

Winter Kids
WINTER GAMES



PLAY
Book
2026



This Winter Games PLAYBook belongs to:

WELCOME to the 9th Annual WinterKids Winter Games!

Thank you for being a part of these 4 weeks of bringing the WinterKids mission of helping children develop healthy lifelong habits through education and fun, outdoor winter activity, off the page and outside into the schoolyards, fields, and woods. Celebrate together as over 10,000 of your fellow students and teachers join you in motion.

This year's theme is **HEART** - caring for it, and each other, both physically and emotionally.

HEART health and following your **HEART** will guide our learning and adventures outside as we work our way through our classic weekly topics of PHYSICAL ACTIVITY, NUTRITION, FAMILY, and WINTER CARNIVAL, all guided along by this PLAYBook.

With every heartbeat, WinterKids is here and sincere with you on this winter journey. Best of luck in this year's competition and play, and most of all – keep having fun!



WinterKids Mission

"WinterKids helps children develop healthy lifelong habits through education and fun, outdoor winter activity."

Winter Games Oath

"In the name of Moving, Learning, and Exploring outdoors; we promise to take part in these Winter Games, honoring and abiding by the rules and the spirit of fairness, inclusion, and equality. Together we stand in solidarity and commit our school community to playing The Games with creativity, with integrity, and without discrimination. We do this for the health of our school and to make our world a better place through the enjoyment of the outdoors."

Take the adventure further!

The WinterKids Passport is your family's ticket to outdoor winter fun!



WEEK 1: Physical Activity



Official Broadcast Partner



WEEK 1

ACTIVITY 1 Taking Your Pulse

Your **HEART** plays a beat! By using a stethoscope doctors can hear your heartbeat but at any time you can FEEL your heartbeat. Before learning how to measure your pulse, let's practice finding and feeling your heartbeat. Your **HEART** pumps blood throughout your body but two of the easiest places to feel your heartbeat, your pulse, are on your wrist or along your neck.

To find your pulse on your wrist: use two fingers together to apply light pressure to the underside of your wrist between the wrist bone (below your thumb) and the tendon running down the center of your wrist towards your arm. In that soft tissue space you should be able to feel your **HEART'S** beat.

To find your pulse on your neck: again, using two fingers together find the soft valley in your neck, which lies below your jaw and between the trachea (firmer area at the center of your neck) and the muscles lining the side of your neck. There you should be able to feel your **HEART'S** beat as well.

Once you've gotten good at finding your pulse, you are going to calculate your pulse twice: first while relaxed and then again after exercising. Which do you think will be higher? To calculate your pulse, get your stopwatch ready with one hand and find your pulse with your other hand (or team up with a friend and have them do the timing for you). Start the stopwatch and count how many times your **HEART** beats in 30 seconds. Write it down. Then double that number (ex. 40 becomes 80) and that is your PULSE (heartbeats per minute).

Now, take your pulse after you've been relaxing/sitting and then take it again immediately after exercise, like recess or doing one of this week's other activities. Were you right about which number was higher?



Submit your Opening Ceremony Video for this week's **MOMENT OF THE WEEK.**

NUMBER OF BEATS IN 30 SECONDS (RESTING)	DOUBLE IT!	RESTING PULSE
	X2	
NUMBER OF BEATS IN 30 SECONDS (ACTIVE)	DOUBLE IT!	ACTIVE PULSE
	X2	

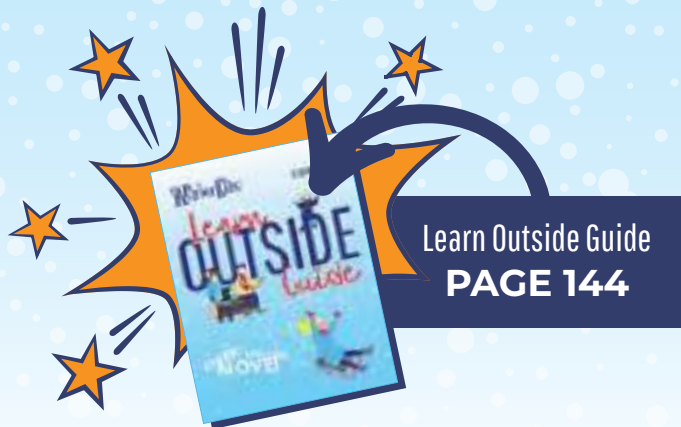
ACTIVITY 2

Flexibility Assessment

Staying flexible is an important way to make sure we don't hurt ourselves while being physically active. Stretching and testing our flexibility is one of many ways we can test our health and aid in our **HEART** health.

