

Winter Fun Pack

25+ ACTIVITIES
TO KEEP YOUR KIDS BUSY AND ENTERTAINED
DURING THE WINTER HOLIDAYS.



Active
KIDS + MINDS

AGES 5 TO 10

www.activekids.org


About Active Kids

Active Kids is a physical activity program designed to get kids moving and establish a lifelong commitment to health and fitness. We are on a mission to make physical activity and play part of every child's day. See Active Kids' offerings below.



24 weeks of guided physical activity programming incorporating functional fitness skills, running, games, mindfulness and nutritional talks - all in a fun and inclusive environment.

Physical Activity Plans **AGE** 6 - 14 years old **Time Frame:** 35 - 45 mins



Fun and easy movement flows and mindfulness activities designed to activate the body's relaxation response. Can be used with any physical activity program or as a standalone activity.

Mindfulness and Movement Flows **AGE** 6 - 14 years old **Time Frame:** 5 - 10 mins




Daily 1-10 minute movement breaks designed to burst through daily sluggishness and wake up our brains. Ideal for the in-classroom setting or as a transition between activities.

Burst Movement Breaks **AGE** 6 - 14 years old **Time Frame:** 1 - 10 mins



Fun and non-competitive games designed to elevate heart rates, increase endorphins and promote teamwork. Can be used with any physical activity program or as standalone activities.

Games and Activities **AGE** 6 - 14 years old **Time Frame:** 5 - 10 mins



Month-long physical activity calendars with themes and challenges for daily movement breaks. Calendars include follow-along videos.

Monthly Physical Activity Calendars **AGE** 6 - 14 years old **Time Frame:** 1 - 10 mins



10 weeks of guided physical activity programming for teens and young adults. This program is entirely equipment free and can be done anywhere you have space for a yoga mat.

High School Bootcamp Program **AGE** 14+ years old **Time Frame:** 20 - 40 mins



Physical activity resources to get kids moving at home. Try our "Get Your Run On" program to get kids ready for a 2k or 5k fun run or choose from our many other programs that can easily be adapted for an at Home setting.

Active Kids at Home **AGE** 6 - 14 years old **Time Frame:** 5 - 30 mins



Self-guided, virtual and in-person training options to help ensure your Active Kids program is a success. Training options included a Junior Leadership program to help ensure program sustainability.

Training **For Trainers** **Time Frame:** 30-45 minute Sessions

Introduction

Wouldn't it be fun to keep Active Kids going throughout the winter break?

We have created a "Winter Fun Pack" so that our community can bring a little activity to their time off.

This packet can be used by families or by individuals looking for activities to do at home. Just because we're not in school doesn't mean we have to stop moving! The "Winter Fun Pack" includes some of our favorite games as well as crafts, nutrition activities and printables. Everything you need to bring activity and fun to your winter break!

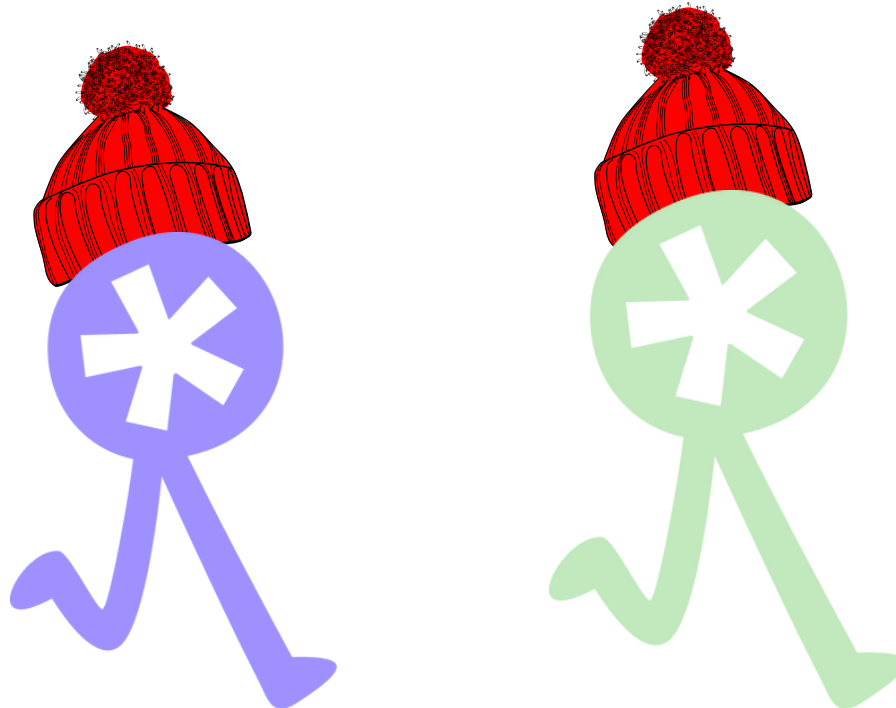


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Individual Bursts

Burst #1 Happy Winter!

