



Winter Olympics Crafts & Activities Booklet

Simple ways to bring the Olympic spirit into your day through play, movement, and creativity.

The Winter Olympics are a fun way to bring excitement, movement, and learning into your daycare. For children ages 2–8, the Olympics are a great opportunity to explore teamwork, try new things, and celebrate people from around the world.

This booklet includes a mix of easy, low-prep activities designed to fit naturally into your day. Inside, you'll find ideas across four areas of learning: Literacy, Arts & Crafts, Sensory, and Group Activities. There are six hands-on activities in total, along with an age-appropriate book list and printable colouring pages to keep little ones engaged.

Whether children are moving, creating, listening to a story, or playing together, these activities help build important skills like cooperation, confidence, creativity, and curiosity. We hope this booklet helps you bring a little Olympic spirit into your space and creates fun moments of learning and play along the way!

Warmly,

The team at Her Yes Club

Fun facts about the 2026 Olympics

Women are leading the way

For the first time in Canadian Olympics history, there are more women than men competing on Team Canada. Out of 206 athletes, 107 are women! It's a great opportunity to talk with children about strong role models and remind our little learners that they can grow up to be anything they dream of.

You're never too young or too old

Team Canada athletes range in age from 18 to 42. Figure skater Deanna Stellato-Dudek is competing at 42, while snowboarder Eli Bouchard is one of the youngest at 18. Share the message with children that learning and trying new things can happen at any age.

Hockey pride

Hockey is a big part of Canadian culture, and it's always exciting to watch at the Olympics. Team captain Marie-Philip Poulin (known as Captina Clutch) is competing in her fifth Games and is known for scoring big goals when it matters most. A great chance to cheer for Team Canada together!

Meet the mascots

The Olympic mascots this year are Tina and Milo. Since the Games are being held in Italy, the mascots are stoats, small animals found there. Their names come from the host cities, Cortina and Milano. Children may enjoy learning about the animals and the country hosting the Games.



Literacy

Winter Olympics Book List

Ages 2-6:

- Tacky and the Winter Games - Helen Lester
- Olympig! - Victoria Jamieson
- Snowman Paul at the Winter Olympics - Yossi Lapid
- Dream Big, Little Pig - Kristi Yamaguchi
- Puckster goes to the olympics - Lorna Shultz Nicholson
- Max and Marla - Alexandra Boiger
- Dino-Hockey - Barry Gott
- Learning to Ski with Mr. Magee - Chris Van Dusen
- G is for Gold Medal: An Olympics Alphabet - Brad Herzog

Ages 6-8:

