



*Children love to explore! It is worth the extra effort to bundle up your child and head outdoors, especially when you spend so much time inside during our Canadian winters.*

*Choose activities that are moderate and fun*



## Here are some simple and fun winter activities you can do outdoors:

### SNOW TOSS

Roll a small amount of snow into a ball. Try to throw and catch the snowballs. Be gentle when throwing.

### SNOW CASTLES

Castles can be made from digging and piling up "packing snow" or making snow bricks. Fill pails with snow. Pack the snow and turn upside down. Pile the bricks to make the castle.

### SNOW MAZES

Perfect after a fresh snowfall! Walk around in different directions in the yard. Create a pattern and go back over each other's steps.

### SNOW MOUNTAIN

Collect snow and try to make the highest mountain.

### SNOW PERSON

An old-time favourite! Roll two large snowballs to make the body. Roll a smaller ball for the head. Help your snow person come alive by decorating with a scarf, hat, carrot, etc.

### SNOW ANGELS

Lie in the snow and face the sky with your arms and legs spread apart. Move your arms and legs in and out and then get up and see your angel.

If there is no snow, there are lots of ideas for your family to be "winter active."

Try walking or skating.

Pack a lunch and some hot chocolate and take it with you.

# Be active together with family and friends



## Tips For Outdoors

- Layer clothing to keep your body warm. Make sure the outer layer keeps wet snow out.
- Wear hats, gloves, scarves, wool socks, and snow boots.
- Watch for frostbite. Go inside before your child's face, ears, hands or feet become a red/purple colour or are itchy, chapped or painful.
- If there is frostbite, go inside at once. Remove all wet clothes. Put on dry clothes and have a warm drink.
- Warm frostbitten areas slowly with a blanket or a warm part of your body.
- Call your doctor if the frostbitten areas are discoloured or numb.

To get the Canadian Physical Activity Guidelines, visit [www.halton.ca/PA](http://www.halton.ca/PA) or for more information, please call the Halton Region Health Department.

### Halton Region

Dial 311 or 905-825-6000

Toll free 1-866-4HALTON (1-866-442-5866)

TTY 905-827-9833

[www.halton.ca](http://www.halton.ca)



### Health Department

Promoting and Protecting Health.  
Preventing Disease. Providing EMS.