

Don't let the cool weather chill your thrill, The key to staying warm is to not sit still. Have fun dreaming up new and wacky ways to groove, But be sure to dress in layers, if you go outside to move.

power

HealthPartners

COOL WEATHER PLAY

LOOK + FIND

Can you find these three things? Pink pompom, red mitten, yellow rope

KEEP CHOMP WARM

Help dress Chomp to keep him warm while playing outside. Color the cold weather gear and draw a line to where each item goes on Chomp.







WHICH OF THESE ACTIVITIES WOULD YOU LIKE TO TRY?



HealthPartners powerup



DO IT YOURSELF: MAKE YOUR OWN **PITCH BRRR-FECT TARGET**

Draw a target on cardboard. Give each ring a different point value. Hang it up. Roll some snow balls and then aim for the bullseye with each pitch. No snow? No worries. Any ball will do. Try throwing with your right and left hand.

KEEP WARM. KEEP PLAYING!

Dress like an onion ... in layers. Then you can peel layers of clothing off or add more, as you need to stay warm.

Keep the wet out and feet dry. Slip plastic bags over your socks before you step into your boots or shoes.