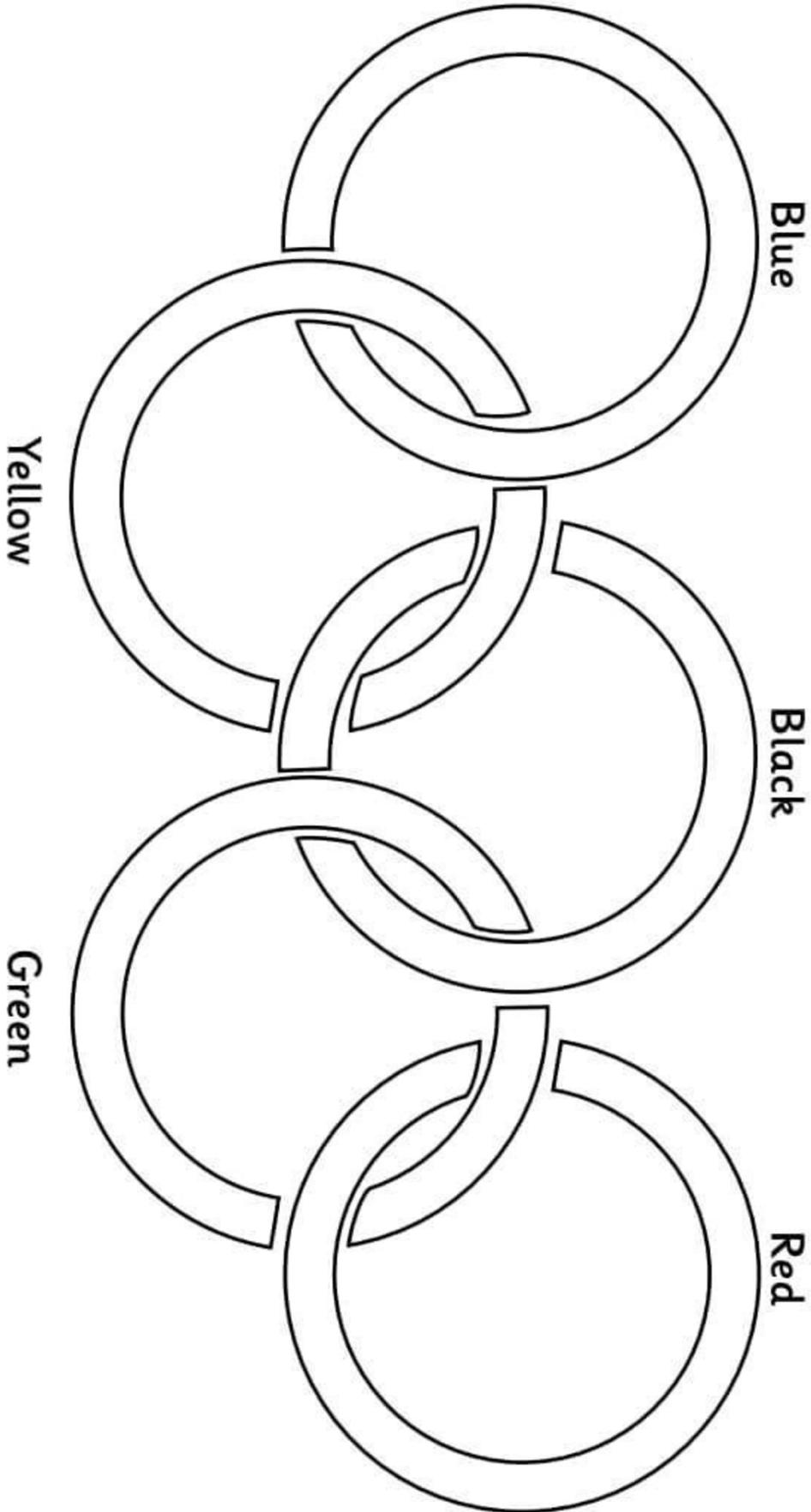
- Kid Olympians: Winter - Robin Stevenson
- A is for Axel: An Ice Skating Alphabet - Kurt Browning
- Who is Chloe Kim? - biography
- Ashley Gish series of Olympic sports **books like these are great to have out for the children to freely look it, or look through as a group for children of all ages, they will all get something out of it! Younger children will see the photos and you can talk about what is happening in them
 - Figure Skating
 - Ice hockey
 - Alpine Skiing
 - Curling
 - Speed Skating
 - Freestyle Skiing
 - Snowboarding
 - Luge
- Winter Games Mad Libs - fun to do as a group!
- How do you become an Olympian? - Madeleine Kelly
- Magic Treehouse: Hour of the Olympics - Mary Pope Osborne

Ages 9 - 12:

