



HEART

2026 Schedule

Oct 1-19 Competitive Track Applications Open

16 Maine public elementary schools (one in each county) will be selected to compete for up to \$5,000 in cash and prizes!

Nov 19 Play-Along Track Registration Open

Registration for our Play-Along Track is open to all Maine classrooms beginning November 19. All registered students will receive free toolkits, while supplies last.

Dec 1-5 Competitive Track Toolkit Deliveries

Team WinterKids hits the road to deliver carloads of toolkits to our 16 Competitive Track schools across the state.

Dec 8 Play-Along Track Toolkits Start Shipping

Jan 12 Opening Ceremonies at Schools Statewide

Jan 12-16

Week 1: Physical Activity

Jan 19-23

Week 2: Nutrition

Jan 26-30

Week 3: Family Engagement

Feb 2-6

Week 4: Winter Carnival

Feb 6 Closing Ceremonies at Schools Statewide

Feb 13 Medal Winners and Final Results Announced



HEART

2026

Weekly Themes

WEEK 1:
PHYSICAL ACTIVITY
1/12-1/16

Incentive: Stopwatch
Event: Opening Ceremony
Moment of the Week:
Opening Ceremony Video



Week 1 is sponsored by:



WEEK 2:
NUTRITION
1/19-1/23

Incentive: Heart Pedometer
Event: Community Lunch
Moment of the Week:
Talking HEART Meme



Week 2 is sponsored by:



WEEK 3:
FAMILY
1/26-1/30

Incentive: Flashlight
Event: Family Night
Moment of the Week:
Shared HEART Photo



Week 3 is sponsored by:

Aroma Joe's®

WEEK 4:
WINTER CARNIVAL
2/2-2/6

Incentive: Beach Ball
Event: Closing Ceremony
Moment of the Week:
Winter Carnival Highlight Video



Week 3 is sponsored by:



Winter Kids
WINTER GAMES



PLAY
Book
2026



This Winter Games PLAYBook belongs to:

ACTIVITY 4

HOW TO STRETCH

Stretching is an important part of staying active and preventing injuries. Follow along with the stretches from the Learn Outside Guide and use your stopwatch to help time the 5-10 seconds you should be holding the stretches for. Pick a few of your favorite stretches to become part of your daily routine before playing **OUTSIDE** or at recess.



Learn Outside Guide
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ACTIVITY 5 *Friendship Friday!* PEOPLE WHO FILL YOUR **HEART**


Take a little quiet time by yourself and think about the people in your life who, when you think about them or imagine their face, you feel your **HEART** warm or swell. After a few have come to mind, find some paper and write down a list of those people. Maybe there's one person who makes you feel like that, maybe there's ten people – everyone's list will be different lengths.


Spend the day letting everyone on that list know that they are important people you hold in your **HEART**. Different folks on the list may need to be told in different ways. You may just say it to your friend who you'll see at lunch. Maybe there's someone on your list you are too nervous to talk to. You can write them a note or make them a card and give it to them. Is there a family member on the list who is far away right now? A phone call or text could be the best way to let them know how much they matter to you.

These are people you care about, so you'll know the best way to let each of them know.

PEOPLE WHO FILL MY 

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WinterKids Programs are made possible by the generosity of our community partners.
With special recognition to our Avalanche and Powder Partners for their leadership.

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Powder Partners:



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