

Winter Activities Guide

2025



Activities from Sesame Street in Communities

Activities from PBS Social's Family Math

Winter Book Recommendations

Winter Wellness and Self-Care



Welcome to the AP-OD 2025 Winter Activities Guide!



At [AP-OD](#), our mission is to support parents and caregivers as their children's first and most influential teachers. We believe that families thrive when they have access to knowledge, community, and opportunities that strengthen parent-child relationships and build leadership for brighter futures. This Winter Activity Guide offers simple, meaningful ways to learn, play, and stay connected during the colder months—whether you're cuddled up with a book, making a fun craft, or creating new family traditions.

Don't forget to check out the new [AP-OD App](#), where you'll find local family-friendly events, learning resources, and tools designed to help parents support their children from the prenatal stage through early childhood. We encourage you to explore, try new activities, and make memories together this season.

Thank you for being part of the AP-OD community!

Download the AP-OD App

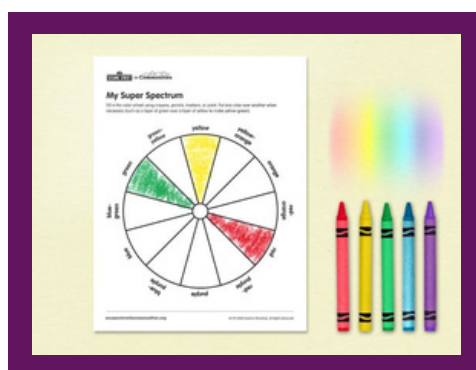
Stay in touch on our social media for more resources and events throughout the year!



Activities from Sesame Street in Communities



Explore playful, hands-on activities designed to spark creativity, build early learning skills, and support social-emotional growth. These resources from Sesame Street in Communities offer fun ways for families to learn together through art, imagination, letters, feelings, and lots of giggles. Whether it's coloring, cutting, singing, or sharing smiles, these activities help little ones express themselves and discover new ideas in meaningful ways.



Make Your Own Color Wheel

Use paint, colored pencils, or crayons to create beautiful art, all while learning about the color spectrum.



I Spy

Search for, find, and color in objects in this printable version of the classic game.



Mood Monster

When big feelings arise, kids can color and cut out this Mood Monster to help communicate their emotions.



I Know My Letters

Help set your little one up for a lifetime of reading appreciation with this fun and educational alphabet coloring page.



The Giggle Game

This simple game will have the whole family thinking about all the wonderful things that make them smile, giggle, and feel happy.



Mindful Caregivers

Practicing mindfulness is a great way to slow down and reset.

Activities from PBS SoCal's Family Math



Math is all around us and little moments of play and exploration can lay a strong foundation for learning. PBS SoCal's Family Math resources turn everyday activities like cooking, crafting, music, and storytelling into joyful opportunities to count, sort, build, and create together. These easy-to-follow activities and videos offer families simple, engaging ways to boost early math skills while having fun and building memories at home.



Now Streaming: Family Math Songs

Family Math music was created to provide families with joyful, positive opportunities to explore math together. Song guides in [English](#) and [Spanish](#) help parents and caregivers make connections between music and math with their little ones. Incorporating catchy tunes and colorful animations, our [videos](#) inspire a playful interactive learning experience that fosters early math skills in a fun and memorable way.



Cooking Counts

Cooking Counts is a YouTube cooking show that combines early math with cooking for busy parents and hungry little ones. Hosts Patty Rodriguez and her son Oliver make delicious and healthy snacks and meals while exploring math together — all in 8 minutes or less.



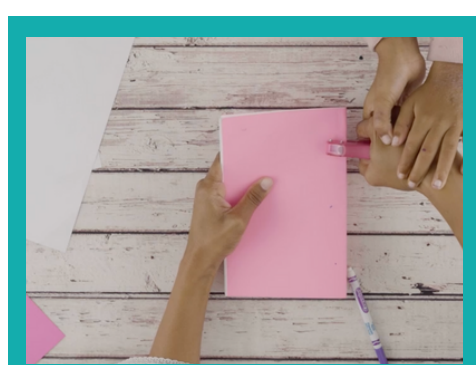
Build Newspaper Structures

In this activity, you will help your child develop their spatial sense by building newspaper structures together.



Make Music with Homemade Maracas

Learn how to make simple maracas with empty toilet paper rolls while practicing early math with your kid. Plus, get ideas of other instruments to make together.



How to Make a Homemade Picture and Counting Book

Create a colorful counting book with your kid to practice counting to 10.



How to Make a Pirate Treasure Chest With a Recycled Cereal Box

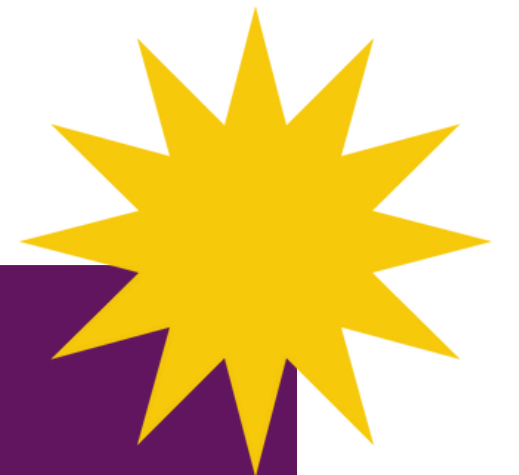
In this fun craft activity, your child will practice counting with a treasure chest like a true pirate!



