Get Up & Move!

Family Activity Series 2: December

Snow Time Fun

This month you learned why it is important to find balance in your diet with the type of fats you eat. It is also important to find balance in your life by incorporating physical activity. It can be difficult to stay active during the winter months because of poor weather conditions, but there are still plenty of options.

This month you and your family can be physically active together and enjoy the winter weather by building a snowperson. Try to choose a day that is not too cold and make sure that the snow is a bit sticky. Be sure to dress warm with a coat, hat, gloves and a scarf. You can also invite other friends and their families to help you build your snowperson.

Before you go outside to build your snowperson gather the materials you will need. Suggestions include old scarves, hats, vests, flannel shirts, straw brooms, pipes, carrots, stones, and large buttons or pieces of coal. Once outside you can gather sticks or old shovels and brooms for arms.

The first step to making your snowman is to roll a snowball the size of a baseball. That ball should be put on the ground and rolled until it gets to the size of a small table for two people. You should finish rolling the ball where you want the snowperson to sit in your yard. This will be the bottom of your snowperson. Next you should roll a second ball, yet it should be smaller than the first. Place the second ball on top of the first and pack some snow around the bottom of the second ball to make sure it’s secure. This will be the upper body of your snowperson. Next, roll a third and final ball of snow that is a bit smaller than the second. Place the third ball on top of the second and pack some snow around the bottom of the third ball. This will be the head of your snowperson. You might need an adult to help place third ball on top of your snowperson. Now you and your family are ready to decorate.

Below are a few suggestions for ways to decorate your snowperson. Don’t feel limited by the suggestions; your snowperson can be transformed into as many things as you can think of!

- **Faces:**
  - **Nose:** carrots, coal, button, stick
  - **Eyes:** buttons, small apples, coal, painted stones, craft googly eyes
  - **Mouth:** stones, coal, buttons, wax lips

- **Hair:** Mop heads, colored string or yarn

- **Snowman:** Old coat in a masculine color, top hat, long scarf

- **Snowwoman:** Old coat in feminine colors, food coloring to make rosy cheeks and lips
**Sportsnowman:** Football helmet, old pair of figure skates, golf club and cap, or an old jersey

While you are outside building your snowperson you might want to try making snow angels or even having a friendly snowball fight. There are many fun activities that you can do outside during the winter, but always remember to dress appropriately for the weather. Also don’t forget to record the minutes you spend building your snowman in your December physical activity calendar. Remember that your goal is to get 60 minutes of physical activity every day!

Source: (www.youthonline.ca)