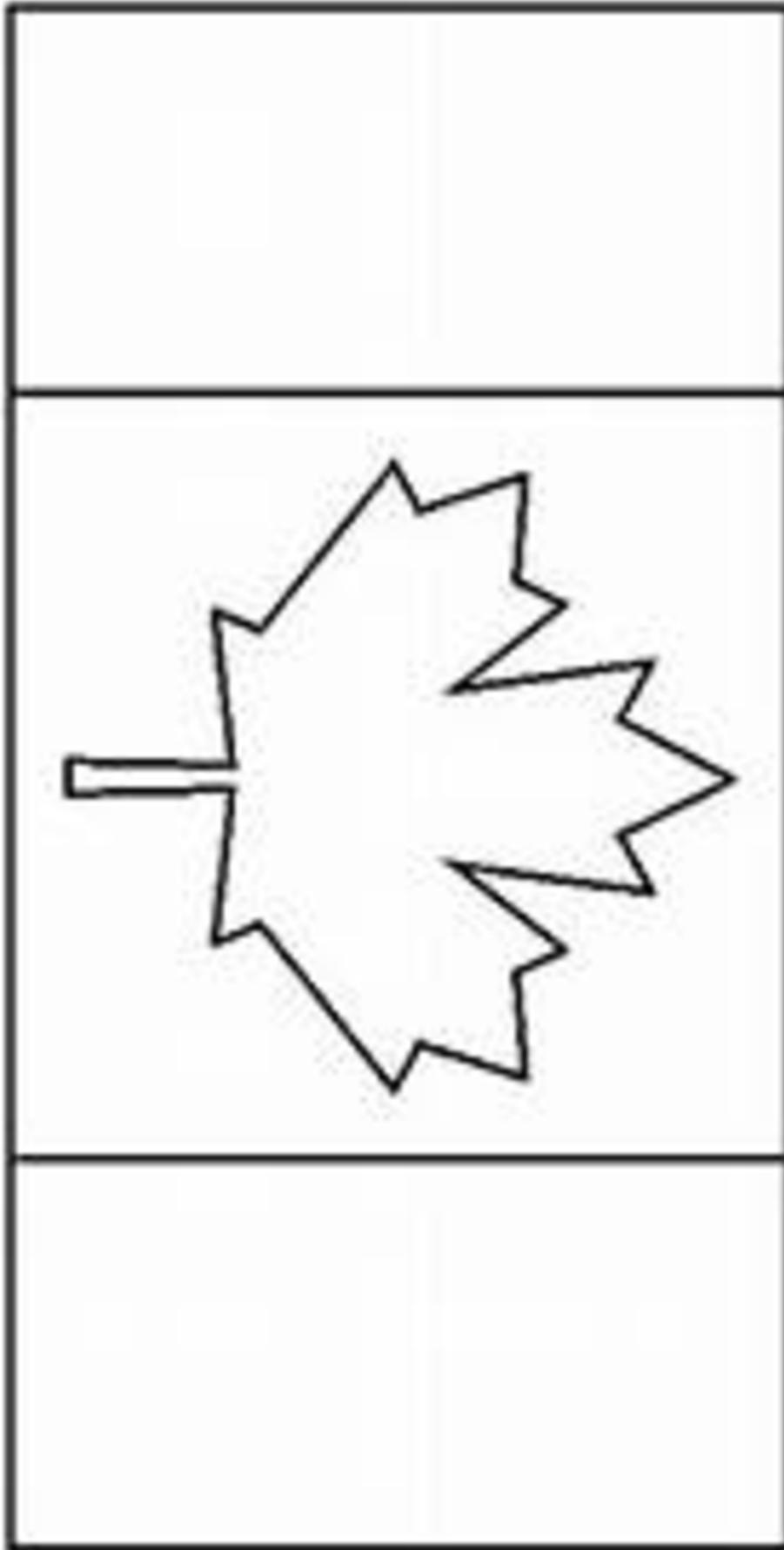
- What are the Winter Olympics? - Gail Herman, Who HQ
- Winter Games Mad Libs - fun to do as a group!

*Arts &
Crafts*

Olympic Rings



Canadian flag colouring page



Activity Plan: Create Your Own Flag or Colour the Canadian Flag

Overview

This open-ended art activity invites children to explore identity, creativity, and symbolism by designing their own personal or family flag, or by colouring the Canadian flag. It encourages self-expression, fine motor development, and meaningful conversations about belonging and community.

Learning Objectives

By the end of this activity, children will:

- Develop fine motor skills through colouring, drawing, and painting.
- Explore personal identity and family values through creative design.
- Learn about symbols and their meanings.
- Engage in open-ended artistic expression.
- Build confidence by sharing their ideas with peers or family members.

Materials

- Blank white paper (8.5x11 or larger)
- Markers, crayons, colouring pencils, or paint
- Optional:
 - Pre-printed outline of the Canadian flag
 - Rulers
 - Stickers, washi tape, or collage materials
 - Craft sticks or straws to turn the flag into a handheld banner

Preparation

- Set out materials in an inviting, accessible way.
- If using Canadian flag outlines, place them in a separate tray so children can choose.
- Consider displaying a few examples of flags from around the world to spark conversation (but avoid templates so creativity stays open-ended).