Make a Colorful Necklace Decorated With Paper Shapes & Practice Counting

Get creative with this shape-counting necklace craft. In this hands-on activity, your child will practice counting, shapes and fine motor skills!

Cozy Book Recommendations



Sharing stories is one of the most powerful ways to bond with young children and support their early learning. Whether you are reading a favorite book, telling a family story passed down through generations, or making up a silly tale together, these moments help children build language skills, imagination, and emotional connection. Books can introduce new ideas and spark curiosity, while family stories help little ones feel a sense of belonging and pride in who they are and where they come from. You can also visit your local library this winter to explore new books and find stories that the whole family will enjoy—libraries often have free programs, bilingual books, and warm spaces to read and play. Cozy up, share a story, and let reading become a joyful part of your family's winter routine.



The Giving Tree — Shel Silverstein

A timeless story about generosity, love, and the evolving relationship between a child and the world around them. Simple, poetic, and full of discussion possibilities for all ages.



The Night Before Christmas — Clement C. Moore

A classic holiday poem that captures the magic and excitement of Christmas Eve. Perfect for a cozy family read-aloud tradition.

Cozy Book Recommendations



Fluffy McWhiskers Cuteness Explosion — Stephen W. Martin

A humorous, playful story about a kitten who's too cute for her own good. Kids will laugh out loud while learning about self-acceptance and friendship.



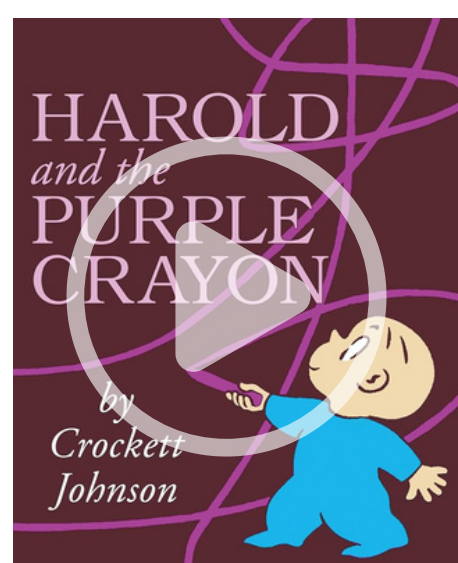
Share Some Kindness, Bring Some Light — Apryl Scott

A heartwarming story about empathy, kindness, and shining your own light to make a difference in the world.



I Love You Sun, I Love You Moon — Karen Pandell

A gentle board book that celebrates the wonder of nature and unconditional love between caregiver and child.



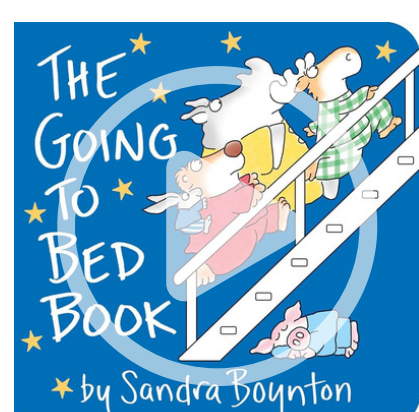
Harold and the Purple Crayon — Crockett Johnson

A whimsical adventure that inspires imagination as Harold creates entire worlds with just one purple crayon.



Goodnight Moon — Margaret Wise Brown

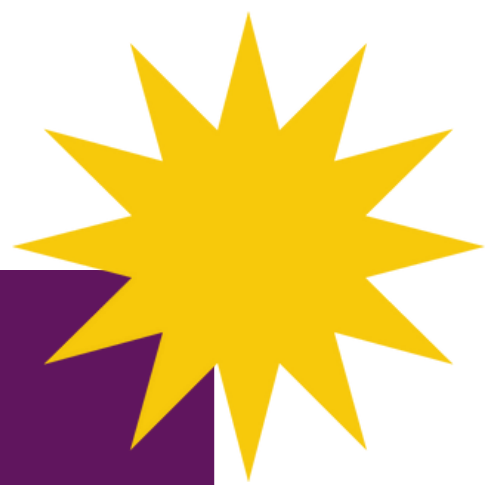
A calming bedtime favorite known for its soothing rhythm and familiar objects that help children settle at the end of the day.



The Going to Bed Book — Sandra Boynton

A silly, cheerful bedtime routine story that helps young children laugh and prepare for sleep with friendly, lovable animal characters.

Winter Wellness



Winter can bring cozy moments and new rhythms, but it can also come with stress, shorter days, and disrupted routines. Taking care of your well-being supports your child's well-being, too. Simple practices like stretching together in the morning, stepping outside for a few minutes of fresh air and sunlight, putting on calming music during transitions, or ending the day with a few slow breaths and a cuddle, can make a big difference. Babies and toddlers learn how to handle emotions by watching the trusted adults around them, so these small moments of connection are powerful.

Wellness doesn't have to be expensive or time-consuming, it can happen in the small spaces of your day and become part of your family rhythm this winter. Add movement, music, moments of calm, and playful connection in ways that feel natural to your family.

Here are some videos to help you get started:



[Family Exercise Circuit](#)
[Cedars-Sinai Healthy Habits](#)



[Salamander Yoga 5-minute Yoga Break](#)
[Scratch Garden](#)



[5 Minutes of Self-Care: A Free Guided](#)
[Meditation with Eve \(for parents\)](#)
[Headspace](#)