- Around your home or OUTDOORS - Get moving in your winter wonderland!
- Set up a circuit in your home or outdoors with 5 stations. Jog or skip between stations. Perform each move for 1 minute.
 - Jump rope 10x then run up and down your stairs until time is up.
 - High knee jog on the spot.
 - Jumping jacks.
 - Crunches.
 - Squats.

Burst #2 Dance with Active Kids

Hip Hop Choreography with Suaad Fitness



Pop Choreography with Kyla



Individual Bursts

Burst #3 Throw Pillow Burst

Materials: One throw pillow.

- Hold pillow overhead from standing position and perform:
 - Ten squats.
 - Ten jump squats.
 - Ten pillow jacks (do jumping jacks but arms hold pillow up the entire time).
- Hold the pillow behind your back from a standing position (thumbs facing down and triceps facing up) and perform:
 - Ten pillow lifts holding pillow with both hands (raise pillow approximately 10 cm) if possible.
 - Ten pillow tosses (release pillow by thrusting upward and catch it behind your back).
- Lie down on the ground (legs bent at knees), hold pillow in front of your chest and perform:
 - Ten crunches.
 - Ten knees to chest.
- Lie down flat on the ground with legs and arms extended, hold pillow above your head and perform:
 - Ten leg lifts with right leg.
 - Ten leg lifts left leg.
 - Ten leg lifts (both legs at the same time).
- Lift arms and legs toward ceiling and transfer pillow from arms (hands) to feet (ankles) or feet (ankles) to arms (hands) then back down to your starting position. Repeat ten times.
- Perform a V sit and either hug pillow or sit on it while performing this exercise:
 - 10 second hold challenge.



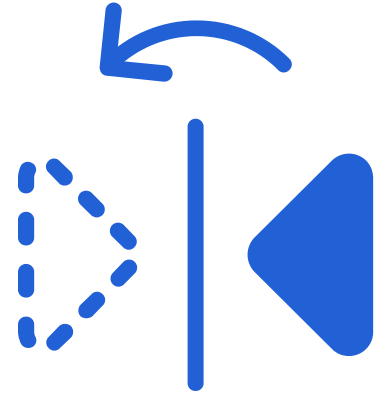
Group Bursts

Burst #1 Mirror Image

- Stand face to face, 6 feet (2 metres) apart.
- One kid is the “leader” and the other kid follows exact movements by mimicking them as if they were a mirror image (no verbal communication at all).
- Kids can practice different skills such as squatting, jumping jacks and mountain climbers as well as yoga poses/balances.
- Leader leads for 30-45 seconds then switches roles.

Hints: Put a list of skills on a poster or board.

Variation/Challenge: Have someone try to figure out who the leader is for each pair as they perform their movements.

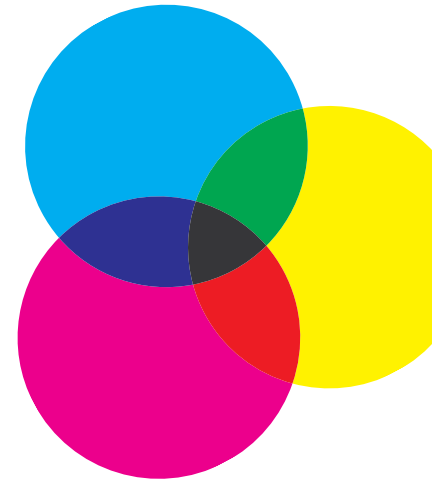


Burst #2 Colors in the Room

- To respect the physical distancing policies, this activity is meant to be for the same members of a household.
- Someone calls out a color and a body part.
- Kid(s) must find an object in the room of the designated colour and go touch it with the body part that is named then return to the base.

Variations/Challenges:

- Begin and end in a specific pose/balance.
- Use a variety of modes of locomotion to get to the object in the home (hop, tip-toe, skip, shuffle, etc.).
- Kids may not touch the same object more than once each.



Group Bursts

Burst #3 Snow Boot Two Step

- This outdoor winter burst version of "Follow the leader" requires two or more players.
- The leader makes a path in freshly fallen snow.
- Other kids must try to step in exactly the same spots.
- The object of this burst is to make it seem as if only one person has taken a walk through the snow. Use your balance and agility!
- If a kid steps out of the track, they must do five jumping jacks and return back to the start.

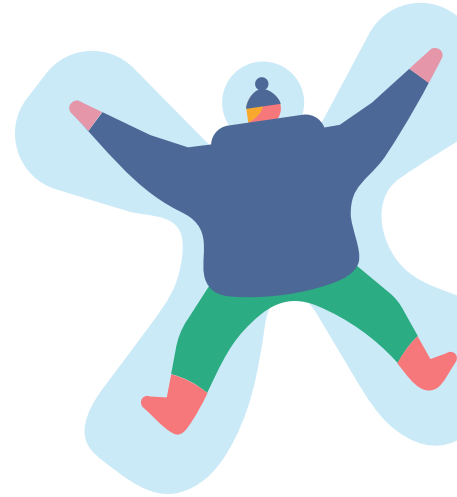
Variations/Challenges:

- Begin and end in a specific pose/balance.
- Try it with one foot only.

