

LARGE PRINT



Winter Activity Pack

Cozy, large-print things to do on cold days

30 ideas • week planner • word searches • trivia • unscramble • conversation cards • coloring • warm and safe checklist

Print the pages you want, as many times as you like

Free from ElderlyDaily.com

Before You Start

HOW TO GET THE MOST FROM THIS PACK



Winter days can feel long when the weather keeps you indoors. This pack gives you a list of ideas to choose from, a simple planner, puzzles with answers, questions that start a good conversation, two coloring pages and a checklist for staying warm and safe.

HOW TO USE IT

- 1 Start with the 30 ideas page. Tick the ones that appeal and try one or two each week.
- 2 Use the week planner to put one small plan in each morning and afternoon, and someone to call.
- 3 Do the puzzles alone, with a friend or as a group. The answers are on the last page.
- 4 Use the conversation cards with family, visitors or a group at the senior center.
- 5 Go through the warm and safe checklist once at the start of winter, and keep it on the fridge.

TIPS THAT HELP

- Daylight helps: plan the most active part of the day around midday.
- A short call or visit every day makes a long winter much shorter.
- Keep a warm drink, a blanket and the phone within reach of your favorite chair.

Activity groups, libraries and senior centers are welcome to print and copy these pages for the people they serve.

30 Winter Activity Ideas

TICK THE ONES YOU WANT TO TRY



At the table

- ☐ Do a word search from this pack
- ☐ Sort and label old photos
- ☐ Write a card or letter to a friend
- ☐ Work on a jigsaw puzzle
- ☐ Play cards or dominoes
- ☐ Try a new soup recipe together
- ☐ Color one of the pages in this pack
- ☐ Grow herbs on a sunny windowsill

Moving indoors

- ☐ A 10-minute chair exercise routine
- ☐ Walk laps of a hallway or indoor mall
- ☐ Gentle stretches after breakfast
- ☐ Seated balloon volleyball
- ☐ Indoor bowling with plastic bottles
- ☐ March in place during TV breaks

Staying in touch

- ☐ Video call a grandchild
- ☐ Phone a friend at the same time each week
- ☐ Invite a neighbor over for tea
- ☐ Join a class at the library or senior center
- ☐ Start a recipe swap by mail

Hands and mind

- ☐ Knit or crochet a scarf
- ☐ Keep a winter journal
- ☐ Read a large-print book
- ☐ Listen to an audiobook or podcast
- ☐ Learn the birds at the feeder
- ☐ Use the conversation cards in this pack

Outside on mild, dry days

- ☐ Fill a bird feeder
- ☐ A short midday walk in non-slip shoes
- ☐ Sit by a sunny window with a warm drink
- ☐ Photograph frost or snow from the porch
- ☐ Sweep or salt the front step together

Winter Week Planner

ONE SMALL PLAN FOR EACH PART OF THE DAY



WEEK STARTING _____

DAY	MORNING	AFTERNOON	CALL OR VISIT
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

SOMETHING TO LOOK FORWARD TO THIS WEEK

Word Search: Snowy Day

WORDS GO ACROSS (LEFT TO RIGHT) OR DOWN (TOP TO BOTTOM) ONLY



R	S	F	S	S	H	A	A	S	M
U	O	C	E	S	L	E	D	N	H
H	M	I	T	T	E	N	S	O	B
O	F	O	V	P	B	L	T	W	R
D	R	B	O	O	T	S	W	F	M
A	O	E	C	D	A	P	F	L	T
L	S	I	C	I	C	L	E	A	N
R	T	E	F	Y	O	B	R	K	H
C	G	G	S	C	A	R	F	E	Y
Y	U	C	D	T	T	R	T	N	G

FIND THESE WORDS

☐ COAT

☐ SLED

☐ BOOTS

☐ SCARF

☐ FROST

☐ ICICLE

☐ MITTENS

☐ SNOWFLAKE

Word Search: Warm and Cozy

WORDS GO ACROSS (LEFT TO RIGHT) OR DOWN (TOP TO BOTTOM) ONLY



P	S	O	U	P	H	W	B	F	D
M	R	H	N	T	D	U	H	A	G
O	I	F	B	L	A	N	K	E	T
S	L	I	P	P	E	R	S	N	F
C	E	V	S	O	C	K	S	V	P
E	E	A	A	G	G	F	F	K	L
G	T	Y	W	G	F	G	N	K	A
M	C	O	C	O	A	O	F	E	I
T	E	A	K	E	T	T	L	E	C
L	Q	U	I	L	T	K	V	U	A