Process

1. Introduce the Idea

Gather the children and explain:

- What a flag is.
- How flags often represent a place, a group, or shared values.
- That today they can either colour the Canadian flag or create a flag that represents *them* or their family.

Keep the tone open and encouraging — there is no “right way” to make a flag.

2. Brainstorm Together

Ask guiding questions such as:

- “What colours feel like you?”
- “What symbols represent your family?”
- “If your family had a motto, what would it be?”
- “What shapes or images make you feel happy or proud?”

This step helps children think intentionally about their design.

3. Create the Flag

Invite children to:

- Sketch their ideas lightly.
- Add colours, patterns, shapes, or symbols.
- Use collage materials if they want texture or layers.
- Turn their flag into a handheld banner by taping it to a craft stick.

Encourage them to take their time and enjoy the creative process.

4. Optional Extension: Colour the Canadian Flag

For children who prefer structure or who are learning about Canada:

- Provide a simple outline of the Canadian flag.
- Discuss the meaning of the red and white colours and the maple leaf.
- Encourage careful colouring and attention to detail.

5. Share & Reflect

Invite children to share their flags with the group or with a partner.

Prompts:

- “Tell us about the colours you chose.”
- “What does this symbol mean to you?”
- “How does your flag represent your family?”

This builds confidence, language skills, and community connection.

Adaptations

For Younger Children

- Offer larger paper and chunkier materials.
- Provide simple shapes or stickers to include.
- Focus on colour choices rather than symbolism.

For Older Children

- Encourage them to write a short description of their flag.
- Introduce concepts like symmetry, pattern, or symbolism.
- Invite them to research flags from around the world.

Activity Plan: Play Dough Medals

Overview

This hands-on activity blends creativity, sensory exploration, and early science learning. Children help make a batch of fool-proof play dough, observe the transformation of ingredients, and then use the cooled dough to create their own wearable “medals.” This activity supports fine motor development, imaginative play, and confidence-building as children celebrate their creations.

Learning Objectives

By the end of this activity, children will:

- Participate in a simple science process (mixing, heating, observing changes).
- Strengthen fine motor skills through rolling, pressing, and decorating.
- Explore creativity through open-ended design.
- Practice patience and sequencing as they wait for dough to cool and medals to dry.
- Engage in imaginative play and celebration through a medal ceremony.

Materials

- Ingredients for your fool-proof play dough recipe
- Mixing bowl, spoon, pot, and stovetop or kettle (depending on recipe)
- Blank white paper or table covering for workspace
- Cookie cutters or the rim of a cup
- Craft sticks or straws (for punching holes)
- Markers, paint, glitter, stickers, or collage materials
- Ribbon, yarn, or string
- Optional: items to create a “podium” (boxes, stools, cushions)

Preparation

- Pre-measure ingredients if working with younger children.
- Set up a safe cooking area for the play dough-making portion.
- Lay out decorating materials in an inviting, accessible way.
- Prepare a drying area where medals can sit undisturbed.

Process

1. Make the Play Dough (Science Exploration)

Invite children to help measure, pour, and mix ingredients.

Our easy homemade play dough recipe can be found [HERE](#).

Once finished, allow the dough to cool completely before handling.

2. Roll & Cut the Medals

When the dough is cool:

- Give each child a portion to roll out using their hands or a small rolling pin.
- Offer cookie cutters or the rim of a cup to create medal shapes.
- Use a straw or craft stick to poke a hole near the top for the ribbon.

Encourage children to make multiple medals if they wish.

3. Air Dry the Medals

Place the medals on a tray or drying rack.

Explain that they need time to harden so they can be decorated and worn. This is a great moment to talk about patience and the idea that some creations take time.

4. Decorate the Medals

Once dry, invite children to decorate using:

- Markers
- Paint
- Glitter
- Stickers
- Collage materials

Prompts you can offer:

- “What does your medal celebrate?”
- “What colours feel special to you?”
- “Do you want to add a symbol or picture?”

5. Add the Ribbon

Thread ribbon, yarn, or string through the hole and tie it long enough to wear as a necklace.

Celebrate each child’s finished medal with enthusiasm and encouragement.

