

• THERAPY STARS WINTER PLAY PACK



When it's cold and dark outside, it can be tricky to keep little ones moving and motivated. That's why we've created this Winter Play Pack, full of easy indoor games and fun ideas to keep everyone active and smiling.

Every game and challenge has been picked by a children's physiotherapist to help build strength, balance, coordination and confidence. The best bit? They all use things you probably already have at home.

Let's keep bodies moving and spirits bright this winter!

INDOOR PLAY IDEAS

For babies:

- **Tummy time treasure hunt** – place soft toys or shiny paper just out of reach to encourage wriggling and reaching.
- **Snowball roll** – roll a soft ball or scrunched-up paper back and forth. Great for early coordination.
- **Stretch and sing** – gently move your baby's arms and legs while singing a favourite song.
- **Sparkly sensory play** – explore tinsel, foil blankets or fabric scarves together (always with close supervision).



For young children:

- **Penguin waddle race** – hold a soft ball between your knees and shuffle to the finish line. Strength and giggles guaranteed.
- **Elf delivery game** – pick up small items with tongs or a spoon and "deliver" them around the room. Builds coordination and focus.
- **Snowflake jumps** – cut out paper snowflakes and jump or step between them in patterns. Try hopping on one foot or spinning between jumps.
- **Build a snowman** – stack cushions or boxes to make your own snowman, then push, rebuild and decorate.

For older children:

- **Indoor obstacle course** – set up a route with cushions, chairs and tape. Crawl, balance and climb your way through.
- **Winter workout cards** – write exercises like star jumps, wall push-ups or one-leg balances on cards. Pick a few and make your own mini circuit.
- **Ice skating challenge** – slide across the floor in socks or on paper plates. Try twirls, glides and silly poses.
- **Wrap race** – wrap a box as quickly as you can using paper and tape. Great for fine motor skills and teamwork.



NICE LIST

CHRISTMAS LIST IDEAS

Need some gift inspiration that supports play, strength and coordination? Here are our therapists' top picks for every age group.

For babies:

- Soft sensory balls
- Play mats or baby gyms
- Mirrors for tummy time
- Push-along or ride-on toys

For younger kids:

- Balance boards or stepping stones
- Building blocks or magnetic tiles
- Play tunnels or tents
- Fine motor games like threading or peg boards
- Ride-on toys or trikes

For older kids:

- Therapy or peanut balls for sitting and bouncing
- Skipping ropes or mini trampolines
- Resistance bands for stretching and fun challenges
- Board games that get you moving
- Weighted or fidget toys for calming sensory play



FAMILY WINTER CHALLENGE

Can you complete all the activities before the new year? Tick them off as you go!

Every time you finish a challenge, do a happy dance or make up your own cheer.

- ☐ Play three movement games each week
- ☐ Make your own indoor obstacle course
- ☐ Add one new toy or movement idea from your Christmas list
- ☐ Create your own winter game and name it!

Play is powerful. It helps children build strength, confidence and coordination without it feeling like hard work. Try a few of these activities each week, swap in your own ideas and celebrate every little win.

Every child develops at their own pace, and that's completely normal. But if you ever feel unsure about your child's movement, balance or physical skills, we're here to help. Our friendly Therapy Stars physiotherapy team can chat through your concerns and offer practical advice and support.

Most importantly, have fun together.

Keep it playful. Keep it positive. Keep moving this winter.

Book a call today!

If you'd like further info or a chat with the team, get in touch.



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