

LONG LIVE WINTER!

MATERIAL/EQUIPMENT

- None

ACTIVITY DESCRIPTION

- Invite participants to name and simulate some winter activities.
- Allow about 60 seconds for each activity, to give participants time to try out different movements. If they run out of ideas, the person leading the break can suggest some.

READY, SET, GO



SNOWSHOEING

Take big steps, lifting your legs high.

SPEED SKATING

With your legs apart, bend one knee and touch it with the opposite hand, then switch knees.

CROSS-COUNTRY SKIING

Jump on the spot while doing the cross-country skiing motions.



HOCKEY

Mimic passes and shots. Simulate stickhandling the puck.

SNOW ANGELS

Do jumping jacks.

OTHER IDEAS

Shovelling snow, engaging in a snowball fight, building a snow fort, etc.

