



CHARACTERISTICS OF A SAFE FORT

1. It has no roof.
2. It is no higher than your shoulders.
3. It was built under adult supervision.

PLAYING OUTDOORS IS FORTIFYING!

INSTRUCTIONS FOR TEACHERS

- * Give each child a paper fort to cut out and complete, along with the instructions for students and parents.
- * Encourage the children to play outside and to build forts, and remind them of the characteristics of a safe fort.
- * Explain to the students how to do their “active homework.”
- * Give the students original ideas for outdoor activities. Be creative!
- * Add to the “active homework” by organizing challenges between classes or with other schools.
- * Set aside time for the students to discuss their experiences and share ideas with each other.
- * When the students have completed their paper fort and handed it in, you can download more paper forts at www.mels.gouv.qc.ca/plaisirshiver.
- * Don't forget to remind students how much fun it can be to play outside, even in the winter.