Burst #4 Footprint Relay/Race

- Divide your group into at least two teams.
- The first kid to go will run across the snow or sand in a designated area (ideally in snow or hard packed sand).
- The second kid will try to land in the first kid's footprints to get to the other end of the space.

Variation/Challenge: Leave the starting line after five seconds and try to keep up with the kid in front of you using only the footprints to chase them.



Mindfulness Activities

Activity #1 Breathing Stick

This can be used to calm oneself in times of stress. The beads are moved along the stick or string with each breath. The stick/string helps kids re-focus on the present moment and take the focus away from what is bothering them (anger, irritation, excitement, etc.).

Materials: Pipe cleaner or string. Beads that will fit onto that pipe cleaner or string.

- Tie a loop or knot into the end of the pipe cleaner/string – big enough so the bead cannot pass over it.
- String six to eight beads onto the pipe cleaner/string.
- Tie another loop or knot in the other end of the pipe cleaner/string – big enough so the beads cannot pass over it.
- Move the beads from end to end with each breath to help calm oneself and refocus.



Activity #2 Winter Sensory Walk

- Go outdoors and take a walk, notice the world around you.
- At your own pace, countdown through each sense.
 - Five things you can see (snow, sky, sand).
 - Four things you can touch (snowflakes, leaves, sand).
 - Three things you can hear (wind, birds, dogs, neighbors).
 - Two things you smell (snow, grass, leaves).
 - One thing you taste (toothpaste, lunch).

If you're feeling brave, try sharing your countdown out loud. It's fun to see the different things others sense while doing the activity.



Mindfulness Activities

Activity #3 Snowflake Breathing

Materials: None

- Find a space to sit down comfortably.
- Create a snowflake in your mind, what you think it might look like.
- Close your eyes or keep them open.
- When you inhale draw a side of the snowflake in the air with your finger.
- On the exhale slide your finger down the other side of the flake.
- Continue breathing in and out as you trace the entire snowflake in the air.
- Notice how you feel as you trace a few more flakes in the air.

Activity #4 Gratitude – End of Year Happiness Box

Materials: Box (e.g., tissue box, shoe box, cereal/pasta box), markers, colored paper, stickers, crayons and any other items you may have to decorate the box.

- Make an opening so you can add notes of things that make you happy, to your Happiness/Gratitude Box.
- Gather with friends and or family and everyone writes down two-three things they are grateful for from the past year. Put these things on separate sheets of paper and place the papers in the box.

Challenge/Variation: Everyone writes the things they are grateful for on sheets of paper and places them in the box. Gather and pull the slips of paper and guess who has written the item.



Healthy Learning

Recipe #1 Maple Treats

Introduction:

While candy is definitely just a sometime food, the fun part about this candy is that you make it using snow and if you have pure maple syrup your candy has only two ingredients.

Materials:

Fresh snow, a cup of pure maple syrup.

Directions:

- Heat up a cup of pure maple syrup to about 240 degrees F or 115 degrees C.
- Either line a baking sheet with fresh snow or find a clean patch of snow.
- Drizzle the syrup in strips over packed snow. The substance cools quickly and therefore is taffy like instead of crystalizing. You can use a popsicle stick to roll the "taffy" onto or pick up with your fingers.

Variation:

Use honey. If you like a little heat add a pinch of cayenne powder.



Recipe #2 Snow Cones

Introduction:

While snow cones may have you thinking of summer vacation, here is an easy way to bring the snow cones to winter.

Materials:

Fruit juice (fresh squeezed lemon, lime, orange, grapefruit), or frozen fruit. Snow or shaved/crushed. Honey (optional).

Directions:

- Collect some freshly fallen snow, shaved ice from the freezer, or crushed ice and place in a cup.
- Create the topping for your snow cone.
- Pour topping over snow/shaved/crushed ice.
- Topping: can be simply fresh squeezed fruit (e.g., lemon, orange, grapefruit) juice. Or other juice (e.g., apple, cranberry, orange) in drink form.

Variation:

Fresh or frozen berries or other fruit (e.g., watermelon) can also be placed in a blender with a teaspoon of honey and teaspoon of water and blended until smooth and poured over the snow cone.

Healthy Learning

Recipe #3 Winter Protein Balls

Ingredients:

- 1 C almond flour
- 1/4 C vanilla protein powder
- Dash of salt
- 2 Tbs poppy seeds
- 2 Tbs chia seeds
- 1/4 C crushed oats
- 1/4 C cashew butter
- 2 Tbs honey
- 1/4 C coconut oil, melted
- 1 tsp lemon extract
- 1/4 C chopped cranberries
- 1/4 C white chocolate chips



Directions:

- Stir dry ingredients together.
- Mix in wet ingredients and stir until all are combined.
- Fold in white chocolate chips and chopped cranberries.
- Refrigerate mixture for 15-20 minutes.
- Remove from the refrigerator and roll into small balls and place them into an airtight container.
- Store in the refrigerator.