After taking the flexibility assessment from the Learn Outside Guide, see how close you can get to touching your toes and mark it down on this page. Could you reach your knees? Your ankles? All the way to your toes?!?

Make stretching a part of all your Winter Games activities and during Week 4 we'll test again to see how much your flexibility has improved.



**HOW FAR
COULD YOU REACH?**



ACTIVITY 3

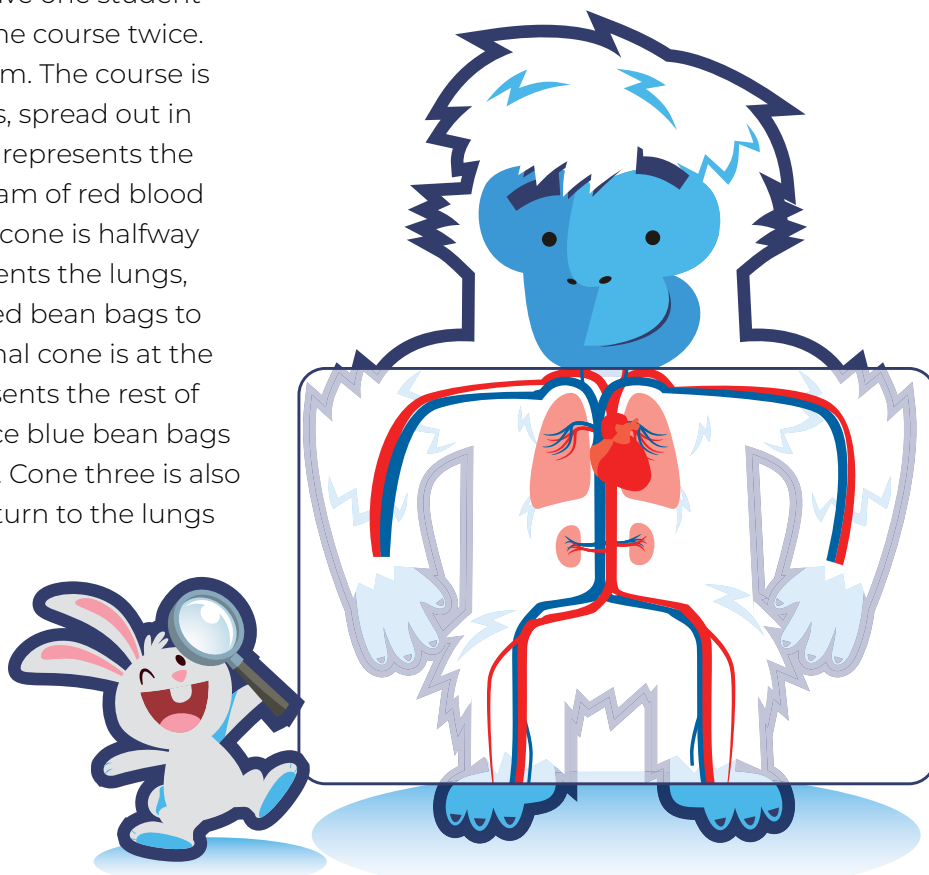
HEARTS Pumping

Your **HEART** pumps blood throughout your body as part of the circulatory system. Blood flows through your arteries, away from the **HEART** and returns to your **HEART** through veins. Blood brings oxygen from your lungs and nutrients from your food to every part of your body, so your organs and cells have the energy to work. Then it picks up the waste, like carbon dioxide, and carries it back to your lungs so you can breathe it out. This cycle continues for your entire life.

Today you are going to be red blood cells!

