



# LET THE WINTER GAMES BEGIN

The change of seasons doesn't have to mean an end to fun and games for kids. It's "snow" much fun to play and get creative in a winter wonderland. Enjoy the cold with these activities that can be played indoors and out.

## INDOOR WINTER BLAST



1

**Snow bowl** – Set up pins with plastic bottles or paper towel rolls, make a ball out of rolled up socks, then aim for a strike.



2

**Snowed-in stretches** – Yoga and stretching can calm your mind and make you feel good even on the chilliest of days.



3

**Freeze dance party** – Turn up the music, move and groove. Then freeze when the music stops. Repeat again and again!

## OUTDOOR SNOW GAMES



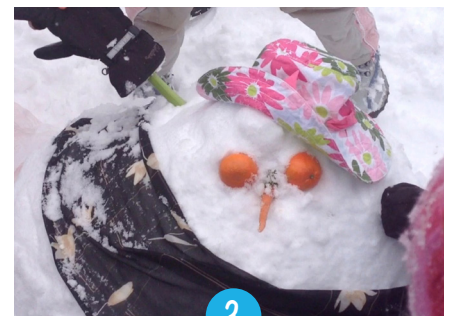
1

**Snowball shot put** – Make a snowball, stand behind a line, then throw it as far as you can.



2

**Pitch brrr-fect** – Draw a snowball target, hang it outside, then throw your snowball at the bullseye.



3

**Snow sculptures** – Snowmen are great, but what about snow turtles? Get creative and make your own snow sculptures.