Extension Ideas

Medal Ceremony

Create a simple “podium” using anything available — boxes, cushions, stools, or taped floor spots.

Invite children to:

- Step onto the podium
- Wear their medal proudly
- Share what their medal represents

You can play gentle music, clap, or cheer to make the moment feel special.

Activity Plan: Create Your Own Olympic Tickets

Overview

In this creative activity, children design and decorate their own “tickets” to the Olympics. They explore imagination, fine motor skills, and early literacy while learning about events, symbols, and celebrations. These tickets can be used later for pretend play, an Olympic-themed day, or a classroom ceremony.

Learning Objectives

By the end of this activity, children will:

- Develop fine motor skills through drawing, colouring, cutting, and writing.
- Explore creativity and personal expression through ticket design.
- Practice early literacy skills by adding names, numbers, and event details.
- Learn about the Olympics as a global celebration of sport and unity.
- Engage in imaginative play and storytelling.

Materials

- Blank white paper or cardstock
- Scissors
- Markers, crayons, colouring pencils
- Stickers, stamps, glitter, washi tape (optional)
- Rulers (optional for older children)
- Hole punch and yarn (optional for lanyard-style tickets)
- Optional: printed examples of real event tickets for inspiration

Preparation

- Cut paper into ticket-sized rectangles (or let children cut their own).
- Set up an inviting table with all decorating materials.
- Display a few sample tickets (real or teacher-made) to spark ideas.
- If doing an Olympic-themed day, prepare a “ticket booth” or entry point.
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Process

1. Introduce the Activity

Gather the children and explain:

- What a ticket is and why people use them.
- That today they will design their very own Olympic tickets.
- That they can choose any event – real or imaginary – and make their ticket as creative as they want.

Keep the tone open and imaginative.

2. Explore Inspiration

Show children:

- Olympic sports (running, gymnastics, swimming, hockey, etc.)
- Olympic symbols (rings, torch, medals)
- Examples of tickets (simple, colourful, patterned)

Ask guiding questions:

- “What event would you love to watch at the Olympics?”
- “What colours feel exciting or important to you?”
- “What special details could your ticket have?”

3. Design the Ticket

Invite children to:

- Draw borders, patterns, or symbols.
- Add their name as the “ticket holder.”
- Include numbers (seat number, date, or pretend barcode).
- Choose an event (real or made-up, like “Rainbow Jumping” or “Puppy Sprinting”).

Encourage creativity – there is no right or wrong way to design a ticket.

4. Add Special Features

Children can:

- Use scissors to create notched or wavy edges.
- Add glitter or stickers for sparkle.
- Punch a hole and add yarn to make a wearable lanyard ticket.
- Create a “VIP” or “Athlete Access” badge.

This step builds ownership and excitement.

5. Use the Tickets in Play

Once tickets are complete, invite children to:

- “Scan” their ticket at a pretend entry gate.
- Attend a classroom “Olympic event” (real or imaginary).
- Trade tickets with friends.
- Role-play as ticket takers, announcers, or athletes.

This transforms the craft into a meaningful play experience.

Extension Ideas

Olympic Village Dramatic Play

Set up:

- A ticket booth
- A podium
- A torch relay path
- Mini “events” (beanbag toss, balance beam)

Children use their tickets to enter each event.

Activity Plan: Build Your Own Olympic Torch

Overview

In this creative fine motor activity, children build their own Olympic torches using simple craft materials. They pinch, twist, crumple, and assemble pieces to create a flame and handle, strengthening hand muscles and coordination while connecting to the excitement of the Olympic Games. This activity supports creativity, fine motor development, and imaginative play.

Learning Objectives

By the end of this activity, children will:

- Strengthen fine motor skills through pinching, twisting, tearing, and assembling materials
- Practice bilateral coordination (using both hands together)
- Explore creativity and design
- Learn about the Olympic torch and its symbolism
- Engage in imaginative play and storytelling

Materials

- Paper towel tubes or rolled cardstock
- Tissue paper in red, orange, and yellow
- Glue sticks or tape
- Scissors (optional, depending on age)
- Stickers, markers, or washi tape for decorating
- Optional:
 - Aluminum foil for a “metallic” torch handle
 - Ribbon or streamers
 - A picture of the Olympic torch

Preparation

- Pre-cut tissue paper squares for younger children
- Set out materials in trays or baskets
- Display an image of the Olympic torch for inspiration
- Review safety expectations if scissors are used
- Prepare a simple explanation of the torch’s meaning

Process

1. Introduce the Olympic Torch

Gather the children and share:

- The torch is a symbol of peace, unity, and the start of the Olympic Games
- It travels from country to country before the Olympics begin
- Today they’ll create their own torch to celebrate the Games

Keep it simple, visual, and exciting.

