

Winter

Talking activities for the seasons



Winter brings shorter days, chilly weather, and snow. It's perfect for bundling up and enjoying outdoor fun. It's also a season full of celebrations like Hanukkah, Christmas, Kwanzaa, Lunar New Year, Valentine's Day, and the Winter Solstice. These moments often mean family traditions, special meals, and time together. It's a great chance to spark conversations with your child and explore new ideas and words.

Try these activities, songs, books, and crafts to help your child learn. Talk, read, and sing with your child in the language, or languages, you use at home.

Fun outside

Play in the snow

Let your child help shovel the walk.

- Talk about how to push the shovel.
- Talk about how the snow is cold, heavy, or wet.

Go for walks in the snow.

- Talk about the footprints you see and the footprints you make, like if they're big or small.
- Make pictures in the snow with your footprints.

Make a snowman together.

- Talk about rolling snowballs to make them big.
- Count how many you need. Say which one is the biggest or smallest.
- Talk about what to use for the face, arms, and hat.
- Talk about what will happen when the weather gets warmer.



Activities

Holiday lights

- Take a walk or drive through your neighbourhood and look at all the lights and decorations.
- Talk about the colours and different decorations you see, like snowmen, angels, or candles.
- Talk about which lights you like and why.
- Visit a local light display.

Cards

- Talk about a reason you might send someone a card. Maybe a Valentine's Day, Christmas, or thank you card.
- Let your child pick out a card or make one together. They can draw a picture and decorate it. As you make it talk about what you are doing.
- Talk about what message they would like to include in the card. You can write it out for them. Help your child write their name.



For more information scan this QR code or visit: ahs.ca/talkbox



Songs and rhymes

Singing is a great way for your child to learn new words. Do the actions that go with the song.

Snowman Rhyme (sung to the tune of 5 Little Monkeys Jumping on the Bed)

10 little snowmen riding on a sled.

One fell off and bumped his head.

Frosty called the doctor and the doctor said,
“No more snowmen riding on that sled!”

Other nursery rhymes to try: Frosty the Snowman, Jingle Bells, or sing any song from your family's holiday traditions.

Want to learn more songs and rhymes?

- Join a parent-child group or music class at the library or community centre.
- Search for songs on the internet. Learn the song, then sing it with your child. Young children learn best from interaction with people instead of watching on a screen.

Sing songs and rhymes from your culture, your own childhood, or make them up by putting new words to familiar tunes.

Crafts

Make a book about a family celebration

- Fold 3 to 5 sheets of paper in half to make a simple book.
- Help your child decorate the cover with a title, their name, and a drawing or picture of your family.
- Talk about the traditions of a family celebration like Christmas, Hanukkah, or Chinese New Year.
- On each page, help your child draw or cut out pictures of things related to that tradition, like food, clothes, songs, people, and places.
- Write down your child's words to describe each picture. Keep it simple and in their voice.
- Add decorations like stickers, stamps, ribbons, or buttons to make the book feel special.
- Invite your child to share their book with a teacher, friend, or family members.

Books

Go to your local public library to find these, and many more, great books and e-books.

- Dream Snow by Eric Carle
- The Snowy Day by Ezra Jack Keats
- Bear Snores On by Karma Wilson
- My First Kwanzaa by Karen Katz
- The Mitten by Jan Brett
- Kiss Kiss by Margaret Wild
- Red Is Best by Kathy Stinson
- Merry Christmas, Big Hungry Bear! by Don Wood

When reading, follow your child's interests. You can skip pages, change the story, or just talk about the pictures together.

Where to get help

Speech-language pathologists can help. Learn more at ahs.ca/pedrehab.



When making crafts, talk about what you're doing together, what comes next, and have fun.