Healthy Learning

Recipe #4 Winter Flavored Ice

Materials and Ingredients:

- Water
- Ice cube trays
- Fruits - cranberries, blueberries, oranges or mulberries.

Directions:

- Slice desired fruit into small pieces that will fit into an ice cube square (cranberries, oranges, blueberries, - use your imagination)
- Place chunked up fruit into the ice cube trays - keep the fruit separated or combine for a mixture of color and flavor.
- Fill trays up to the top with water and place in the freezer.
- When cubes are frozen place into a glass of water and enjoy.



Games and Crafts

Game #1 100 Point Winter Challenge

Accumulate as many points as possible within the set time limit. 100 TOTAL

	CHALLENGES	POINTS	POINTS earned
1	Make five snowballs.	2	
2	Throw five snowballs at a tree.	2	
3	Jump up and down in the snow ten times.	2	
4	Spin on one foot right ten times and left ten times like an ice skater.	2	
5	Do ten push-ups with hands on a stair or raised ground.	4	
6	Make ten snow angels.	4	
7	Do 20 hip lifts.	4	
8	Balance in tree pose for 20 seconds each leg.	4	
9	Do 20 donkey kicks.	4	
10	Hold superhuman as if you are sledding down a big hill for 1 minute.	4	
11	Do 30 lunges/leg slides to the back with sliding foot on a piece of ice, pile of leaves or sidewalk.	6	
12	Do 40 step ups onto a stair, rock or stump.	6	
13	Do 40 mogul jumps from side to side.	6	
14	Do 40 high knees on a snowy path or sidewalk.	6	
15	Hold a plank for 1 minute. Pick up pinecones, leaves, rocks or other small items on the ground and make a pile/castle out of them while holding the plank.	6	
16	Jump 50 times, try to touch the sky, or a high branch.	6	
17	Do fast feet for two minutes while moving through snow, leaves or along a sidewalk.	6	
18	Do 60 skater slides.	7	
19	Do 60 broad jumps along a driveway or sidewalk. Jump from crack to crack.	9	
20	Run around outside your house, along the sidewalk or in your yard for 10 minutes without stopping.	10	
		100	

Games and Crafts

Game #2 Winter Active Bingo

- Using the Bingo templates, have the leader call out an action that is in one of the BINGO squares.
- Kids can cross it off once it is complete (do the activity for 30 seconds).
- The first one to achieve a pre-determined arrangement (i.e. four corners, straight line, full card etc.) wins.
- These activities are meant to be done in whatever surroundings you have. If you do not have snow or sand you should pretend and perform the movements "As If" you had these materials (e.g., "Throw a snowball" – squat down pretend to make a snowball and throw it).
- Play as many games as you would like.

Player 1

Active BINGO

KIDS + MINDS

Complete 4 exercises in a row to get BINGO!

Throw a snowball	Make a snowball	Skater slides	Roll large snowball
Ski mogul jumps	XC skier	Squat, wave arms like sledding	Shoot a hockey goal
Shake and shiver	Walk like a penguin	March through snow	Make snow angels
Reach for snowflakes	Ride a snowboard	Climb a snowy tree	Skater spins

Player 2

Active BINGO

KIDS + MINDS

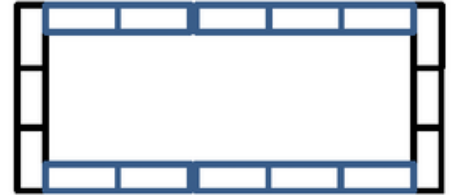
Complete 4 exercises in a row to get BINGO!

March through snow	Ride a snowboard	Shoot a hockey goal	Climb a snowy tree
Make snow angels	Skater spins	Reach for snowflakes	Walk like a penguin
Squat, wave arms like sledding	Roll large snowball	Shake and shiver	XC skier
Skater slides	Ski mogul jumps	Make a snowball	Throw a snowball



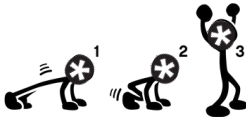

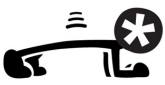
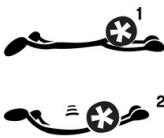

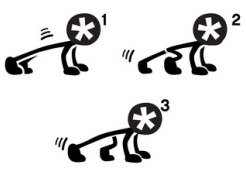







Games and Crafts

Game #3 Dominoes (Part 1)

- Players will divide the dominoes equally amongst the group (e.g., if four are in the group, each person would have four dominoes, if there is an odd number, you can leave the extra dominoes in a “draw” pile.)
- To start, place the domino containing the Active Kids logo and the skill “Mountain Climbers” on the table.
- The first player must lay a domino on either side (e.g. matching picture to word).
- If they are successful, the group must perform either five repetitions, or 5 seconds of the matched activity.
- If they are not successful, the player may choose a domino from the draw pile if available, or pass to the next person. Matches MUST be made in the shape of a rectangle.
- The game ends when all the dominoes are matched!




