







Playing in the Snow!

Week 1			
Activity	How many or how long	How many days	Instructions
Walking or Snow Shoeing 	20 mins	Total for the week	Go for a walk through the snow. See if you can walk for a total of 20 minutes. You can do the 20 minutes all on one day, or add up the time from different days. When you are walking, see if you can keep moving for 5 minutes without stopping.
Snowplay or Tobogganing 	10 mins	2 days/wk	If you have snow at your house, go outside and make a snowman or snow angels. You can also go tobogganing or throw snowballs with a friend. Choose what works best depending on the weather.



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Week 2			
Activity	How many or how long	How many days	Instructions
Play in the Snow 	20 mins	Total for week	If you have snow at your house, go outside and make a snowman or snow angels. You can also make forts or throw snowballs with a friend. Choose what works best depending on the weather.
Walking or tobogganing 	30 minutes	Total for the week.	Enjoy walking for 30 minutes this week. If there is too much snow, go tobogganing instead. When you are walking or sliding, see if you can keep moving for 10 minutes before you rest.

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Week 3			
Activity	How many or how long	How many days	Instructions
Tobogganing 	30 mins	Total for week	Go tobogganing with a friend. Choose your favourite type of hill and hope that the weather will provide lots of snow.
Playing in the snow 	30 mins	Total for week	If the weather cooperates, play in the snow during the week. Try to go for a total of 30 minutes (either all at once or by adding up the time from different days). You can throw snowballs, make snow people or snow sculptures, or make snow angels. Whatever you want, just enjoy the snow while it's here.

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Week 4			
Activity	How many or how long	How many days	Instructions
Walking or Snow Shoeing 	30 mins	Total for the week	Go for a walk through the snow. See if you can walk for a total of 30 minutes. You can do the 30 minutes all on one day, or add up the time from different days. When you are walking, see if you can keep moving for 10 minutes without stopping.
Snow play or Tobogganing 	30 mins	Total for week	If you have snow at your house, go outside and make a snowman or snow angels. You can also go tobogganing or throw snowballs with a friend. Choose what works best depending on the weather.