

High Five Friday

Be Active Activity

Winter Charades

It is important to remember to stay active during Winter. If it's not possible to play outside just find new ways to be active at home. You could clear some space in your home for some active play. Have some festive fun with the people at home by playing Winter Charades. Here are some ideas to get you started. Pretend to...

Make a snow angel

Build a snowman

Decorate a Christmas tree

Have a snowball fight

Wrap a Christmas present

Sing some Christmas songs

Drink some delicious hot chocolate

Ice skate

Sled down a hill

Balance Challenge

Give each person a beanbag, challenge them to walk around the room or playground balancing the beanbag on their heads. If someone drops his or her beanbag, they must freeze until a friend picks it up and places it back on their head for them (while keeping their own bean bag in place, of course!).