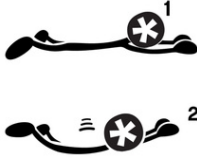










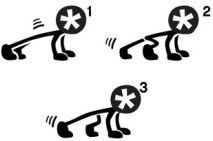

Answer sheet

	Tuck Jump		Running		Broad Jump
	Squat		Plank		Superhuman
	Squat Jump		Mountain Climber		Push-up
	Speed Skater		Donkey Kick		Lunge
	Spiderman		Crunch		Cheer!

Games and Crafts

Game #3 Dominoes (Part 2)

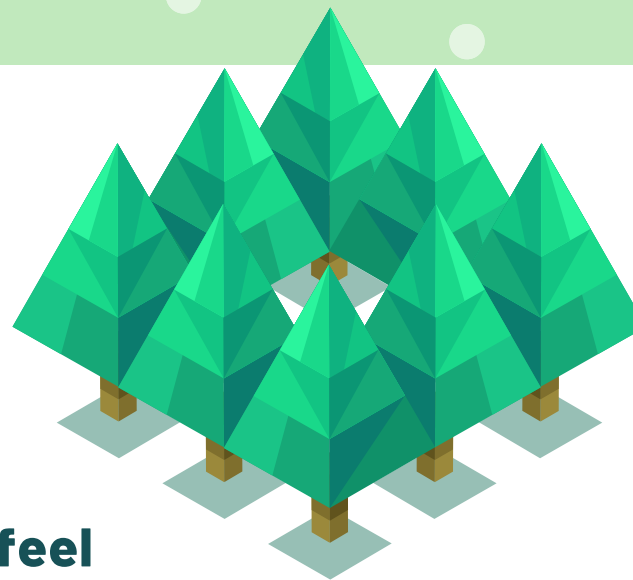
- Print off these dominoes, cut them and play!
- Note: Adult help will be needed with the scissors.

	Donkey Kick		Squat		Broad Jump
	Push-Up		Tuck Jump		Lunge
	Burpee		Plank		Mountain Climber
	Spiderman		Crunch		Super human
	Squat Jump		Running		Speed Skaters

Games and Crafts

Game #4 Winter Scavenger Hunt

Using our winter scavenger hunt as a guide (and perhaps adding more items of your own), consider what you're likely to encounter on your adventure. You can even bring your camera/phone along to take pictures of the items for a discussion later when the hunt ends.



To look for

- A pine or leaf tree
- Berries on a branch
- A snowperson
- Animal tracks
- A pinecone
- Smoke from a chimney
- Icicles

To listen for

- Birds
- The wind
- Footsteps in the snow or leaves
- Water dripping

To feel

- Touch some snow or ice
- Feel the wind push against you
- Touch a pine cone
- Feel how heavy a piece of ice is

To smell

- Smell a special winter food cooking
- Pine needles
- The smoke from someone's fireplace or wood stove
- Fallen leaves

Games and Crafts

Craft #1 Ice Gems

Materials: Small balloons, water, three to four food coloring colors, freezer. Directions:

- Fill balloons $\frac{3}{4}$ way with water.
- Squirt a good amount of food coloring into balloon.
- Tie balloon
- Place in the freezer until solid.
- Remove from freezer and peel balloon off the ice.
- Repeat for as many colored balloons as you would like.

