

# Resources from Dec. 3rd Webinar Working Outdoors with Young Children Throughout Winter

## Inside-Outside, NINPA, MnECO, Natural Start Alliance, AUNE websites:

- [Inside-Outside Winter Specific](#)
- [NINPA](#)
- [MnECO MnECO's Winter Virtual Workshop](#)     [Teach Outdoors! MN Winter Resources](#)
- [Natural Start Alliance](#)
- [VT Early Learning Standards](#)
- [Antioch University New England](#), Nature-based Early Childhood Certificate
- [Nature-Based Early Childhood Education for All](#)
- [Intellectual Benefits of Outdoor Learning](#)

## →Safety and Healthy Risk Taking

- [Safety and Healthy Risk Taking](#)
- [Risk Management for Nature-Based Early Childhood](#) week long summer course

## Winter Books:

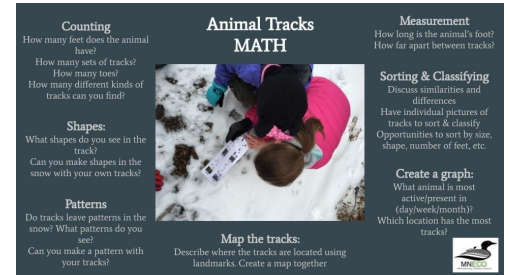
- [Best In Snow](#)
- [When Winter Comes](#)
- [Winter Dance](#)
- [Winter is the Warmest Season](#)
- [The Mitten](#) - [printable extensions](#)
- [The Hat](#)
- [Sizing up Winter](#)
- [Over and Under the Snow](#)
- [Red Sled](#)
- [Penguin and Pinecone: A Story of Friendship](#)
- [Mice Skating](#) - covers Growth Mindset
- [A Warm Winter](#)
- [Snowballs](#)
- [Animals in Winter](#)
- [Winter's Coming: A Story of Seasonal Changes](#)
- [No Two Alike](#)
- [The Story of Snow](#) - [shape guide](#)
- [The Snowy Day](#)
- [The Missing Mitten Mystery](#)
- [A Fox Found a Box](#)
- [First Snow in the Woods](#)
- [Stranger in the Woods](#)
- [Why Evergreens Keep Their Leaves](#)
- [Pippa and Pelle in the Winter Snow](#)
- [Winter- Four Season Board Books](#)
- [The Tomten](#)



- [Owl Moon](#)
- [Winter: A Collection of Poems, Songs, and Stories for Young Children](#)
- [Winter is Coming by Tony Johnston](#)
- [One Winter's Day](#)

**Tracking Books:**

- [Footprints in the Snow](#)
- [Big Tracks, Little Tracks: Following Animal Prints](#)
- [Track that Scat](#)
- [Mammal Tracks: Life Sized Tracking Guide](#)
- [Whose Tracks are These? A Clue Book of Familiar Forest Animals](#)
- [In the Snow: Who's Been Here?](#)
- [Tracks in the Snow](#)



**Hibernation Books:**

- [Animals in Winter](#)
- [Why Do Animals Hibernate?](#)
- [Hibernation Station](#)
- [Do Polar Bears Snooze in Hollow Trees?](#)
- [Bear Snores On](#)
- [Time to Sleep](#)
- [Snuggle Down Deep](#)
- [Winter Sleep](#)



**Sleds for Transport:**

[Jet Sled](#)

[65" Heavy Duty Sled](#)

Homemade Sled (old wheelbarrow on skis)



**Warming Seats:**

[Heat-A-Seat](#)

[reflective roll insulation](#)

Puzzle Mat Interlocking [Foam Squares](#)

Foldable Foam [Waterproof Pad](#)



**Additional Useful Winter Tools:**

[Wet bags](#)

[Privacy tent](#)

[Outdoor Toilet](#) or [Outdoor Toilet 2](#) Both outdoor toilets can be lined with compostable bags and filled with sawdust

[toddler travel toilet for easy tote](#)

[Kelly Kettle](#)

[Whirley Pop](#)

[WindShield Cream](#) - A thick smear of oil or vaseline based cream, ointment or salve applied to the cheeks provides a shield against bitter winds and cold temps.



**Videos for Getting Dressed to be Outdoors in Winter:**

<http://www.chelseaforestschool.ca/index.php/en/what-to-wear/>

<https://www.facebook.com/rainorshinemamma/videos/1609833775736307/>

FALL & SPRING		WINTER	
<ul style="list-style-type: none"> <li>Jacket/Sweatshirt</li> <li>Waterproof Mittens</li> <li>Hat</li> </ul>	<ul style="list-style-type: none"> <li>Long underwear top and bottom</li> <li>Waterproof mittens</li> <li>Scarf/neck cover</li> <li>Hat</li> </ul>		
<ul style="list-style-type: none"> <li>Rain jacket with hood and rain pants/bibs</li> </ul>	<ul style="list-style-type: none"> <li>OR one piece rain suit</li> </ul>	<ul style="list-style-type: none"> <li>Warm, water resistant winter coat</li> <li>Snowpants</li> </ul>	<ul style="list-style-type: none"> <li>OR one piece snowsuit</li> </ul>
<ul style="list-style-type: none"> <li>Rubber boots (rain boots)</li> <li>Wool/fleece socks</li> </ul>	<ul style="list-style-type: none"> <li>Insulated Boots (snow boots)</li> <li>Wool/fleece socks</li> </ul>		

### **Tools for Young Learners in All Seasons:**

Kids Safety [goggles](#) used at Chicago Botanic Garden

Kids safety [goggles](#) found on Amazon

Kids Safety [glasses](#)

Cedar Workbench from [Fire City Woodworks](#)

Learn about tack hammers, hammers, mallets, microplanes, hand drills, bits, tenon cutters, loppers, and saws in this [all-in-one Tools for Young Learners Document!](#) Remember to demonstrate safety first, establish a safe tool space, and use goggles when necessary. Tool usage is a good time to complete a risk benefit analysis as well!