Split the class into two teams of equal number. If there is an odd amount, have one student from the smaller team run the course twice. Lay out a course for each team. The course is three cones or other markers, spread out in a straight line. The first cone represents the **HEART** and is where your team of red blood cells will line up. The second cone is halfway down the course and represents the lungs, this is where you will place red bean bags to represent the oxygen. The final cone is at the end of the course and represents the rest of the body, where you will place blue bean bags representing carbon dioxide. Cone three is also the turning point for your return to the lungs and **HEART**.

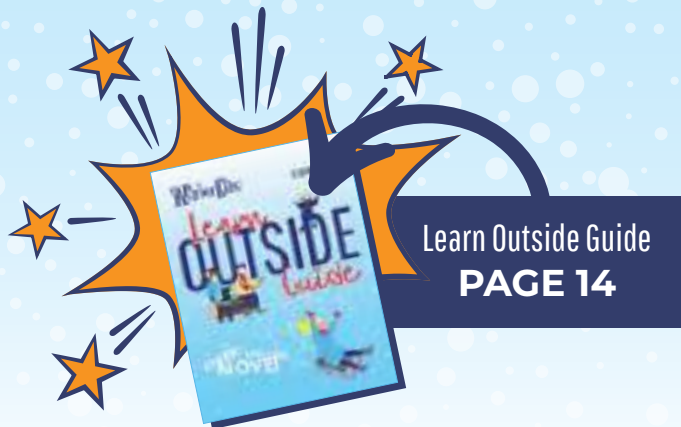
Once the two courses are set up and each team is lined up behind their **HEART** cone, the teacher – with stopwatch ready – can give the teams a countdown to start! The first student will run from the **HEART** to the lungs, pick up oxygen (one red bean bag), run and drop it at the body, then pick up carbon dioxide (one blue bean bag), return it to the lungs, and return to the **HEART** to tag the next student to start their pass through the circulatory system. The first team to finish with the best time getting all their red blood cells through the system wins the title of the **HEALTHIEST HEART!**



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.



ACTIVITY 5 *Friendship Friday!*

Two minutes of silence

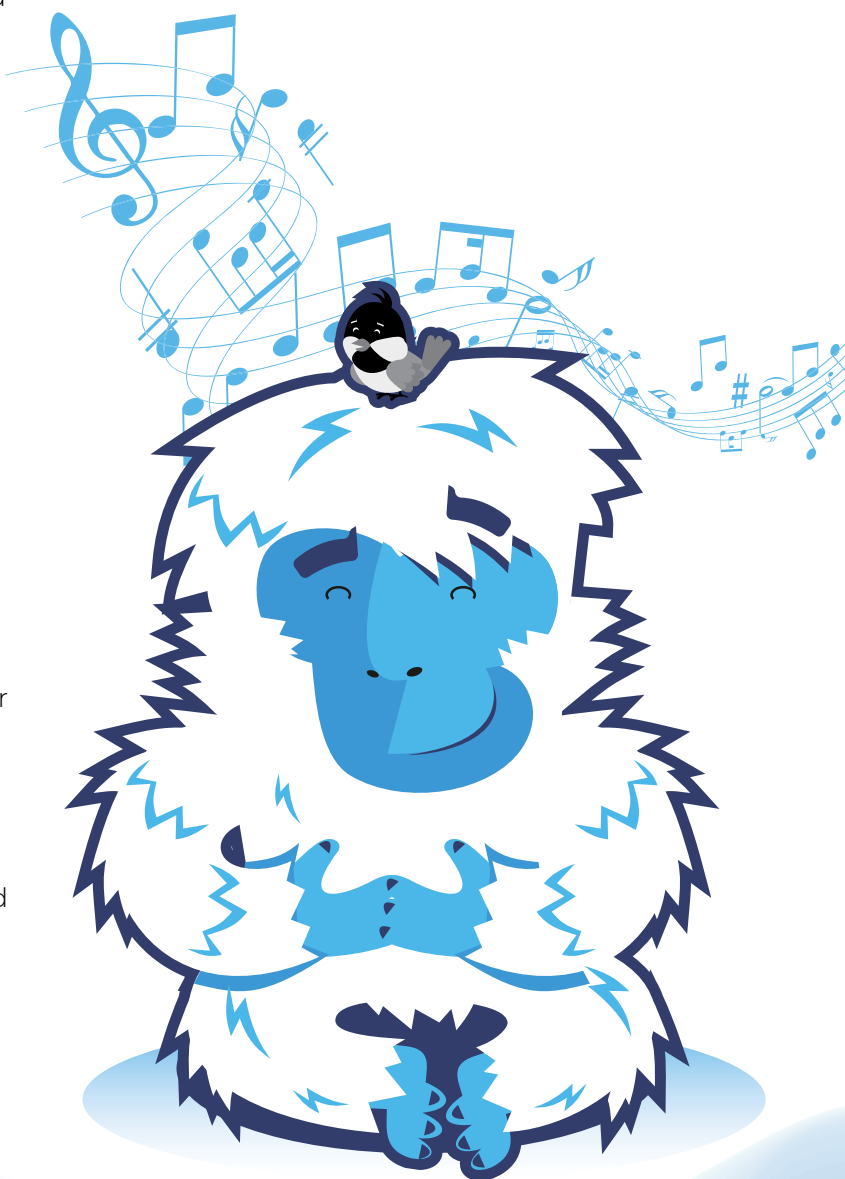
Music has a powerful effect on us both emotionally and physically. What's your favorite song? How does it make you feel? Do you know your friends and family's favorite songs? How about your teacher's favorite song? Spend today finding out other people's favorite songs and see how they react when telling you their favorite song.

