



Fun ways to keep moving in the winter!



- Take a walk around the neighborhood
- Go on a scavenger hunt
- Visit our state parks (for a list visit <https://portal.ct.gov/DEEP/State-Parks/Connecticut-State-Parks-and-Forests> or web search “CT State Parks”)
- Chase bubbles (If it is cold enough they may freeze!)
- Create with the snow (try building snowman or snow forts, make snow angels or mazes).
- Make an at home obstacle course
- Make movement dice or a movement jar
 - Think of a list of 6 fun physical movements (like penguin walk, or bear crawl). Grab an old, small, square delivery package box or tissue box and write the one movement on each side. Roll the die and do whatever movement it lands on!
- Have a dance party!
- Take a bike ride or skate. Play tag
- Keep an eye out for socially distance activities at your local community centers

For more tips on child physical health visit :
www.scorct.org

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