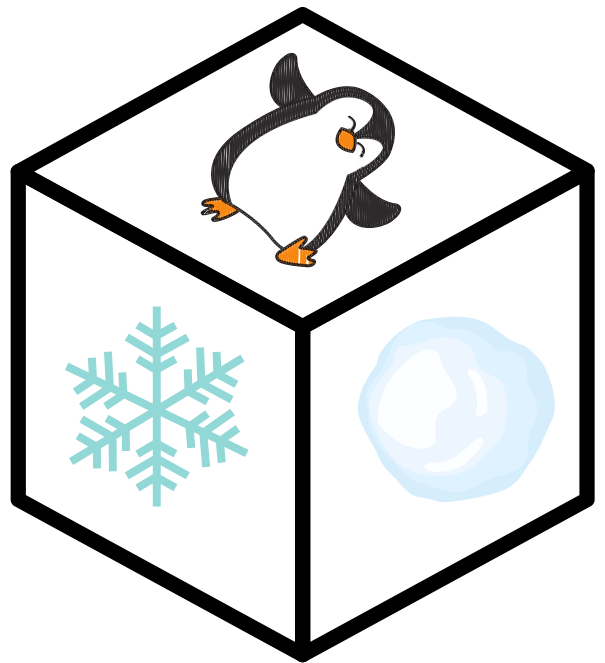


Craft #2 Active Winter Dice

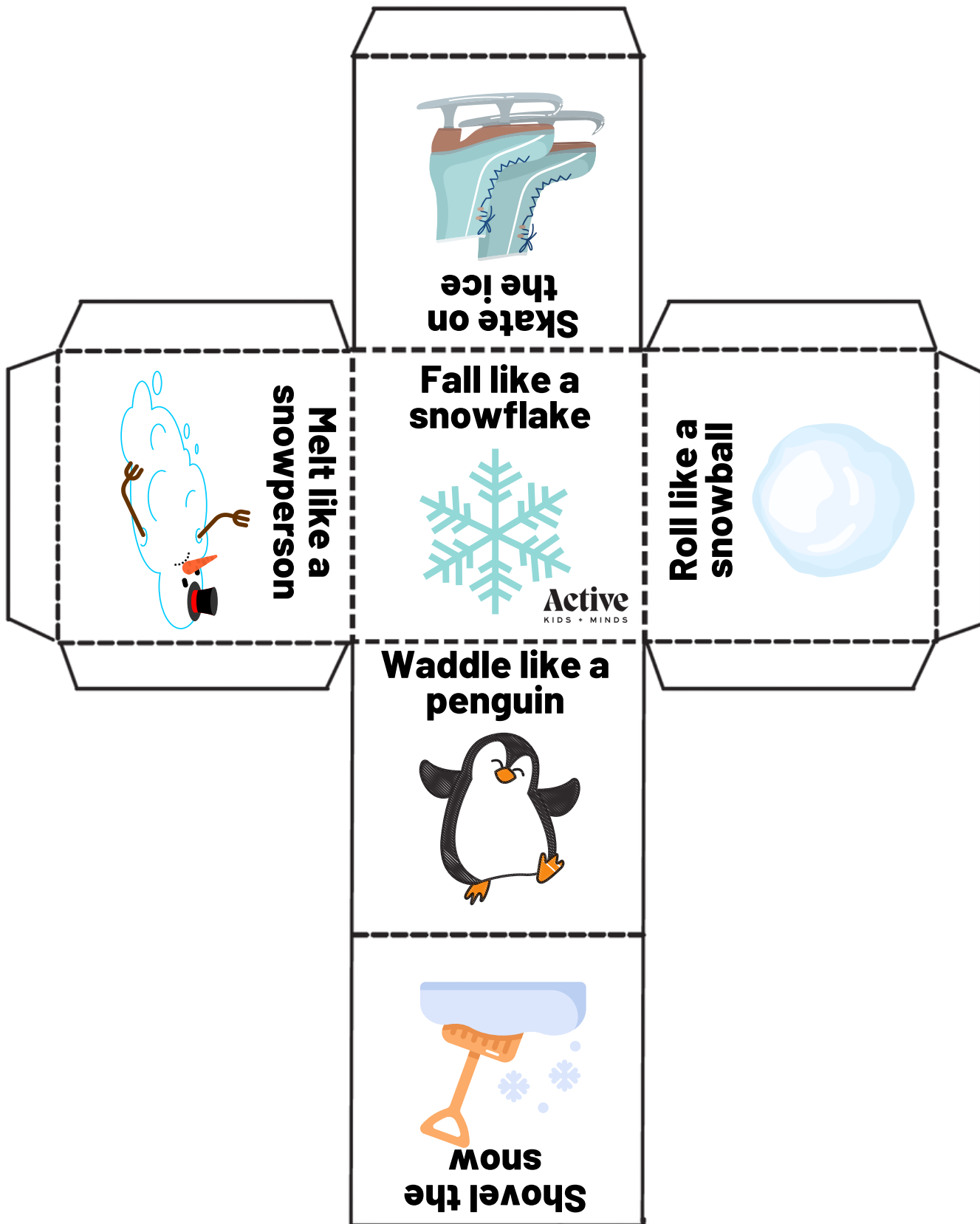
Materials: Paper, scissors, glue.

Directions:

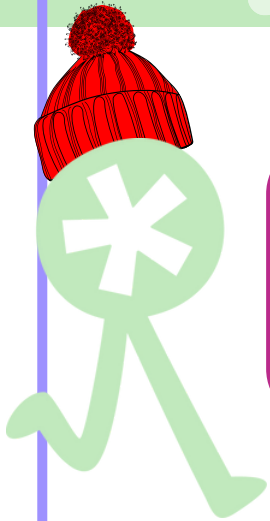
- Print the Winter Dice template on the next page.
- With the supervision of an adult, cut out the template using the cutting lines.
- Glue the tabs together to obtain a cube.
- Now it's time to play! Roll the dice and do the movement shown.



