



Winter Activities/Games Outside

Animal Track Races – Make a Start/Finish line – have to walk like a perfect stepper, waddler, hopper, bounder, one way for each type of animal track pattern. Can do this either as a race or do it for time.

Winter Relay - set up stations or do one station as a singular activity, each station represents the way an animal deals with winter.

- Snowshoe - run with snowshoes on to the next station, hula-hoop migration (have enough snowshoes at the start for every kid –kids collect the shoes at the end)
- Hula-hoop – groups of kids get inside the hula hoop and run, flapping their arms like birds, like a flock migrating. Can have several hoops along the course kids have to get in to as birds rest and have to flock up again. Flocks must stay together and can't leave until everyone is in the hula hoop. (This is really fun as its own as an activity!) They race in the last hula hoop to the tunnel. Someone resets the hoops.
- Tunnel – kids put on extra clothes to show putting on fat/fur and have to climb through the tunnel (or designated area) and huddle with everyone in a small space near the end of the tunnel. This shows what it is like to huddle in a hibernacula. Everyone must be able to fit into the hibernacula before they can move on to the pile of beanbags or pine cones. Return the clothes to the start.
- Pinecone pile (or smaller items that could represent food. Have a bin for each group or have a specific number of cones the person has to put in the bin). Animals collect and store food so the kids will too. Collect the items without using your thumbs (can tape the kids thumbs down with duct tape to prevent accidental usage) and put them in a bin. Once all the food is collected they have to run and tag the next group waiting to go through the stations. The group just finishing gets to act out a dramatic death.

I Spy Snowshoe (or no snowshoe) races – one person is it and looks for a place outside and gives details until someone guesses then everyone runs to it

Insulation Race – big trash cans or bins on one side, kid's line up in teams with one plastic shovel (like and avalanche shovel). Have to race to fill up the bin with snow that you get from the line-up area. Snow is an insulator so the smaller mammals that live under the snowpack can stay warm and hide from predators.

Anti-Avalanche - have kids make a circle, have air filled balloons, more than there are kids. Kids toss them into the air and everyone tries to keep all the balloons in the air. If one falls they have to try and get it back up without more hitting the ground. When finished they can let them all fall the ground and make horrendous crashing noises like an avalanche.

Snowball Skills -

- Like bean-bag toss have circles cut out of a piece of cardboard with different points for each circle. Kids throw the snowball through the hole to gain points, the one at the end of set time with the most points gets to have everyone congratulate him –pat him on the back, a group cheer or something like that.
- Throw the snowballs the farthest; throw the snowballs over a rope and move the rope higher; knock another snowball off a cone;

Inuit Eskimo Olympics -

- Ice berg jump – like the hop, skip, jump event at track day but Inuit's have to be able to do this to get to through an ice flow without falling in. Measure distances.
- High Kick from a standing position – Inuit's do this to help keep their balance and be able to remove snow and ice in their travel way. From a standing spot jump and kick as high as you can.
- Seal Sneak – move along the ground like a seal for a certain distance (undulate but can use hands and body but not feet) really hard but cool when you get it.
- Thin Ice balance – make a balance beam out of snow and have them walk without falling off. Can make a whole series of beams that make a course and do it forward, backward, side wards, one foot, low down, on tip toe.
- Polar Bear Roll – roll down a hill, get up and run to a spot, count to 10 and go roll again. Polar bears move along snow and ice by rolling and will stop to see if anything they can eat has come into view, then keeps moving on.

Snow Queen Tag – like freeze tag (can use a wand/lollipop or use hand for older kids) and kids are unfrozen if tagged 3 times by someone unfroze.

Abominable Snow Monster Tag – like Blob, once your tagged you're part of the monster and hold hands until everyone is tagged. Set up boundaries to limit areas to run or this could take all day!

Under the Snow – get a parachute. Most everyone holds on to a parachute and while kneeling shakes the parachute over 2-3 kids who are mice. The mice move around under the parachute while a few kids (or 1 depending on the size) are the predator-the fox. The fox tries to pounce on the mice as they move under the parachute. If a mouse is tagged then they come out and become a shaker. Once all

the mice are captured then the foxes get to be the mice. After a while put a board over a part of the parachute to mimic packed snow and see how different it is for the mice and the fox to move around.

Hidden in plain sight – ptarmigans and other animals use camouflage as a defense. Beforehand go outside and hide items fairly visible in a specific area. Tell kids there are a certain number of items outside they have to find with their eyes (like predators looking for food). Tell them they have to whisper in your ear how many items they think have found. Have kids go out and try to find them and count how many there are and where they are without talking or pointing or touching the item. Have kids walk out with hands behind their back and remind them to not say anything – if they point someone else will see the item. Once they finish walking the trail and counting have everyone walk the trail together and point out the item, picking them up as you return so you don't have to get them later. This is done as an unnatural trail – using items that you normally don't find in nature but you can use any theme with this.