

Simple Ways to Help Your Child be More Active

Free Activities to Do With Your Child

Winter is often one of the most difficult times of the year to keep young children active. There is less daylight and dressing children for the outdoors takes a lot more time – but don't get discouraged. Children need 90 minutes of physical activity every day, all year long.

Look within your own community for places you can be active with your child. Some places you may want to start with are: community swimming pools, skating rinks, hills for tobogganing, malls for walking, park trails or indoor playgrounds.



Fun and Active Games

Winter Scavenger Hunt

This is a great activity to do when walking outdoors. Increase your child's awareness of the nature around them in the winter. Here are some winter nature items you can look for:

- Bird
- Animal tracks
- Evergreen needles
- Animal house
- Other people being active outdoors
- Dried berries
- Icicle
- Litter (pick it up and pack it out)
- Pinecone
- Trickling of water or frozen water
- Your breath
- Squirrel, mouse or small animal



Skill Development

Balancing

Allow your child to test their sense of balance by walking on a straight line, a curved line and a low balance beam (about 6 inches off the ground). In this game you can tape a piece of string on the ground or use an existing drawn line. Join in the activity by saying the following rhyme. Walk in front of your child and join your hand with theirs by reaching your hand back - like elephants do with their trunks.

“One elephant was balancing
Up and down on a piece of string
They thought it such tremendous fun
That they called for another elephant to come.”

Snow Search

Find a large area of fresh snow (e.g. park, lawn) and toss 20 small items (balls work well) randomly into the snow. Have the children find as many of the items as possible in a set time! Your children can then toss the items and you can search for them.