FIND THESE WORDS

☐ BLANKET

☐ SOCKS

☐ SOUP

☐ KETTLE

☐ QUILT

☐ SLIPPERS

☐ COCOA

☐ TEA

Winter Trivia

12 QUESTIONS ABOUT THE COLDEST SEASON. ANSWERS ON THE LAST PAGE.



1

At what temperature in Fahrenheit does fresh water freeze?

2

What is the shortest day of the year called?

3

Which month has the fewest days?

4

What do we call rain that freezes into ice pellets before it lands?

5

Which large animal sleeps through much of the winter in a den?

6

How many points or sides does a snowflake usually have?

7

What is a long, pointed piece of hanging ice called?

8

What is a snowstorm with strong winds and very poor visibility called?

9

What is the white ice that coats the grass on a cold, clear morning?

10

Which ocean lies around the North Pole?

11

Which is the largest U.S. state, famous for its long, cold winters?

12

Which bright red songbird stays in much of the eastern U.S. all winter?

Winter Unscramble

PUT THE LETTERS IN ORDER TO MAKE A WINTER WORD



Falls from the sky

W O N S

You ride it downhill

D E L S

Worn around the neck

R A F S C

Covers the grass on cold mornings

S T R O F

Warm footwear

S T O B O

Frozen water

C E I

Boils water for tea

T E T K L E

Keep your hands warm

N E T T M I S

Winter Memory Cards

CUT OUT, PICK ONE, AND SWAP STORIES



**Did you ever build a snowman?
What did it look like?**

**What did you wear to keep
warm as a child?**

**What was your favorite warm
drink on a cold day?**

**Did school ever close because of
snow? What did you do?**

**What did your family cook on
cold evenings?**

**Where is the coldest place you
have ever been?**

**Did you ever go sledding or ice
skating?**

**What did you do indoors on long
winter evenings?**

**Who did you visit in the winter
months?**

**What is a winter smell you
remember?**

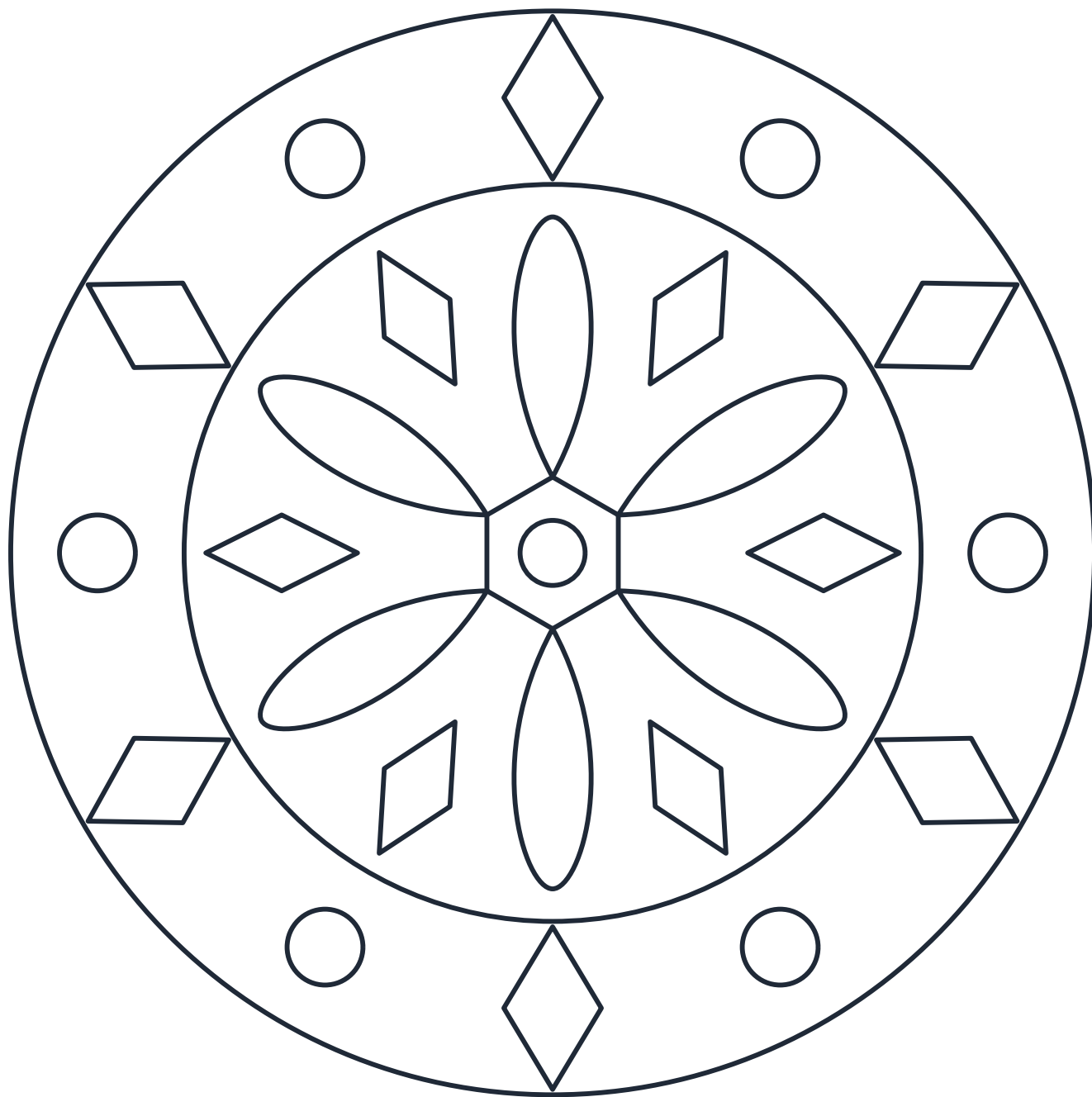
**Do you prefer winter or
summer? Why?**

**What is the best thing about a
snowy morning?**

Cut along the dashed lines

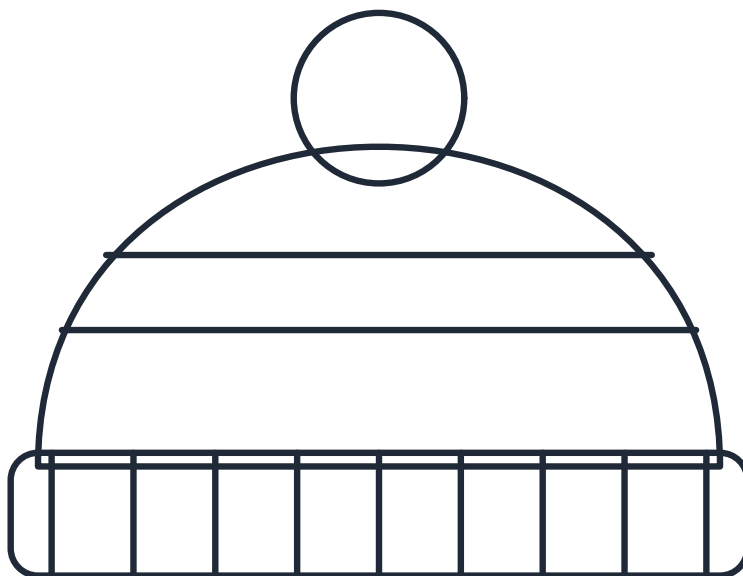
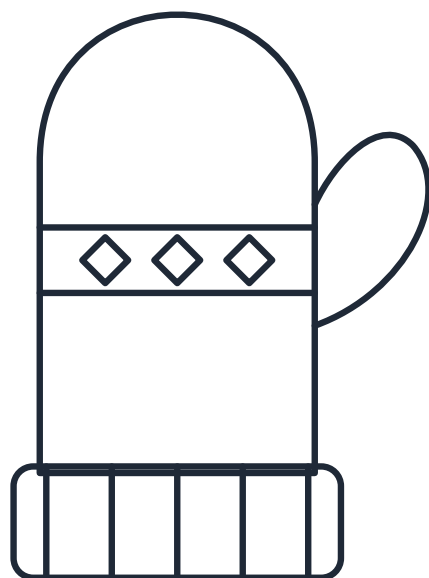
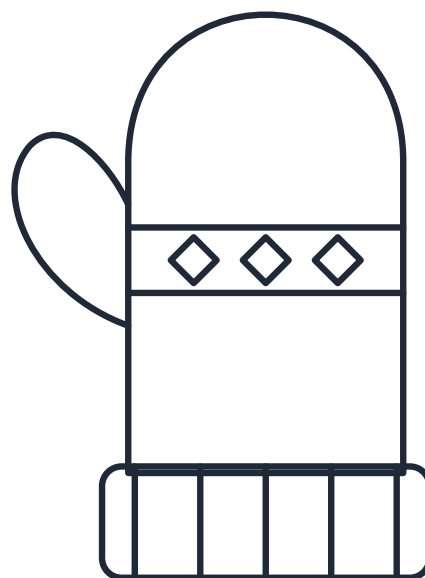
Coloring Page

