



Family Winter Outdoor Activities:

1. Create creatures in the snow
2. Blow bubbles and watch them freeze
3. Ice Skating
4. Snowshoeing
5. Sledding
6. Snowboarding
7. Skiing
8. Have a snowball making contest-who can roll the biggest snowball
9. Snowball battles
10. Snowball throwing contest-create a target
11. Build a snowman
12. Run a race in deep snow
13. Build a snow fort
14. See how far you can jump in snow
15. Have a snowball fight
16. Ice skating tag
17. Shovel the driveway and sidewalks
18. Snow art- allow kids to spray the snow with water colored with food coloring
19. Tic Tac Snow- use sticks, rocks, pinecones
20. Play freeze tag
21. Create an obstacle course in the snow

For more fun ideas please visit www.livehealthyiwakids.org!