

Tips for Playing Hot and Cold



This is a game of hide and seek. You can hide any toy, treasure, or everyday item in the game “hot and cold”. (Hint - Finding something of interest is always best).

To play: Decide who will be the “hider”. Everyone else is the “seeker/finder”. The hider must first hide the item somewhere tricky. Next, the finders start to look (remember don’t give any clues). The Hider then helps the finders by indicating if they are getting hotter or colder by how close they get to the item.

If they are getting close you say, “you are getting hotter” if they are moving away from the item you would say, “you are getting colder.” The Finder needs to follow the clues to find the treasure.

How can I add this game into my child’s everyday activities?

A: 1. Try going along with the theme of your child’s play, for example:

Playing Pirates? Then make this into a genuine treasure hunt.

Playing with Stuffedies? Then play, hide the teddy bear.

Playing police station? Then play, find the lost puppy, solve the mystery of the missing keys, etc.

2. Have some tricky transitions? Try using this game to find a favourite toy at bedtime or naptime. Or an item needed for outside (ie. Jacket), before a long ride in the car. This is a fun game and children need to play it over and over to master it, so the more ways you can use it in everyday activities the better.

3. Working on building language? Try changing the words you use in the game, for example, say boiling if they are getting closer or ice cube if they are getting farther away. Or play it with opposites in mind to make it even trickier.

There are endless ways to play Hot and Cold, I hope you will give it a try at home.

