



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

Join the Be Active Kids network and access great lesson plans such as *Sledding Adventure* (pg. 28), *Freeze Game* (pg. 70), *Walk the Line* (pg. 108), *Move Like the Animals* (pg. 94) and *Let's Make a Healthy Pizza* (pg. 101). Be creative and adapt any activities to have a more wintery theme.

*Get directions for building your own scooter boards (http://www.beactivekids.org/assets/pdf/20_Scooters.pdf).

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 the items



Tips for 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.

Be Active Kids is dedicated to improving the health of young children through physical activity, active play and healthy eating. Our resources are developed to help teachers, parents, and community members provide 120 minutes or more of physical activity indoors and outdoors each day.