A BIG SNOWFLAKE PATTERN: ANY COLORS YOU LIKE



Coloring Page

HAT AND MITTENS: BIG SHAPES, EASY TO FILL



Warm and Safe This Winter

GO THROUGH IT ONCE AT THE START OF WINTER. KEEP IT ON THE FRIDGE.



AT HOME

- ☐ Have the heating checked before the cold weather starts
- ☐ Test the smoke alarms and carbon monoxide alarms
- ☐ Keep space heaters 3 feet from anything that can burn; turn them off at bedtime
- ☐ Extra blankets and warm socks within easy reach
- ☐ A few days of food, water and medicines in the house in case of a storm
- ☐ Flashlight and spare batteries by the bed; phone charged

GOING OUT

- ☐ Layers, a hat, gloves and a water-resistant coat
- ☐ Non-slip boots or shoes
- ☐ Salt or sand on steps and paths
- ☐ Tell someone where you are going
- ☐ In extreme cold, stay indoors if you can

STAYING IN TOUCH

- ☐ A daily check-in call with family, a friend or a neighbor
- ☐ Emergency numbers written by the phone

Warning signs of hypothermia (CDC)

- Shivering, exhaustion or feeling very tired
- Confusion, fumbling hands or memory loss
- Slurred speech or drowsiness

Get medical help right away; call 911 if the person is confused, very drowsy or hard to wake. Move them somewhere warm and remove wet clothing.

Sources: CDC winter weather safety and hypothermia guidance; U.S. Fire Administration (space heaters); Ready.gov (winter storms).



Word Search: Snowy Day

R	S	F	S	S	H	A	A	S	M
U	O	C	E	S	L	E	D	N	H
H	M	I	T	T	E	N	S	O	B
O	F	O	V	P	B	L	T	W	R
D	R	B	O	O	T	S	W	F	M
A	O	E	C	D	A	P	F	L	T
L	S	I	C	I	C	L	E	A	N
R	T	E	F	Y	O	B	R	K	H
C	G	G	S	C	A	R	F	E	Y
Y	U	C	D	T	T	R	T	N	G

Word Search: Warm and Cozy

P	S	O	U	P	H	W	B	F	D
M	R	H	N	T	D	U	H	A	G
O	I	F	B	L	A	N	K	E	T
S	L	I	P	P	E	R	S	N	F
C	E	V	S	O	C	K	S	V	P
E	E	A	A	G	G	F	F	K	L
G	T	Y	W	G	F	G	N	K	A
M	C	O	C	O	A	O	F	E	I
T	E	A	K	E	T	T	L	E	C
L	Q	U	I	L	T	K	V	U	A

WINTER TRIVIA

- 32°F
- The winter solstice
- February
- Sleet
- The bear
- Six
- An icicle
- A blizzard
- Frost
- The Arctic Ocean
- Alaska
- The northern cardinal

UNSCRAMBLE

WONS = SNOW
 DELS = SLED
 RAFSC = SCARF
 STROF = FROST
 STOBO = BOOTS
 CEI = ICE
 TETKLE = KETTLE
 NETTMIS = MITTENS