

# Enjoy active play, every day of winter.

Kids need active play every day, and there are plenty of ways to keep active at home in winter. Each day, select at least one option from each category below.

## 1. Go play outside

- throw snowballs
- roll down a hill
- make snow angels
- build a snowman or snow fort
- make a GIANT snowball



## 2. Have fun developing skills

- play road or ice hockey
- practice yoga postures
- play sock ball games indoors

## 3. Use your feet to get around

- go for a winter hike in nature
- try ice skating
- go snowshoeing
- walk to school



## 4. Do a family activity

- have a dance party
- take a winter walk around your neighbourhood
- go tobogganing with helmets
- make paintings in snow using food dye
- do a scavenger hunt in the snow

## 5. Help around the house

- shovel the walkway or the driveway
- make your bed
- pick up toys
- fold laundry
- vacuum
- take out the garbage



- Make time to play outside
- Have fun developing skills
- Use your feet to get around
- Get together for a family activity
- Remember to help around the house

Active play, every day is good for everyone's body, brain and mood. For more ideas on ways to play and learn in the great outdoors, visit [activeforlife.com](http://activeforlife.com)