

Fun on the Weekend



My family makes the most of the winter by spending time outside. Staying indoors all winter can be depressing. Spending time outside is an important way to make sure we get fresh air, sunshine and exercise during the cold winter months.

Before we go out for a winter afternoon, we check the temperature and windchill. We pack our backpacks with winter gear like extra socks and mittens. We pack healthy snacks and a thermos with hot tea that we can enjoy later. We put on our winter clothes. We always make sure we dress in layers, starting with our long underwear, a couple of sweaters and snow pants over our jeans. We wear thick wool socks and winter boots to keep our feet warm and dry. We put on our toques, zip up our jackets and put on our hoods before we put on our scarves and mittens. Dressing for the weather makes going outdoors in winter enjoyable and safe.

After we're dressed for winter, we grab our backpacks and go outside for some fresh air and fun. Sometimes we skate on the ice rink in the big park close to our home. My children love to play hockey, so they always bring their hockey sticks with them to the park in case other children are playing. When we finish skating, we drink some tea and eat our snacks. Then we make snow angels and interesting patterns with our boots in the snow.

If the snow is wet enough, we build a snowman or have a friendly snowball fight. My children like to make snow forts (little houses made of snow) when we have enough wet snow. They like to play hide and seek in and around their snow fort. After an afternoon in the crisp winter air, we walk home and drink hot chocolate.

Winter afternoons always go by quickly because we enjoy the outdoors so much and our winter activities are so much fun. Even though winter is cold, spending time outside helps make the winter months enjoyable.