Games and Crafts



A Blizzard of Activity



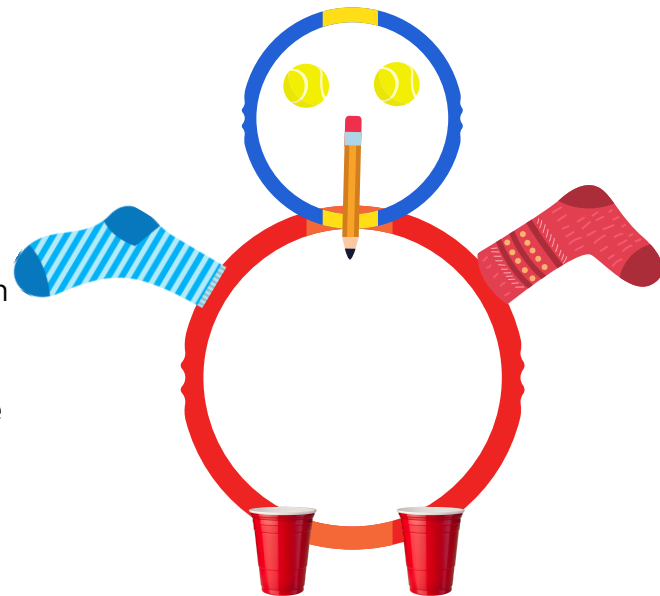
Whether you live in a snowy or sunfilled location over the winter months, there are many ways to have a snow themed day. Choose from a day of indoor or outdoor activities to get creative, have fun and use your imagination!

INDOOR ACTIVITIES

Activity #1 Build a Snowperson

There are many ways to build a snowperson. Below are some of them:

- **Equipment:** Using any materials that you find in the home or from outside (e.g., hula hoops, scarves, bean bags, poly spots, balls). Have kids create a snowperson with these items. Let them be creative and use abstract equipment.
- **Household Items:** Using items found around the house (e.g., socks, pens pencils, balls, pillows). Be creative and challenge kids to create the most unique snowperson out of household items.



Activity #2 Build an obstacle course

- Designate an area of the house where you will build the obstacle course.
- Use stable items that can be played on to create obstacles (e.g., chairs, pillows, boxes, couch cushions).
- Arrange these items in a pattern around the house so you have to run under, over, around and/or through them.
- Once your obstacle course is built, time yourself going through it or see how many times you can go through the course in a set period of time.

A Blizzard of Activity

Activity #3 Artificial Snow

Materials: Baking soda, hair conditioner, toothpicks and food coloring (optional).

- Mix three cups of baking soda with 1 cup of hair conditioner.
- Create shapes or winter scenes and play with your artificial snow (toss it around, make snowballs, snow people, snowflakes or any winter scene you can think of).
- Optional: use food coloring, toothpicks to decorate snowpeople.

STEAM elements:

- The “snow” is initially cold to the touch (endothermic reaction).
- Once you have finished playing with the snow, have kids use dropper or pour vinegar on the snow. The snow will fizzle.

Credit: team-cartwright.com



Activity #4 Build a Blanket Fort

Materials: Blankets, pillows, sheets, books, furniture other heavy/movable items.

- Using the above materials place chairs or other tall household items to create a square or rectangular space.
 - Use blankets or other sheet type material to drape over chairs or table.
 - Use heavy item, like a book to secure the corner of the blanket or sheet to the table/chair.
 - Continue to drape the blankets until you have an enclosed blanket fort.
 - Put your pillows inside and go in for an adventure.



A Blizzard of Activity

OUTDOOR ACTIVITIES

Activity #1 Build a Snowperson

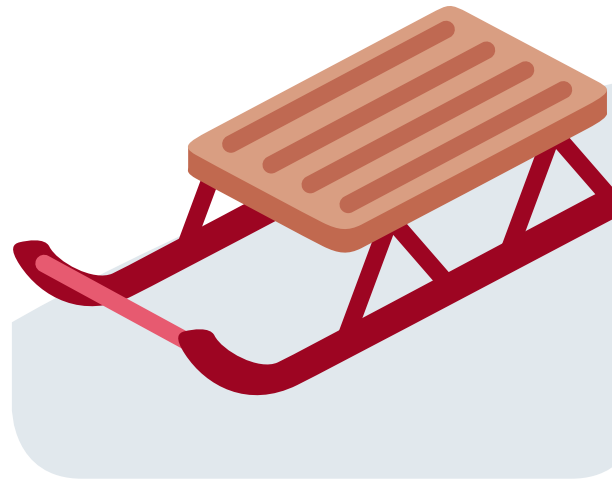
There are many ways to build a snowperson. Below are some of them:

- **Snow:** If you live in a cold, snowy part of the world. Roll three snowballs, small medium and large, and stack them on top of each other – smallest on the top. Add features using things from nature.
- **Sand:** If you live near the beach, you can build a sand structure lying flat on its back or roll the sand into balls and try to make a standing snowperson. Add features and body parts with more sand.
- **Nature Items:** Using items found outdoors (e.g., sticks, rocks, plants), challenge your group to create the most creative snowperson.

Activity #2 Go sledding!

Materials: Sled, inflatable tube or big sheet of cardboard that you can sit on.

- Find a hill.
- Shoveling extra snow on the sledding track can make the ride down more exciting as now there will be bumps or hills.
- New snow hills or bumps can also act as obstacles.
- If there are a bunch of kids, you can create relays or downhill races.
- Time each other to see how long it takes to get up and down the hill.