Fast, exciting music can get us energized and even help us focus while slow, gentle music can help calm us down. But a medical study found that what lowers our **HEART** rate and blood pressure MOST is 2 minutes of silence immediately after listening to music. Do you think you can be quiet for 2 whole minutes? Get your stopwatches ready!

As a class pick a time of the day when you need everyone the most relaxed and calm. Maybe it's after recess or at the end of the school day before everyone gets ready to leave. Listen to a song together, all of you enjoying the music – sing or dance along if you'd like. Whether it's your favorite song or not, music has an effect on your **HEART**. Once the song is over, everyone should sit down, take some deep breaths, and start your stopwatches together to time out 2 minutes. Do your absolute best to be quiet the whole time. Pay attention to your breath, see how it slows down in the quiet after the song. Focus on the numbers on the stopwatch if you need

to. Think about the song you just listened to, or any song, but be quiet for yourself and everyone else in the class.

How did you do? Maybe you can even try to repeat this at home with your family. Have a dance party after dinner, then sit quietly with your family to help relax for the evening. Or even try it to help calm down for bed.





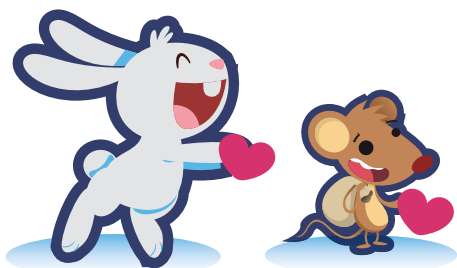
snackpals

Fun fuel for kids.

hannafordsnackpals.com

WEEK 1 GOING FURTHER: ALICIA APPLE'S **HEART** HIKE

Join Alicia Apple to search for naturally **HEART**-shaped treasures on your next outdoor adventure.

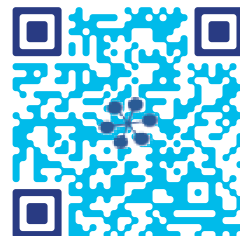


To start now,
scan here:



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WinterKids



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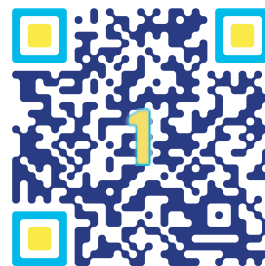
Remember to upload your Moment of the Week (MOW) for the chance to get the bonus point!

This week's MOW:
Opening Ceremony Video Edit (15 sec)

Kicking off the Winter Games really sets the tone for the rest of the competition. Capture video of your school celebrating the spirit of the Games and include lots of **HEARTS** for this year's theme. Edit it down to 15 seconds or less. If you edit the video with music, please select something that will allow it to be posted on social media. All MOW submissions will be sent to the judging panel **WITHOUT** the school or town name included. The judge's panel is made up of representatives of the Winter Games sponsors. The judges will vote on these anonymous videos with the winning video getting this week's bonus point. Each school's MOW votes are tracked for use in the case of any tie breakers (other than a 1st place tie).

