

# ICE

Ice offers unique opportunities for play and exploration in the winter, and we want to be safe on this slippery surface. Let's make ice a 'YES' space for play.

## PLAY



Smash! It is so satisfying to smash ice. Provide small hammers and let the children smash, smash, smash!



This is an ice chopper. Use it to chop ice chunks in all sizes for sorting and building.



Slipping and sliding. Children can move their bodies in new and novel ways on ice. Give them the opportunity to explore what their bodies can do on ice.



It's ok to take off mittens and feel the cold, smooth ice. Allow children to explore with all their senses.



What materials can you add to the ice to support different movement? Try boxes, bins, fabric and sticks.



Bring out the paints and brushes, add colour to the ice!

## Safety

Children are often more comfortable on ice than adults. We worry about falling and hurting ourselves. This is valid; falls are harder on us. Ice is a reality in our winters; don't let it stop you from enjoying outdoor play with the children in your care. Here are a few ideas to give you more confidence on ice.



Have you heard of the penguin walk? Bend slightly and walk flat footed, point your feet out slightly like a penguin and take shorter, shuffle-like steps. This is fun way to talk to children about walking on ice as well! Read more about the penguin walk on the Alberta Health Services page: <https://www.albertahealthservices.ca/info/page12619.aspx>



Traction cleats are a great option for adults. They make a huge difference in your confidence walking on ice, especially when helping younger children. They can go on any boot or shoe and are available at several price points. Children generally don't need them, and given how children move and play outside, it is likely they would fall off.