Activity #3 Outdoor obstacle course

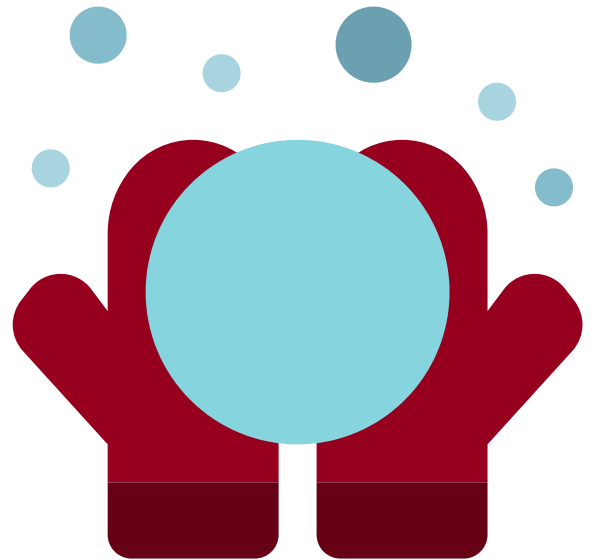
- Designate an area or path that the course will take.
- Using outdoor items (e.g., logs, toys, trees, swing sets or any large item) place these items in the designated area or path.
- Tell the kids which direction to run to go through the course.
- Challenge the group to get through the obstacle course as many times as possible in a designated amount of time. Or, time how long it takes to get through the course once and then try to beat your time.

A Blizzard of Activity

Activity #4 Snowball fun

Try these snowball activities to have fun with snow (if you don't have snow, maybe use waterballoons)!

- Create a target to practice your throwing.
- See how high you can pile snowballs in a minute. Highest pile wins.
- Snowball toss game with friends/family. Similar to water balloon toss, see how far apart you can get while tossing the snowball back and forth.
- Hat Trick - Build a snowperson, try to lob the snowball so it lands on their head, like a "hat trick".



Activity Tracker

December

How did you get active this month?

Goal - 60 minutes of heart pumping physical activity daily.

How does it work?

- ✓ Write down the activities you have done and the amount of time you stayed active in the corresponding box.
- ✓ Check the box for each day you got active for 60 minutes!
- ✓ Keep this tracker to check back from month to month to see how your activity levels improve.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND	TIME (MIN)
WEEK 1 ACTIVITIES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
WEEK 2 ACTIVITIES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
WEEK 3 ACTIVITIES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
WEEK 4 ACTIVITIES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
WEEK 5 ACTIVITIES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	



Activity Tracker

January

How did you get active this month?

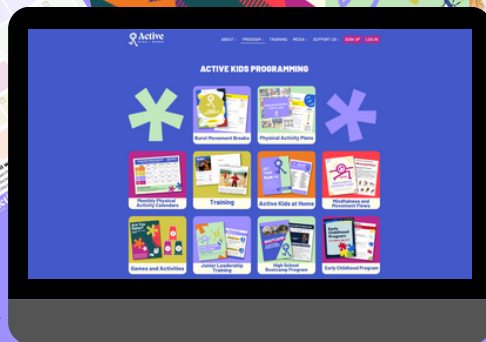
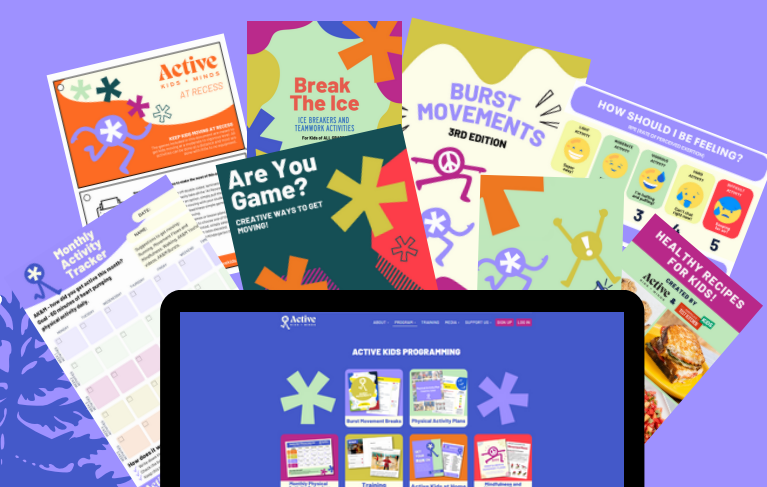
Goal - 60 minutes of heart pumping physical activity daily.

How does it work?

- ✓ Write down the activities you have done and the amount of time you stayed active in the corresponding box.
- ✓ Check the box for each day you got active for 60 minutes!
- ✓ Keep this tracker to check back from month to month to see how your activity levels improve.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND	TIME (MIN)
WEEK 1 ACTIVITIES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
WEEK 2 ACTIVITIES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
WEEK 3 ACTIVITIES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
WEEK 4 ACTIVITIES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
WEEK 5 ACTIVITIES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Find more activities visit the
Active Kids Trainer Hub.



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