

YMCA CCRR SEASONAL RESOURCE SHEET

Winter 2022

Ah, Winter. Hello there! As a season, you hold a warm spot in many of our hearts. Christmas, Hanukkah, Kwanzaa, Epiphany, Winter Solstice, New Year, and Lunar New Year — these only begin to represent the varied, dazzling and exciting days that lay ahead for many of us in these cheery months ahead. The magical and merry await us!

Among its darker and shorter days and the hustle of all the festivities, winter can also be a season which leaves one feeling burned out. This goes for children and caregivers alike. And so, we hope that as you read this Seasonal Resource Sheet, it gives you a time of quiet reflection and stillness among the bustle. May it be a moment in which you can find new reserves, tap into the energy of the sparkly and dazzling months that lay ahead, and be renewed again in your practice.

WINTER MINDFULNESS

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

<https://bit.ly/3DPmFqo>

Use this winter as an opportunity with children to find time to be present within ourselves, and mindful of our bodies in the spaces we inhabit.

Activities to help inspire such mindfulness, curiosity, and sensory exploration:

- * Sensory Snow Painting
- * Winter Sensory Bins
- * Winter Sensory Bottles***
- * Arctic Animals Yoga (see image on the left)

***Join us on Thursday, January 20th from 6:30-8:15 pm for a Winter Networking session at our Burnaby/ New Westminster CCRR and make these! The cost is \$5, and a one-hour certificate will be provided.

Register at myymca.ca or call 604-294-1109 or 604-931-3400.



<https://bit.ly/3DLJcoj>



<https://bit.ly/3oSYpgP>



<https://bit.ly/3DPmFqo>



Ministry of
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Development

CONNECTING TO THE EARLY LEARNING FRAMEWORK

If you find yourself inspired by the activities and ideas suggested in this seasonal resource sheet, consider it an opportunity to further reflect on the materials in your spaces that you provide to the children in your programs. The ELF asks us to consider...

- * How are the different types of materials in your program inviting different kinds of participation and engagement?
- * Are some of the materials you're using limited in how they can be used?
- * Is there room to be found in your environments for different materials that offer more possibilities for experimentation and lively interaction?
- * What is happening between the materials and children in your program? How can you build upon it?



WINTER ACTIVITY INSPIRATION

Let's face it, winters in the lower mainland look similar to our late fall and early spring, but a little colder. Occasionally, we see snow, and it's such an exciting time when we do! Here are some ideas to bring that snow, and hopefully excitement, into your provocations and program planning in the months ahead.



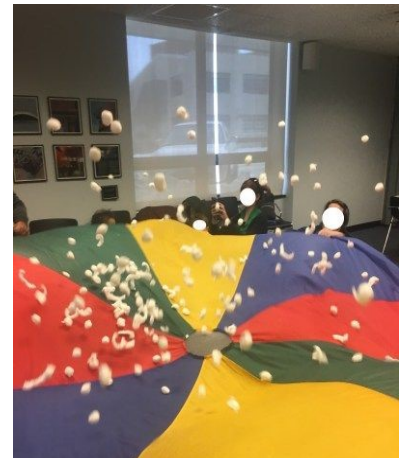
'Arctic' Playdough Tray

<https://bit.ly/2ZhrJVz>



'Ice' Picking

<https://bit.ly/3njRSEZ>



Parachute Snow

<https://bit.ly/3CMkIiO>



Snowflake Prints

<https://bit.ly/3riMcVR>



Ice Exploration

<https://bit.ly/3FI9WGM>



'Polar' Finger Painting

<https://bit.ly/3HRe9dc>

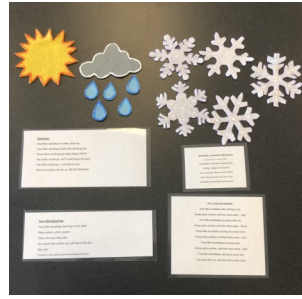
EARLY LEARNING RESOURCE LIBRARY



T5-08133: Hibernation



T1-13844: Winter Nin Scenery



T5-20229: Winter

In need of resources to help supplement your curricula in the winter season ahead? We have lots available for you to borrow! Here are just a few of the many that are available.

Are you interested in seeing more of the items we have for you to borrow? Scan the QR code below with your phone's camera to view our catalogue.



T5-06384: Chinese New Year Kit



T1-30046: Valentine's Tales



T522886: Christmas Tree, What do you see?

WINTER & THE OUTDOORS



<https://bit.ly/3xfbmpd>



<https://bit.ly/32gwEan>



<https://bit.ly/3l2iGQb>

Try not to let the weather keep you indoors this winter. Just like any other month of the year, children need the opportunity to get outside, breathe fresh air, and run off their extra energy.

Ideas to help inspire outdoor play and discovery:

- * Coloured Ice Blocks
- * Bark Rubbing Art
- * DIY Bird Feeder
(peanut butter, birdseed, TP rolls, and string is all you need!)
- * Going on a Winter themed scavenger hunt.
(see image to the right.)

Winter Scavenger Hunt



<https://bit.ly/3l2iGQb>