

Name: _____

SNOWMAN WINTER ACTIVITY CHALLENGE

Complete each activity challenge to help build your snowman. After finishing a challenge, color in the matching part of your snowman. Stay active, stay warm, and enjoy the season!

#1 Sledding (Legs)

The snowman needs a strong base to stand tall and support the rest of its body. Sledding (and walking uphill!) uses your legs and balance to stay steady, just like Frosty's bottom circle keeps him upright.

☐ Color in the bottom circle (legs) on your snowman!

#2 Ice Skating or Winter Walk (Body)

Ice skating or walking is an aerobic activity that makes your heart and lungs strong!

☐ Color in the body on your snowman!

#3 Go Outside and Find Five Winter Objects (Head)

Fresh air clears your mind, and walking in nature helps you relax and focus.

☐ Color in the head on your snowman!

#4 Build a Snowman (Arms)

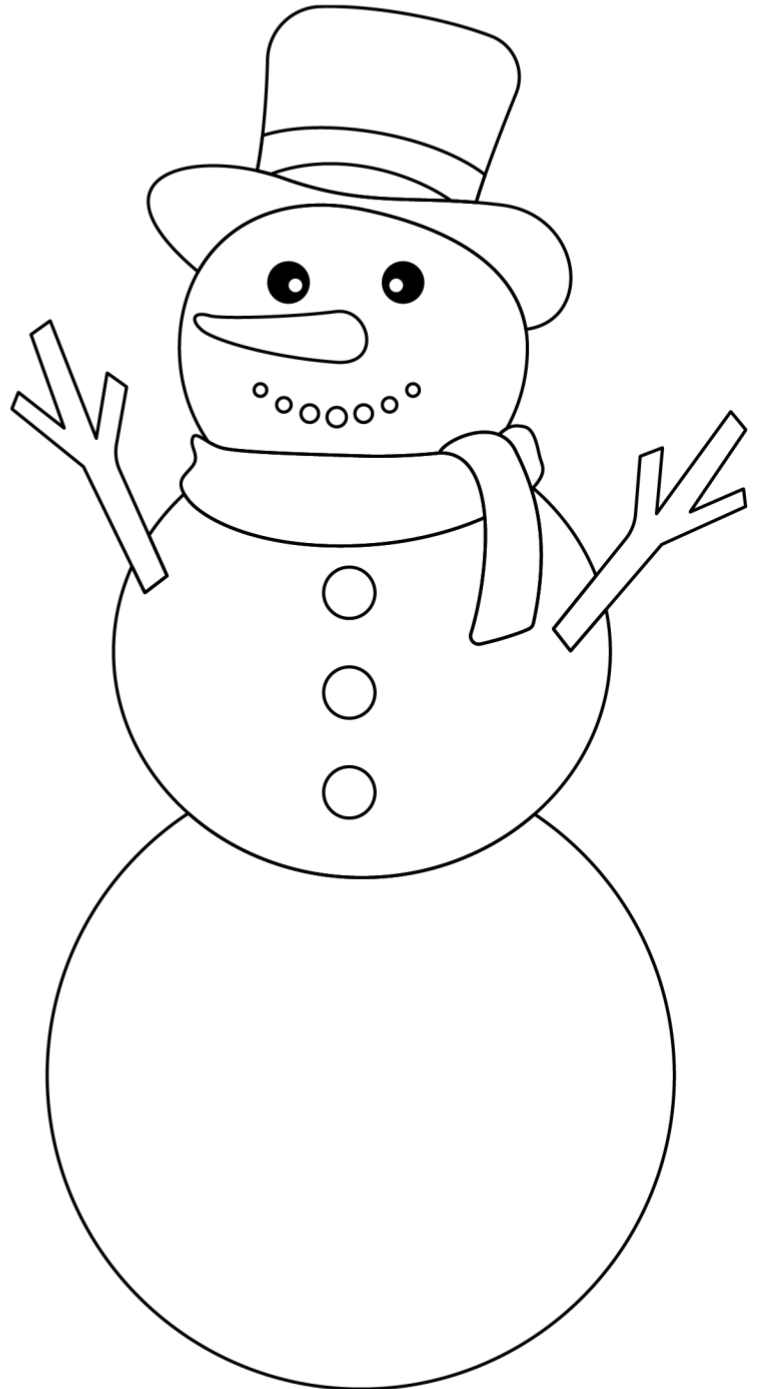
Rolling snowballs and lifting them up builds strong arm muscles. Let's see those muscles!

☐ Color in the arms on your snowman!

#5 Do your FAVORITE Outside Activity! (Hat/Scarf)

Moving your body warms you up and keeps your muscles strong, just like the hat and scarf keep the snowman warm and cozy in the cold.

☐ Color in the hat and scarf on your snowman!



Great job completing your snowman! Staying active during the winter keeps your body strong and healthy, even when it's cold outside!

GOPHER