Use the QR code for Week 1 on this page to link to the Winter Games site for entering your Week 1 rubric scores, your supporting evidence, and to upload your MOW video. Everything **MUST** be turned in by **5 PM SUNDAY** to be counted.

Tune into WMTW Channel 8 between 4:00 - 4:30pm and 6:00 - 6:30pm on Tuesday to see the Moment of the Week winner or log on to watch at wmtw.com.



Check out the leaderboard at WinterKids.org on Wednesday to see an update on how your school is doing.



WEEK 2: NUTRITION

ACTIVITY 1

Taking Steps For Your **HEART**

This week's incentive is the **HEART**-shaped pedometer, which keeps track of the steps you take. For a healthy **HEART** children between ages 6-11 should get in the range of 10,000 to 16,000 steps per day and adolescents between ages 12-19 should get in the range of 8,000 to 9,000 steps. The minimum amounts can often be achieved with 60 minutes of activity.

Keep track of the number of steps you take each day this week. Fill them into the table below.

Based on your steps this week, have you taken steps equivalent to hiking to the top of Mt Katahdin, the tallest mountain in Maine (approximately 10,400 steps)? Or the number of steps to get to the top of Mt Washington, the tallest mountain east of the Mississippi (approximately 11,700 steps)? How about the number of steps to the top of Mt Everest, the tallest mountain on Earth (approximately 58,070)? Did you walk enough steps to come back down?



INCENTIVE:
HEART
Pedometer



Submit your Talking **HEART**
Meme Photo for this week's
MOMENT OF THE WEEK.

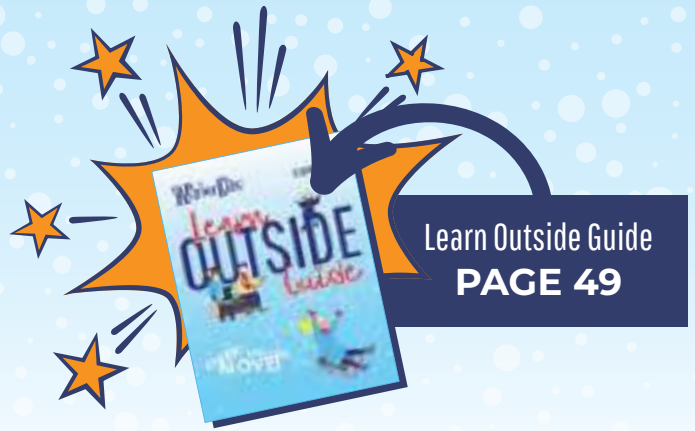
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NUMBER OF STEPS					

ACTIVITY 2

5-2-1-0 RELAY RACE

Your **HEART** does a lot of work keeping us going so it only makes sense that we should put some work into our **HEART** to keep it healthy. The title of this activity from the Learn Outside Guide is based on the healthy behaviors of eating 5 or more vegetables a day, limiting screen time to 2 hours or less a day, being physically active for 1 hour or more a day, and limiting soda and sugary drinks – ideally to zero a day.

In this activity, your team will take turns identifying which of those healthy topics a series of flash cards fall into. Can your team beat your classmates in the race?



ACTIVITY 3

I DID IT FOR MY HEART

What did you do for your **HEART** today? This week keep track of what you did for your **HEART** every day from each of the categories in the table.

MOVE: To help your **HEART**, did you play outside for 60 minutes, or ride your bike, or go sledding? Do some kind of physical activity every day to keep your **HEART** healthy.

FUEL: To help your **HEART**, what healthy foods did you eat? What fruits did you eat? Did you drink water instead of a sugary drink today? What vegetables were part of your meals?

RELAX: To help your **HEART**, what did you do to help relieve stress and lower your pulse? Did you take some quiet time to read? Did you unwind and draw or create art? Did you listen to music or play an instrument? Did you find a quiet spot and write about your day?

Try your best to do something from every category for your **HEART** every day.



FOR MY HEART!

