

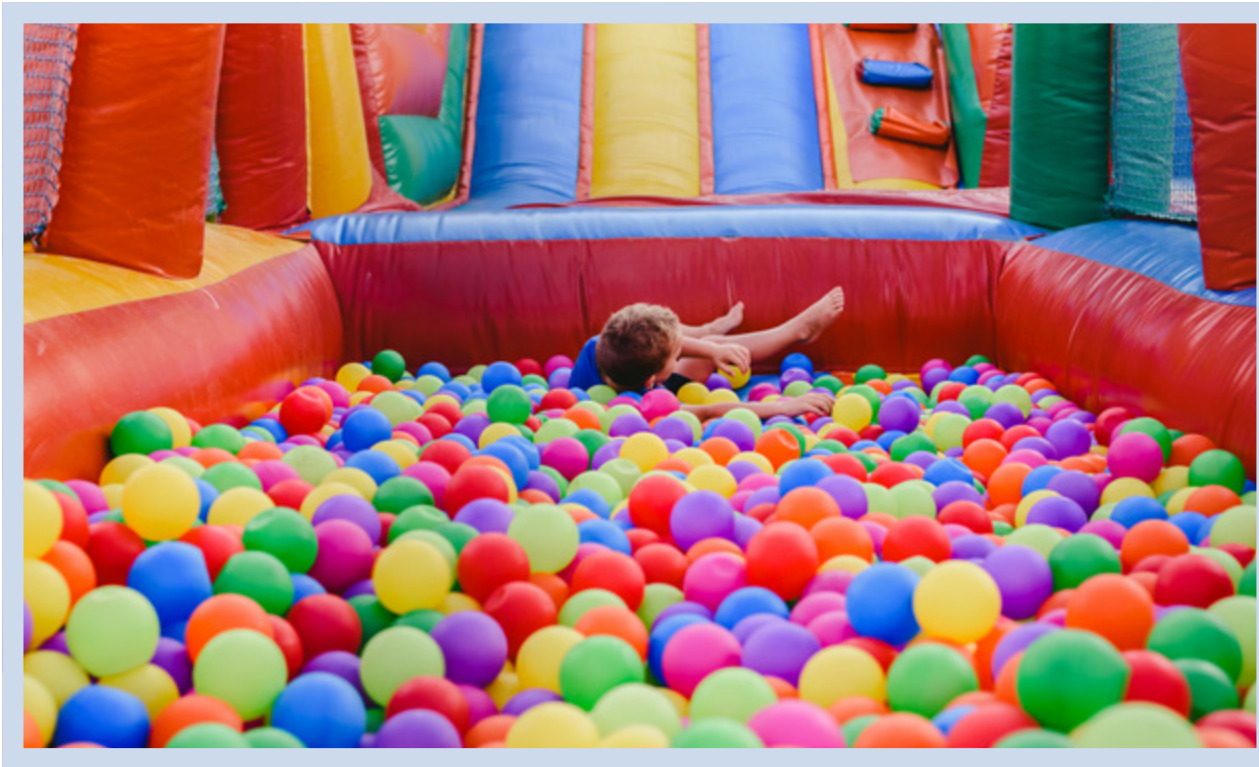
Plan and Enjoy a Picnic.

Picnics are a great way to get the family outside together. A local park or playground is the perfect place to throw a kid-friendly picnic, but don't limit yourself! Find a nearby outdoor attraction your family hasn't yet visited, and plan your picnic around that. Try a botanical garden, sculpture garden or bike trail for a fun day out!

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10

Inflatable Play.

Find a local Bounce House or Trampoline Park. You know those places full of inflatable play structures that are usually in the local mall or warehouse unit.

11

Swimming.

Go to the local rec center or hotel that has an indoor pool or to a hotel with an elaborate array of slides and water attractions and enjoy getting wet and wild.

12

Roller Skating.

This throw back to our youth is a great family activity and it takes a lot of energy. Most places still offer skate rental too.

info



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