Build the Torch Handle

Invite children to:

- Decorate their paper towel tube using markers, stickers, or tape
- Wrap it in foil for a metallic look (optional)
- Add patterns, stripes, or Olympic colours

Fine motor focus: grasping, wrapping, squeezing tape, stabilizing with one hand while decorating with the other.

3. Create the Flame

Show children how to:

- Pinch and crumple tissue paper squares
- Layer red, orange, and yellow pieces
- Twist the bottom to form a “flame base”

Fine motor focus: pinching, twisting, crumpling, hand strength.

4. Assemble the Torch

Children insert the twisted tissue paper flame into the top of the tube.

Encourage them to:

- Adjust the flame
- Add more layers
- Make it tall, short, fluffy, or dramatic

Fine motor focus: pushing, pulling, adjusting, bilateral coordination.

5. Celebrate With a Torch Relay

Once torches are complete, invite children to:

- Walk, skip, or glide around the room in a simple “torch relay”
- Cheer for one another
- Pretend to light the Olympic cauldron

This adds movement, joy, and community connection.



Sensory

Activity Plan: Olympic Ring Healthy Eating Snack

Overview

This colourful, nutritious snack activity introduces children to the Olympic rings through food exploration. Using five bowls of fruit that match the colours of the Olympic symbol, children learn about healthy eating, colour recognition, and the meaning behind the Olympic rings. It's a simple, engaging way to blend sports celebration with mindful nutrition.

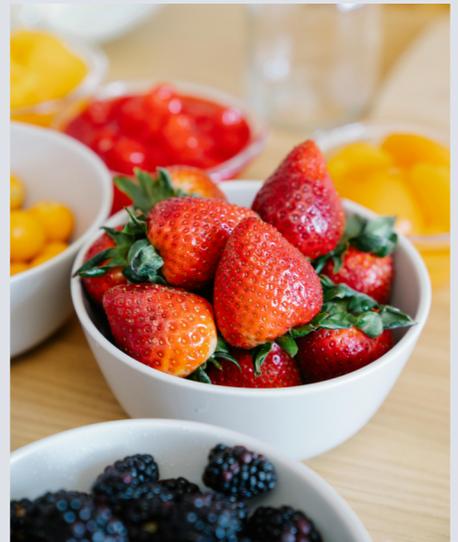
Learning Objectives

By the end of this activity, children will:

- Identify and explore five different fruit colours.
- Learn the symbolism of the Olympic rings.
- Practice making healthy food choices.
- Engage in sensory exploration through taste, smell, and texture.
- Participate in a shared snack experience that encourages conversation and curiosity.

Materials

- 5 small or medium-sized bowls
- Fruits representing each Olympic ring colour:
 - Blue: Blueberries
 - Black: Blackberries
 - Red: Raspberries
 - Yellow: Pineapple
 - Green: Green grapes
- Optional: coloured bowls to match each ring
- A picture of the Olympic rings
- Napkins or small plates



Preparation

- Wash, prep, and portion each fruit into separate bowls.
- Arrange the bowls in the same formation as the Olympic rings (three on top, two below).
- Place the setup in the centre of the snack table for easy access.
- Display an image of the Olympic rings nearby for reference.
- Review all allergies and dietary restrictions before serving.

Process

1. Introduce the Olympic Rings

Gather the children and show them the Olympic symbol.

Share simple facts:

- The rings represent athletes from all around the world coming together.
- Each ring has a colour, and today's snack matches those colours.
- The Olympics celebrate movement, teamwork, and doing your best.

Keep it light, visual, and engaging.

2. Explore the Colours

Point to each bowl and invite children to name the colour.

