



power  
up

# COOL FUN FOR EVERYONE

.....

Go for gold in our  
winter games

Sculpt a snow critter

Have fun chillin'  
with Chomp

Roll a strike in indoor  
snow bowl



# WELCOME KIDS AND FAMILIES!

Don't let the cool weather chill your thrill.  
The key to staying warm is to not sit still.

Whether inside, outside, snow or shine,  
It feels good to move your body, anytime!

So, turn the page to find winter ways to groove,  
But be sure to dress in layers, when you go outside to move!

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For more ways to help your family PowerUp visit [powerup4kids.org](https://powerup4kids.org).







**James MapellLentz, MD**  
Pediatrician and dad of four

## HELLO FAMILIES,

Every day, I'm being asked about ways to help kids' power-down their screens and explore new and fun ways to move their bodies and calm their minds. As a doctor and parent, I know firsthand how important and challenging it can be to navigate this balance.

Our bodies and brains need physical activity, as well as rest and relaxation, to feel good and be healthy. The good news is that kids already love to play and move. Plus, the whole family can join in the fun. We can inspire kids with simple movement and feel-good activities, such as active family games, playing outside, music or art, dancing and stretching. At my house, we turn up the music and have a dance party with my kids. It even gets my heart pumping with a smile. We all feel better when we make movement and feel-good activities a joyful part of every day.

You can get started with this PowerUp Cool Fun for Everyone magazine. It's power-packed with lots of new and fun activities to help your kids and family move more and feel good each day.

Let's all PowerUp!

**James MapellLentz, MD**

### WHICH OF THESE ACTIVITIES WOULD YOU LIKE TO TRY?



**SLEDDING**



**ICE SKATING**



**DANCING**



**SNOWSHOEING**



**PLAYING IN  
SNOW**

# LET THE GAMES BEGIN

PowerUp with your own outdoor winter games.

## PowerUp Winter Games

Dream up challenges that get you balancing, jumping, throwing and more. Have fun and be bold trying for the silver, bronze or gold!

### GIVE THESE FUN GAMES A TRY



## BLIZZARD BALANCE BEAM

Build a balance beam out of snow (or a flat piece of wood or cardboard), then try walking across it without stepping off.



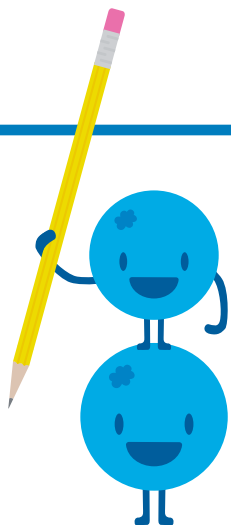
## SNOW PILE HURDLES

Make a fun course of hurdles by building snow piles. Then move through the course by jumping or climbing over the hurdles.



No snow? That's OK! Find other outdoor objects to build your games.





## GOLD MEDAL GRATITUDE

Draw or write one thing you are grateful for on the medal.



## SNOWBALL SHOT PUT

- 1 Make a snowball.
- 2 Stand on a starting line.
- 3 Throw the snowball as far as you can!



What other fun games could you add to your PowerUp Winter Games?

# FLAKES ARE FALLING, WINTER IS CALLING

It's "snow" much fun to play and get creative in a winter wonderland!

## Pitch BRRR-fect Target

- 1 Draw a snowball target with rings and a bullseye on cardboard or paper.
- 2 Hang it up outside or set up against a tree in an area where it's OK to throw snowballs.
- 3 Roll some snowballs and then aim for the bullseye with each pitch.

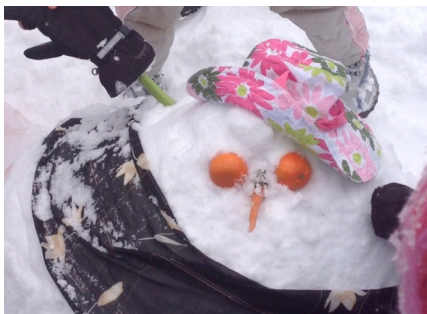
No snow? No worries. Any ball will do or repurpose used white paper by rolling it up and pretending they're snowballs. Just be sure to toss it in the recycle bin when you're done.



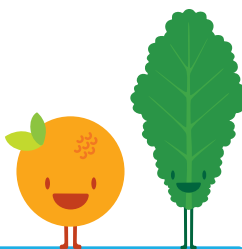
## Sculpt a Snow Critter

### TAKE YOUR SCULPTING SKILLS TO THE SNOW.

Use snow to create silly sculptures or make-believe critters. Decorate it with clothes you have outgrown, or items found in nature (rocks, sticks, leaves). Also, spoons and rulers make good sculpting tools.



