

# Let's Move... Cold Weather Fun!

Cold weather offers great ways to have family fun. Take time to play together – and move more. You will all feel good! As an adult, you need at least 30 minutes of physical activity on most days. Your child needs at least 60 minutes of physical activity on most, preferably all, days of the week.



## Get Moving INDOORS

- **Act out a story.** Read a book together; move to give it action. If it is a book about food, make it in the kitchen together later.
- **Create an obstacle course.** Kids love to tumble over pillows, crawl through open boxes, and jump into hula-hoops.
- **Turn up the music and dance.** Swing your arms like a conductor. Or move to the music like a cat, bird, horse, elephant, or bug. You do it, too!
- **Make whole-wheat bread, soft pretzels, or pizza.** Knead, shape, and roll dough. It is good for arm muscles. Tip: buy frozen dough to keep it easy for you!
- **Start planning your garden.** Find a library book about kids and gardening. Look at seed catalogues. Plan for spring activities.
- **Your family's ideas:**



## Get Moving OUTSIDE

- **Enjoy autumn leaves.** Rake leaves in a pile. Enjoy the pleasure of jumping in it!
- **Bundle up for snow play.** Create angels. Make a “snow family” – with a pet. Go sledding. Climb a snow mountain. Make paths through the snow.
- **Take a nature hike.** Look for animal tracks in the snow, wild flowers and buds in early spring, or colorful fall leaves.
- **Walk in the zoo!** See how animals look with their winter coats on. Talk about how they live in the cold weather. No zoo? Look for squirrels and birds in the park.
- **Take a neighborhood walk.** How does it look different in cold weather?
- **Decorate an outdoor tree for the birds.** Hang apples, pinecones rolled in peanut butter, or popcorn strings.
- **Your family's ideas:**

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## Play Safe Outdoors!

- **Always stay with your child for safety's sake.** You also have the fun of playing together!
- Protect your child's skin with sunscreen – even in cold weather.
- Check the safety and conditions of sleds and other play equipment.
- Bring water if your family is outside longer than an hour. When you are physically active, you sweat – even in winter!

## In cold weather

- Cover your child's head with a hat, maybe earmuffs. A lot of body heat gets lost through an uncovered head. A hood can interfere with moving and seeing.
- Dress your child in layers for warmth. Be sure that he or she can move easily for fun and safety.
- Tie a scarf over your child's nose and mouth to warm air that's breathed in. Tuck the scarf inside the coat so it won't get caught in play equipment and choke your child.
- Remember mittens or gloves and boots!



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