Prompts you can use:

- "What colour do you see here?"
- "Does this fruit remind you of anything?"
- "Which colour looks the most exciting to you?"

Encourage curiosity and conversation.

3. Taste the Fruits

Invite children to try the fruits at their own pace.

You might say:

- "You can start with any colour you like."
- "You can taste, smell, or just look — all choices are okay."
- "What does this fruit feel like in your mouth?"

This keeps the experience pressure-free and joyful.

4. Talk About Healthy Eating

As children explore, weave in gentle nutrition messages:

- "Fruits give our bodies energy."
- "Each colour helps our body in a different way."
- "Trying new foods helps us learn what we like."

Keep it positive and empowering.

5. Wrap-Up Conversation

Invite children to share:

- Their favourite fruit
- A colour they enjoyed
- Something new they tried
- What they learned about the Olympic rings

Celebrate bravery, curiosity, and respectful listening.

*Group
Activity*

Activity Plan: Olympic Team Snowball Toss

Overview

This playful group activity invites children to work together in teams to toss “snowballs” (soft, safe materials) into Olympic-themed targets. It blends teamwork, gross motor skills, turn-taking, and joyful movement. The activity can be adapted for mixed ages and works indoors or outdoors.

Learning Objectives

By the end of this activity, children will:

- Strengthen gross motor skills through throwing, aiming, and coordinating movement
- Practice teamwork and cooperative play
- Develop hand-eye coordination
- Build confidence through achievable challenges
- Engage in imaginative Olympic-themed play

Materials

- Soft “snowballs”:
 - White socks rolled into balls
 - Pom-poms
 - Crumpled paper
 - Foam balls
- 5 baskets, bins, or hoops (representing the Olympic rings)
- Painter’s tape or floor markers
- Optional:
 - Coloured paper to match each ring
 - Scoreboard (whiteboard or chart paper)
 - Music for energy
 - Stickers or stamps for participation

Preparation

- Set up 5 baskets or hoops in the Olympic ring formation
- Place a line of tape on the floor where children will stand to toss
- Scatter snowballs in a central pile
- Review safety expectations (gentle throws, no running into others, taking turns)

Process

1. Introduce the Activity

Gather the children and explain:

- They’ll be working as a team to toss snowballs into the Olympic rings
- Each ring represents a different colour and challenge
- The goal is teamwork and fun, not competition

Keep the tone upbeat and inclusive.

2. Demonstrate the Toss

Show children how to:

- Stand behind the line
- Hold the snowball with one or two hands
- Aim and gently toss into a basket

Practice a few slow, safe throws together.

3. Begin the Snowball Toss

Divide children into small teams or let them rotate freely.

Children:

- Pick up a snowball
- Stand behind the line
- Toss into any ring they choose
- Retrieve another snowball and repeat

Encourage cheering, teamwork, and celebrating effort.

4. Add Optional Challenges

For older children:

- Assign each ring a point value
- Add distance variations (closer for younger, farther for older)
- Introduce “colour rounds” (only toss into blue, then red, etc.)

For younger children:

- Move the baskets closer
- Allow underhand rolling instead of tossing

5. Team Celebration

After a set amount of time (3–5 minutes), gather the group.

Celebrate:

- Teamwork
- Effort
- Kindness
- Participation

You can do a simple “podium moment” where everyone gets a cheer or sticker.

Extension Ideas

1. Snowball Relay

Children carry a snowball on a spoon to a basket and drop it in.

2. Build-a-Ring Challenge

Children sort snowballs by colour into matching hoops.

3. Snowball Cleanup Race

Teams work together to gather all snowballs into one bin — great for transitions.

A top-down view of a child with long brown hair, wearing a white sweater, sitting at a table and coloring a worksheet. The worksheet features the Olympic rings and is labeled 'Olympic Rings' with color names: Yellow, Black, Green, Red, and Blue. The child is using a pink marker to color the rings. On the table, there are various art supplies including markers, a pencil, and a purple pencil case. A small white bowl with yellow sticks is also visible. The background shows a patterned paper with cartoon characters and the text 'My 10 Favs' and 'MOTIVATIONAL'.

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resource?*

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We'd love to see which activity
was the favourite in your
daycare!

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