

Cold Weather Fun!

Move together as a family. Go sledding or have a dance party!

Children need at least 60 minutes of physical activity each day.

GET MOVING OUTDOORS:

- Go sledding
- Build a snowman
- Make snow angels
- Create snow creatures (dinosaurs, monkeys, elephants and more)
- Take a nature walk

GET MOVING INDOORS:


- **Treasure Hunt** - Hide an item and place clues around the house (use picture cues for little ones, harder phrases for older children).
- **Put on a Play** - Act out your child's favorite book, acting out the movements to the story as you read it. Use dress up clothes for costumes.
- **Basketball** - Play basketball with a soft foam or sponge ball. Hoop can be any basket (either hung on the wall or resting on the floor). Have kids shoot from different parts of the room or in different ways.
- **Little Helpers** - Allow your child to help with chores like vacuuming, dusting or sweeping - even if it takes longer than doing it by yourself.
- **Freeze Dance** - Play music and stop it without warning. The person who stops first or stops holding the funniest position wins that round.



Adapted from Team Nutrition

Developed by Healthy Children Healthy Weights at Columbus Public Health

For information about these materials visit www.publichealth.columbus.gov

 THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR
COLUMBUS
PUBLIC HEALTH

 OHIO
HEALTHY
PROGRAMS