Snowman Fun!  (20-40 minutes)

Items needed for this activity:
- Two sets of items to create a “snowman”
  - Stocking Cap
  - Mittens
  - Sunglasses
  - Scarf
  - Boots (large)
  - Belt
  - Suspenders
  - Ear muffs
  - Clown nose
  - Large overcoat (optional)
  - Large overalls (optional)
- Other items that you feel could go on a snowman
- 2 boxes to hold “snowman” clothes
- Balloons (30-50 balloons per team)
- 30 gallon trash bags (need 1 bag per team for the Snowman Stuffing game)
- Timer

Background information for presenter:
Planning outdoor activities can be challenging during winter months. Many “typical” wintertime activities revolve around having snow on the ground. This month you have several options for a fun, hands-on activity that will involve all of the members in some form of physical activity. One of the activities requires “snowy” conditions the others are indoor snowman activities.

Step 1: Information to share with club members (5 minutes)
When being physically active during cold months, it is important that you dress appropriately. Whenever you go outside, it is important to have your head covered, as a great deal of body heat gets lost through an uncovered head. A hat and maybe even earmuffs are best. Hoods do work, however they can interfere with moving and seeing. It is also important to dress in layers for warmth – just don’t wear so many layers that you can’t move easily for fun and safety. If you will be outside for an extended period of time in cold temperatures, consider tying a scarf over your mouth and nose. A scarf can facilitate warming the air that you breathe before it gets into your throat and lungs. If you use a scarf, remember to tuck the ends inside your coat so it doesn’t get caught on something and become a choking hazard. Last – remember mittens or gloves and boots.

The only “man” that doesn’t have to worry about getting too cold is perhaps a snowman. Today we are going to get active doing some activities focusing on snowmen.

Step 2: Group Activity (10 minutes)
Snowman Race: (Prior to the activity, use masking tape to mark both a start/finish line and dressing line for each team).

Who can tell me what you need to make a snowman? (Possible responses might be snow, sticks for arms, rocks or coal for eyes, hat, scarf, etc.) All of those are good responses and we are going to use a few of those items in our Snowman Race. Today we are not going to use real snow in this race; instead each of you is going to “dress” like a snowman.

First I need to have you form two teams (have participants count off to form two teams). Here is a start line for each team. (Point out area.) There is a box of snowman supplies for each team on the other side of
the “dressing” line of each team. All of the members of each team should line up in single file behind the “start” line.

When I say go (or blow a whistle), the first person from each team should run to the other side of the dressing line, put ALL of the items from their snowman box on over their clothes, complete five jumping jacks, take all of the snowman clothes off, and run back to the start line to tag the hand of the next player. The next person repeats the process.

The team to complete the relay first is the Champion Snowman Dresser!

Optional Variation: When working with a large group, assign youth an item from the snowman box to help dress the participant. Spread the “dresser helpers” as far apart as possible. As the person who is racing/being dressed approaches a helper, the helper must complete 5 jumping jacks before placing the snowman article on the other person.

Step 3: Group Activity (15 minutes)
Build-a-Snowman Contest: This activity can only be done if there is a good covering of snow outdoors. If conditions are good – make sure that all members have the proper outdoor clothing (including gloves, hats, etc.)

Depending on the size of the group, form teams of at least 5 participants who will work as a team to build the first 5-foot snowman. Review common guidelines for building a snowman in case some participants have not had that opportunity. The main point is to explain that they need to start with a small ball or clump of snow and then just start rolling and packing it to form a larger ball. Do require that the entire team help in the process. Tasks will include rolling the balls, helping stack the balls up, finding resources to “dress” their snowman, etc.

The winner will be the first team to create a 5-foot snowman. (It will help if you have a measuring stick on hand).

Another option on this activity would be to identify other categories to evaluate the snowmen. For example, “best dressed;” “sturdiest appearance;” or “most 4-H-like”.

Step 3: Group Activity (10 minutes)
Snowman Stuffing: This can be a fun holiday activity. Prior to starting the activity, members will need to blow up a large supply of balloons and use masking tape to mark both a start line and snowman stuffing location for each team. Depending upon room space, scatter the balloons around the edges of the room or in a container near the starting line.

Divide all of the participants into teams of 4-6 players. This activity involves one participant who plays the role of the snowman, while the other participants are responsible for “stuffing” the snowman with balloons. Once you have identified the snowman, that individual should put the garbage bag on. Two slits should be cut in the sealed end of the bag. The snowman should slip his/her legs through those slits. Team members can help them pull the garbage bag up to the snowman’s armpits (arms outside of the garbage bag) and tape the open ends of the bag across their shoulders – leaving an opening in the front and the back. These two openings will be used to “stuff” the snowman with balloons.

Remind participants that the only balloons that count in this game are the ones that are intact – so balloons popped while stuffing them in the bag don’t count.

Have team members line up behind their starting line. Explain that each participant will quickly get a balloon, race to stuff in the snowman, then return to the starting line to tag the next person. We will set a timer for two minutes and see how many un-popped balloons can be stuffed into the bag before the timer goes off.

The winning team is the team that gets the most intact balloons in the suit during the two-minute time period.

Get Up & Move!