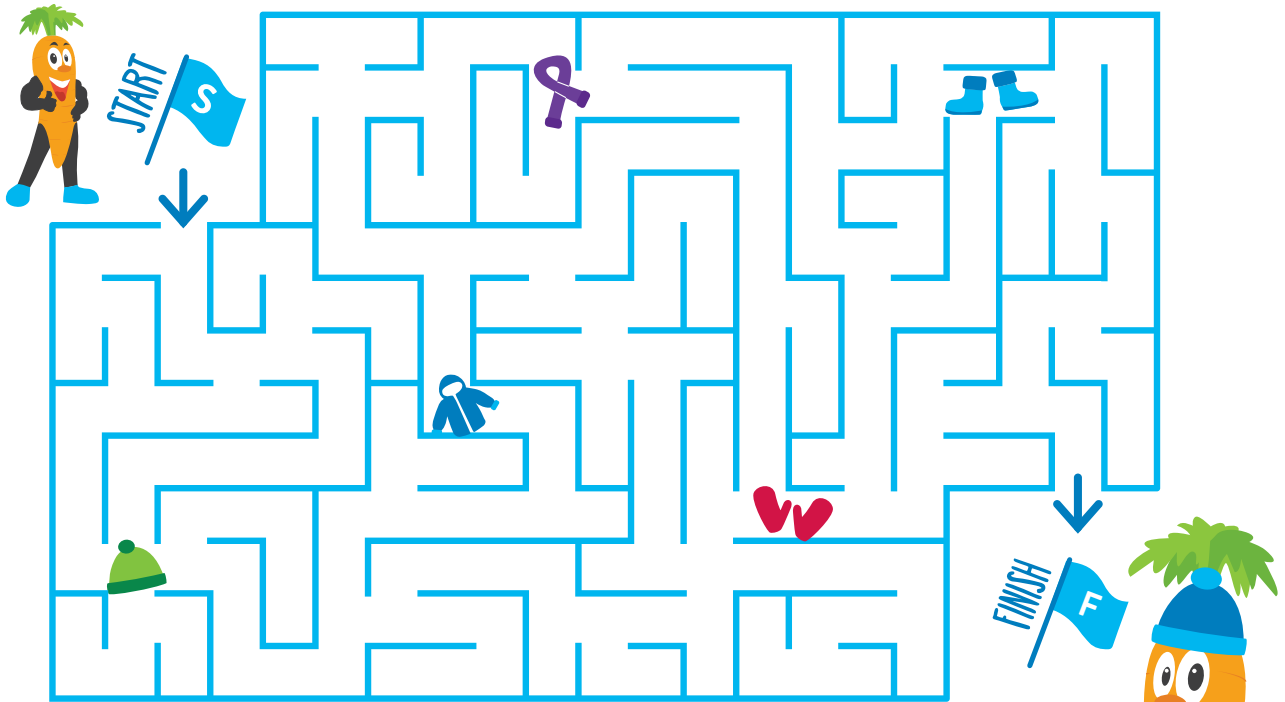
Don't throw out old fruits or veggies. Use them for decoration, too!





# DRESSING FOR WINTER DAYS MAZE

Move Chomp through the maze and help him pick up his cold weather gear to keep him warm while playing outside.



Answer on page 9

## CHILLIN' WITH CHOMP

On a \_\_\_\_\_ winter day, Chomp went outside with a  
(type of weather)

\_\_\_\_\_ to build a \_\_\_\_\_ out of snow.  
(kitchen tool) (animal)

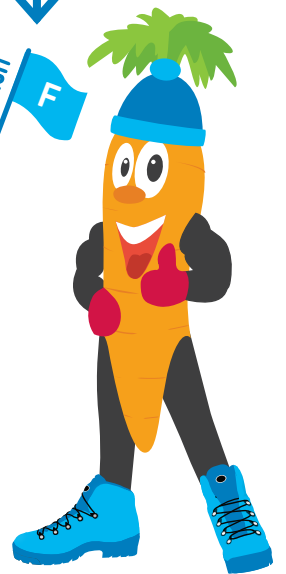
He used his power of \_\_\_\_\_ to make it extra special.  
(a superpower)

Then suddenly, his creation came to life and started to \_\_\_\_\_.  
(type of movement)

Chomp decided to join in with his own moves and \_\_\_\_\_.  
(type of movement)

as fast as he could. But he was not quite as fast as his friend, \_\_\_\_\_,  
(your name)

who came to play, too. Together they all had a thrill in the chill!



## Indoor Snow Bowl

- 3 Then bowl. Strike!

Use a narrow hallway  
as a bowling lane.



## Winter Play Hide-and-Seek

## Snowshoes





# SNOWED-IN STRETCHES

Stretching helps calm your mind and makes you feel good.



## ARCTIC FOX (*downward dog*)

Start on hands and knees, then lift hips up and slowly straighten legs while stretching heels down to the floor like an arctic fox.



