

Dear Counselling Corner:

We are new to this community and the snow is a surprise for us! We have children and would like to play with them outside and do something educational which is also enjoyable for our family. Do you have any suggestions? Thank you.

Snowy Days**Dear Snowy:**

It certainly has been a bit snowy lately! Even though driving may be a bit of a challenge and people tend to stay home, we can take advantage of the weather and do all kinds of interesting activities. Check out these websites for some ideas of ways in which you can enjoy the winter weather outside with your children:

<https://www.cbc.ca/parents/play/view/50-outdoor-things-to-do-with-your-kids-in-winter>

<https://www.moms.com/health-benefits-snow-play/>

<http://califfcreations.com/playing-in-the-snow-benefits-and-ideas/>

<https://www.creativehealthyfamily.com/benefits-of-snow/>

If you wish to meet with me or if you have concerns about your child and would like to access my services, please email me at hchang@sd43.bc.ca.

The Counselling Corner is intended to offer some helpful ideas, encouragement, and insight on a variety of topics to support your child's social and emotional learning.

Harriette Chang
School Counsellor