



Sports And Fitness

Backyard Snow Activities Are Great Exercise!

Did you know that you exercise everyday and not even know it? Being active counts as exercise! So this winter, as the snow is falling, don't just sit in front of the television or computer, bundle up WARM and go outside! Make sure you wear gloves or mittens, coats, warm socks, snowpants, boots and whatever else keeps you dry and warm. In all outside activities, make sure you take breaks and come in to warm up and have something to drink.

BUILD AN IGLOO!

You can make your own playhouse with snow! Get an old shoebox or plastic box shaped like one. Fill it with packing snow, pat it down and turn it upside down where you want it to be! When the snow comes out, it will look like a building brick. Keep adding them and stacking until you have the shape you want. You can even make snow furniture this way!

MAKE A SNOW ANGEL!

You can do this by laying down on your back in the snow and moving your legs and arms in and out. Then stand up and take a look at the snow! You've made a snow angel!

BUILD A SNOWMAN!

Building a snowman is a great way to use your muscles and help build your body strength as well as be creative! There are many ways to build a snowman. Some kids build their snowman by making a big mound of snow and shaping it. A favorite way is to make it out of balls! Let's talk about that way...

When there are a few inches of snow on the ground, test the snow and see if it's packing snow. What that means is - see if the snow will clump together. The



snow has to pack to make the snowman. If it packs, make a ball out of the snow and place it on the ground in front of you. Start rolling it away from you and pack it occasionally with your hands. Keep doing this until it is the size you want for the bottom of the snowman's body. The bottom should be the largest ball of snow. Do this for the mid-section of the snowman and it's head. Pack some extra snow in between the balls so the snowman will stick together. Each section should get smaller. You can also build your snowman with two sections - one for the body and one for the head!

After your snowman is assembled, it's time to get creative! The snowman needs a face! You can use coal, rocks, buttons or anything dark and round for the eyes. A stick would make a good mouth and a carrot would make a fine nose. Cover its head with an old knit hat or any old hat. You can spruce him up with a scarf or sunglasses.

If you decide you want your snowman to have arms - use sticks. Push the sticks into the side of the middle section and you can even hang old mittens on the ends for the hands!

THE BIGGEST SNOWBALL GAME

Here's a fun game - split your friends up into two teams or more. See which team can roll the biggest snowball. The game ends when the teams can no longer push the snowballs and roll them any further.

FOOTPRINT TAG

Play tag as you normally would, but stepping only in other's footprints!

SNOWMAN HAT TRICK

Build a plump snowman in the yard. Make a game of taking turns trying to land a hat on his head by throwing it Frisbee style from 10 feet away! First person to land three wins!

