



KEEPING ACTIVE THIS WINTER

In addition to being fun, regular physical activity has many health benefits. Kids need at least 60 minutes of activity every day, all year long. Check out some of these easy ideas for staying active this winter!

OUTSIDE ACTIVITIES

- Blow Bubbles
- Build an Igloo or Snow Fort
- Create a Snow Sculpture
- Chase your dog in the snow
- Cross Country Skiing
- Fly a Kite
- Have a Snowball Fight
- Ice or Street Hockey
- Ice Skating
- Jump on a Trampoline
- Make Snow Angels
- Play Capture the Flag
- Practice Handstands
- Practice Cartwheels
- Ride your Bike
- Ring around the Rosie
- Sledding
- Snow Skiing
- Snowball Baseball
- Snowboarding
- Snowshoe Hikes
- Take a Walk
- Visit a Playground
- Watercolor Snow Art

INSIDE ACTIVITIES

- Balloon Volleyball
- Balloon Soccer
- Bowling
- Build a Fort
- Charades
- Dance Parties
- Fitness Videos & Apps
- Follow the Leader
- Hide and Seek
- Hokey Pokey
- Hula Hoop
- Indoor Hopscotch
- Jumping Jack Contest
- Laser Tag
- Musical Chairs
- Obstacle Course
- Push Ups
- Roller Skating
- Scavenger Hunt
- Simon Says
- Twister
- Walk Up & Down Stairs
- Weightlifting
- Yoga

More ideas: www.cdc.gov/physicalactivity | www.actionforhealthykids.org | www.heart.org