## REINDEER (*warrior 1*)

With one leg forward (knee over ankle) and one leg straight back, reach fingertips to the sky like the antlers of a reindeer.



## SNOWY OWL (*warrior 2*)

With one leg forward (knee over ankle) and one leg straight back, stretch arms out wide and straight like the wings of a snowy owl.



## SNOWSHOE HARE (*squat*)

Squat low and sit like a bunny.



## HOWLING WOLF (*cobra pose*)

Lay face down and place palms flat next to your shoulders. Press and lift your head and shoulders off the floor.



## POLAR BEAR (*bear crawl*)

On all fours, crawl like a polar bear.

# WARM UP WITH COOL MOVES INDOORS

Cozy up with crafts, calming stretches and creative games.

## Move and Freeze Dance Party

Turn up the music and move. Then freeze!

When the music stops, freeze in your pose and hold it until the music starts again.



LOOKING FOR A FUN  
FREEZE DANCE SONG?

TRY THE CHOMP STOMP DANCE



Watch and learn The Chomp Stomp dance  
at [powerup4kids.org/chompstomp](https://powerup4kids.org/chompstomp).

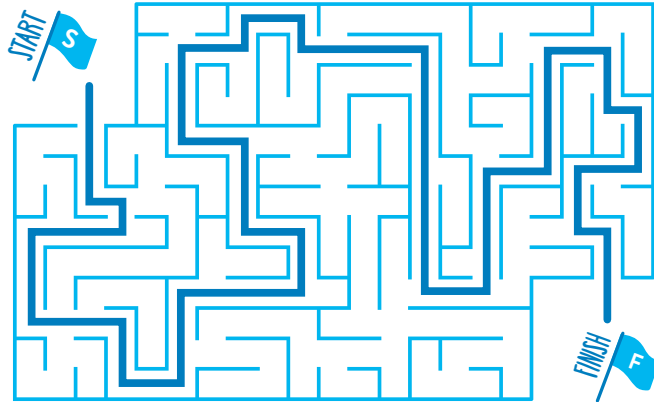
Then grab your family or a pal and  
challenge them to a Chomp Stomp dance-off!



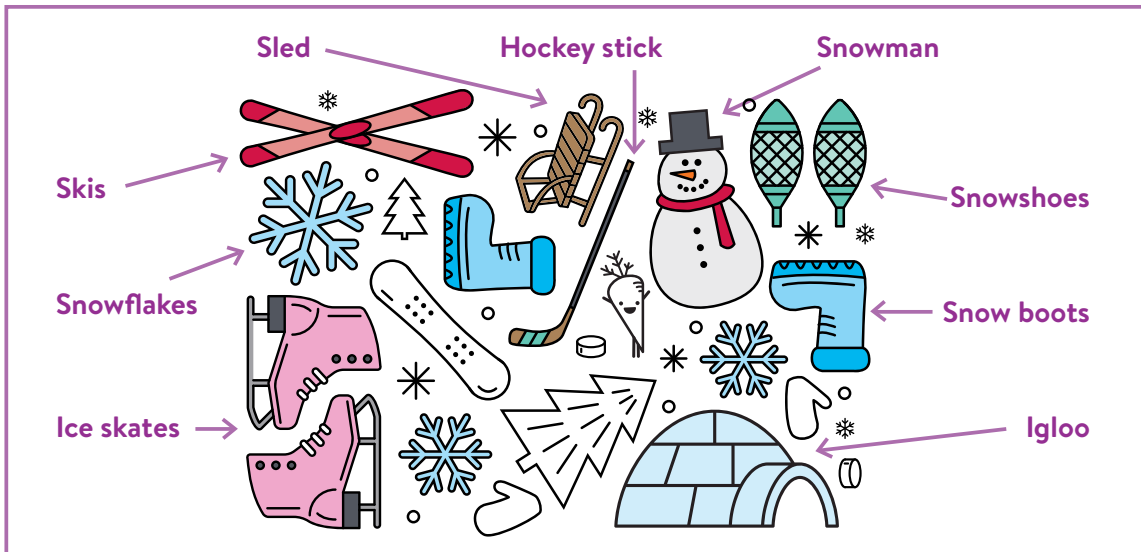


# ANSWERS

## WINTER DAYS MAZE (page 5)



## HIDE-AND-SEEK (page 6)



HealthPartners

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To find more fun ways to move more and feel good, visit [powerup4kids.org](http://powerup4kids.org).

# Veggieland



## HOW TO PLAY VEGGIELAND

1. Each player chooses a veggie character
2. Take turns flipping a coin to move forward on the game board (heads = 3 spaces, tails = 2 spaces)
3. Follow any silly instruction that you land on
4. See who makes it to the finish line first
5. Have fun in Veggieland!

