

# GET OUTSIDE

Winter months can make us want to hibernate inside.  
The thought of getting our children ready for outdoor time seems (and is) a BIG task!



As an Early Childhood Educator,  
I know I have no choice we always take the students outside.  
So, bundle up and out you go!

## Colourful Snow



### Materials

Spray Bottle  
Paint Brush  
Food Colouring  
Water

\*Mittens that may get dirty\*



### Activity

For younger children, you may want to prepare this beforehand  
For older children (toddler and up, depending on your patience / child)  
you can prepare this activity together.

Fill spray bottles with water and food colouring (be generous with the colour)  
I suggest old windex bottles ((rinsed)), or you can purchase spray bottles from the store  
Use a large yogurt container, if you are going to use paintbrushes

Get them all bundled up and head outside for some outdoor art!  
Watch as your playground or backyard become a work of art!

### Mindfulness

-Encourage children to take their time  
-Ask them what happens when they mix primary colours together?

Can they make a picture  
(instead of just spraying everywhere)

What are they enjoying about this activity  
(bringing them back to the present moment)

