

Winter Fun



SLIDING, A *COOL* WINTER ACTIVITY!

- * Take every opportunity you can to play outdoors, and complete the lines on your mountain by writing down every activity you did outside for at least 15 minutes.
- * You can go sliding in different places: the schoolyard, parks, the mountains or your yard at home.
- * You can go sliding with friends, neighbours, members of your family or your teacher.
- * You can slide on your bottom, a piece of cardboard, a snowboard, a kicksled, a tri-ski, a saucer, a luge, a crazy carpet, etc.
- * See the instructions on the back of this sheet.



Write your name
on top of the mountain

6.

5.

4.

3.

2.

1.



INSTRUCTIONS FOR STUDENTS

- * Write your name in the space and complete each line of your mountain by writing down every activity you did outside for at least 15 minutes. Make sure that a parent or teacher initials your mountain each time you add an activity.
- * Be sure you read the instructions for sliding safely before you get started.
- * Once you have completed your mountain, give it to your physical education and health teacher or your homeroom teacher so you can post it somewhere visible in the classroom or the school.
- * You could even make it into a mobile!

INSTRUCTIONS FOR PARENTS

- * Encourage your child to play outside and to complete his or her mountain.
- * Play outside with your child. Have fun as a family! Take this time to go sliding with your child. Sliding is a great group activity and can be enjoyed by people of all ages.
- * Initial the mountain every time your child does a physical activity outside for at least 15 minutes.

SLIDING SAFELY

1. Make sure the slide is free of objects and other people.
2. Make sure the surface of the slide is not icy.
3. Once you have finished your slide, get out of the way quickly.

Breathe in the fresh air and enjoy some winter fun!