[70" Circle Sit Spots](#) The blue circle sit spots used in the yoga photos are flannel backed vinyl party tablecloths (\$4 each!)- grommets were added to be able to use stakes.

### **Obstacle Course and Floor is Lava outdoor invitations:**

- Hoola hoops
- Hay bales
- Large sticks
- Planks of wood
- Tree stumps
- Large Tree Cookies
- Crates
- Pop-up Tunnels
- Cones

Provide access to some of the “obstacle invitations” above, mention the idea of how neat it might be to create and construct an obstacle course, and see what your students come-up with! This is a great way to build social skills, spatial awareness, and core muscles which help keep the body warm in the winter.

**Running Games:** Make sure to establish boundaries, keeping safety in mind.

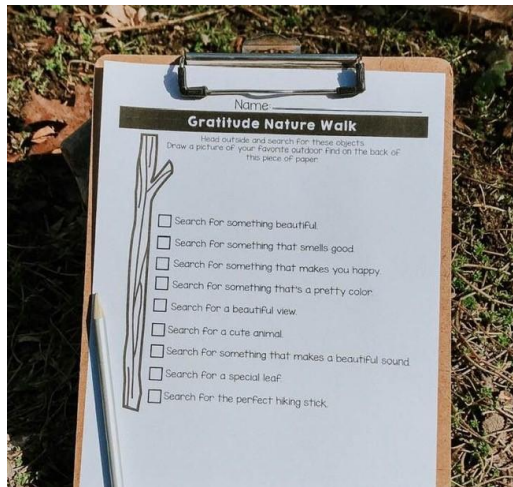
**Mr. Fox, Mr. Fox:** This is a predator/prey game gross motor and math game. Choose one or more children to be the fox(es), while the remaining children play the role of prey (rabbits, squirrels, chipmunks, etc.) The predator foxes and prey should stand approximately 20-30 feet apart from one another. The foxes should assume their fox like position, turned around, hunched down, ears up. When they are ready and in position the prey will ask in unison, “Mr. Fox, Mr. Fox, What Time Is It?” The Foxes should turn around and respond with a time ie. “It is four o’clock.” At which point the prey then takes four steps closer; and the foxes turn back around and assume their position. This process continues until the prey is very close in which case the foxes will respond, “Dinner TIME!” A game of chase purses and the predators chase their prey trying to “catch” them.



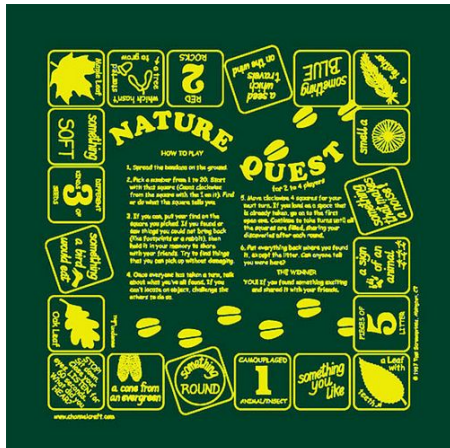
**Coyote in the Woodland:** This is a kind of hide-and-go-seek! Coyotes often live in packs, but hunt solo. When finished with a hunt, they will howl to find one another again. There are two versions of this game. The first is to have one person go hide while the children count to a certain number with their backs turned and eyes closed. When the children have completed their count they should call out, "Coyote pack, here we come!" At which point the hiding coyote will howl out to their friends until found. The second version is where all but one child hides. This lone coyote counts and calls out before heading out to one friend, then the two coyotes find a third friend, and so on until every coyote is found!

[Tracking Guide](#) (print, cut, laminate)

**Scavenger Hunt Ideas:**



[Fundana Bandanas](#)- scavenger hunt/game printed on a bandana (many options available)



### [Ziptie Dome](#)

Our dome is 25ft in diameter, 10 ft high in the middle. It comes in a kit with everything needed, and is assembled with zip-ties. We assembled it in an afternoon, and covered it with greenhouse plastic. It stays on average 15 degrees warmer than the outside, but our plan is to install a woodstove to ‘overheat’ it and leave three doors open for air circulation due to COVID. It cost \$1125. Including shipping. The company is wonderful to work with.

**White Pine Tea** is made from the needles of the White Pine (long needles, 5 in a bunch, to ID) though many other evergreen needles are good, too. (Notable exception is Yew, parts of which are poisonous) A field guide is a good idea. We throw the needles into water, sometimes with other known edibles (blackberry leaf, strawberry leaf, staghorn sumac, turkey tail) or a commercially produced tea like chamomile, or Celestial Seasoning’s Sleepytime Tea, or sometimes just by itself. Simmer for a bit, cool in cups to drinkable temp and enjoy. We use double walled metal cups for kids, but mugs would work, too.

### [Evergreen Tea](#)

