

January 2020

Happy New Year Everyone! Can you believe it is 2020! Wow, time flies when you are having fun! Speaking of fun, the other day my friends and I were at the park playing and enjoying our break from school. We played a little chase/tag, climbed a few trees, and danced to a lot of Dart's favorite new songs. We did notice that there weren't that many other kids in the park. Why do you think that was? We thought maybe some friends thought it was too cold to be outside. It is North Carolina, though it wasn't a sunny 75 degree we were still nice and cozy because we wore the right cloths.

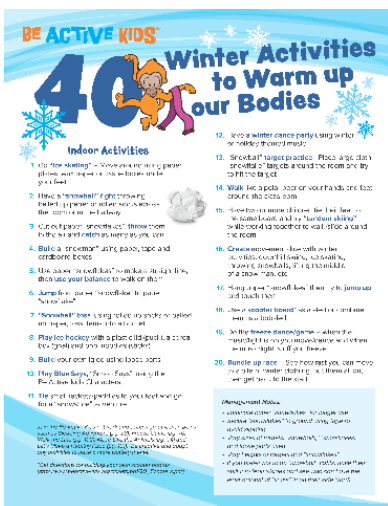


In order to stay active outside when the mercury drops, you do need to think about what you wear. Knowing that, we reached out to our friends at [REI](https://www.rei.com) to find out what they suggested we wear to stay warm. Below are a few tips to keep kids warm during the colder months:

1. Dress in layers
2. Get the right fit clothing and plan for growth
3. Get the right foot wear
4. Accessorize extremities gloves/mittens, hats, and socks
5. Choose clothes that are made from wool or synthetic fabrics



We hope now that you know how to stay warm we will see you at the park!



Winter is officially here and my friends and I want to you have some fun ideas to help you warm up! Check out the Be Active Kids new one pager, "40 Winter Activities to Warm-up our Bodies."

Be Active Kids has many different one-page activity sheets that can be used in the classroom, at home, or during community events. Visit the Handouts webpage which is located in the Resources section of the Be Active Kids website. If you think you have a good idea for a new activity one-pager, let us know by sending an email to [info@beactivekids.org](mailto:info@beactivekids.org). We will work with you to create the one-pager and highlight you and/or your school/center on the one-pager.

We challenge each of you to spend time outdoors every day! When you do, take a pictures and share it with us on Facebook, Twitter, and Instagram using **#caughtbeingactive**, **#beactiveblue** and **@beactivekids**. We look forward to seeing you in action!