
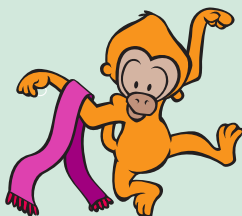


40 Winter Activities To Warm Up Our Bodies



Indoor Activities

1. Go **“ice skating”** – Move around using paper plates, wax paper or tissue boxes under your feet.
2. Have a **“snowball” fight** throwing balled up paper or rolled socks across the room or in the hallway. 
3. Cut out paper “snowflakes”, **throw** them in the air and **catch** as many as you can.
4. **Build** a “snowman” using paper, tape and cardboard boxes.
5. Use paper “snowflakes” to make a straight line, then **use your balance** to walk on them.
6. **Jump** from paper “snowflake” to paper “snowflake”.
7. **“Snowball” toss**, using rolled up socks or balled up paper, toss items into a bucket.
8. **Play ice hockey** with a plastic lid (puck), a cereal box (goal) and pool noodles (sticks).
9. **Build** your own igloo using loose parts.
10. **Play Blue Says**, “Simon Says”, using the Be Active Kids Characters.
11. **Tie** small rackets/paddles to your feet and go for a “snowshoe” adventure.
12. Have a **winter dance party** using winter or holiday themed music.
13. “Snowball” **target practice**- Place large cloth “snowflake” targets around the room and try to hit the target.
14. **Walk** like a polar bear on your hands and feet around the classroom.
15. Have two or more children tie their feet to the same board and try **“tandem skiing”** while working together to walk/slide around the room.
16. **Create** movement dice with winter activities: downhill skiing, ice skating, throwing snowballs, lifting the middle of a snow man, etc.
17. Hang paper “snowflakes” then try to **jump up** and touch them.
18. Use a **scooter board*** as a sled or combine them as a bobsled.
19. Do the **freeze dance/game** – when the music/light is on you move/dance and when the music/light is off you freeze.
20. **Bundle up race** – See how fast you can move to a pile of winter clothing, put them all on, then get back to the start.



Management Notes:

- Laminate paper “snowflakes” for longer use
- Secure “snowflakes” to ground using tape to avoid slipping
- Vary sizes of targets, “snowballs,” “snowflakes,” and loose parts used
- Vary heights of targets and “snowflakes”
- If you prefer not to do “snowball” fights, have them split into teams/sides and see who can have the least amount of “snow” in on their side (yard)

Outdoor Activities

21. **Ice bowling** – freeze water in plastic bottles and bowl a ball or frozen water balloon at the bottles.
22. **Do snow angels** in snow or in leaves
23. **Build** a snow fort or igloo with snow or loose parts.
24. **Play** “Freeze” Tag.
25. **Build** a snowman with snow or loose parts.
26. Have a **snowball fight** with snow or rolled socks/paper balls.
27. **Go sledding** on a sled or cardboard.
28. **Play hot potato** with a snowball or a pretend snowball.
29. **Throw** snowballs at trees or other targets.
30. **Fill containers** with snow (dirt or sand) and carry them to make a mountain.
31. **Make** a ramp out of the snow and slide down it on a sled or on your belly.
32. **Build and crawl** through snow tunnels or tunnels made from loose parts.
33. **Create** a maze from snow or sticks.
34. **Catch** a snowflake on your tongue.
35. **Make** a snow kitchen.
36. **Use your feet** to draw in the snow, sand, or leaves.
37. **Build** a teepee with sticks.
38. **Shovel or rake** the snow or leaves.
39. **Stomp** words in the snow, sand, or dirt.
40. Have a **winter scavenger hunt** – hide small toys in the snow and dig through the snow to find them.



What to Wear for Winter Outdoor Play



“There is no such thing as bad weather, just bad clothing.”

- Thick coat
- Gloves, hats, and scarf
- Winter boots
- Snow pants or a one-piece snowsuit
- Down or fleece vest
- Pocket hot pads (older children)
- Layers of clothing (base layer, insulating layer, and outer shell)
- Water proof clothing or insulate shoes and clothing with plastic bags
- Good materials for winter clothing include cotton, down, fleece, nylon, polypropylene, thinsulate and wool
- Sun protection –sunscreen, sunglasses, etc.