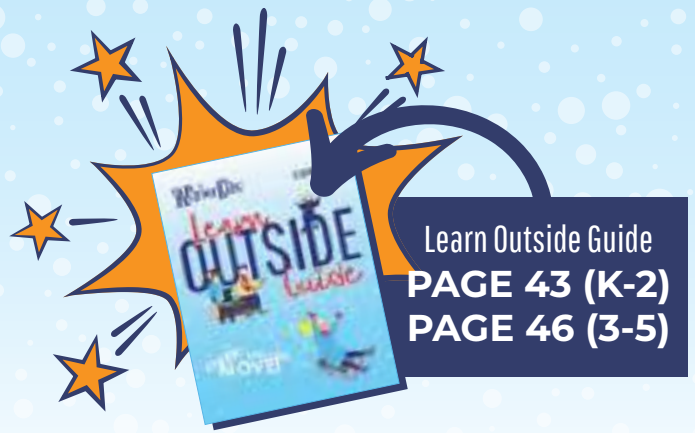
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MOVE					
FUEL					
RELAX					

ACTIVITY 4

HEALTHY FOODS, HEALTHY BODIES

To keep your **HEART** healthy, you need to fuel it with healthy foods. In this activity from the Learn Outside Guide classes will be selecting pictures of food (or use empty boxes/containers of food) and running to place them in the bag/box with the correct MyPlate.gov label: Fruits, Grains, Vegetable, Protein, Dairy.

Did your class get them all in the right bag?
What if the food doesn't fit into one of these categories?



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WEEK 1

WEEK 2



ACTIVITY 5 *Friendship Friday!*

Change Who You Eat Lunch With Today

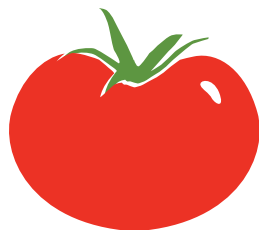
Our **HEARTS** need healthy food to keep working but our **HEARTS** also need each other so we feel connected. Studies show that both maintaining relationships and forging new friendships can be an effective form of disease prevention. In terms of **HEART** health, loneliness can have a similar health risk as light smoking or obesity. Let's form some new relationships!

For today, sit and eat lunch with someone different than who you usually sit with. Maybe it's with someone who usually sits alone, maybe it's with a group of classmates you

typically don't hang around with, maybe it's with someone from a different grade – younger kids who may have fun sitting with the older kids or sit with older kids who might not even know who you are yet.

You may find yourself a brand new friend or you may just get to know someone a little better, so even if you don't become best friends, you have another person to say hi to every day and who says hi back to you. Feeling connected to the people around you is good for your health and good for their health too. That just makes good **HEART** sense.





BACKYARD FARMS

Winter Fun

Let's get busy and **color our backyard**.
Get your pencil cases out and release
your inner artist!



Always Tomato Season



At **Backyard Farms**®, we think of our greenhouse as one big backyard garden. But what's special about this garden is that it's indoors! Our greenhouse protects tomatoes from the outside and provides them with the perfect growing conditions so you are able to eat lots of delicious tomatoes all year-round.



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LOOK FOR THE
PICKET FENCE™



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WEEK 2 GOING FURTHER: STANLEY'S SNACK ADVENTURE

Discover tasty, **HEART**-healthy snacks that are as fun to make as they are to eat.



To start now,
scan here:



We are building a photo
album of your Winter Games
Play-Along Track fun!

All submitted photos are automatically
entered into our prize giveaway. Use the
QR code to link to photo upload instructions.



WinterKids



Check the WinterKids website to see the submitted photos.

CONGRATULATIONS

ON COMPLETING **WEEK 2!**



**BACKYARD
FARMS**
ALWAYS TOMATO SEASON

WEEK 1

WEEK 2

Remember to upload your Moment of the Week (MOW) for the chance to get the bonus point!

This week's MOW:
Talking HEART Meme Photo

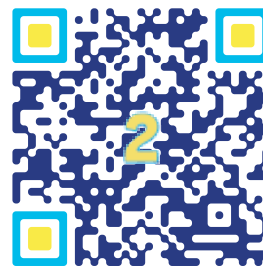
What does your **HEART** say? Use a classic meme format or create your own format and submit your school's best meme depicting what your **HEART** is telling you for bonus point contention. The meme should be turned in as a single image. All MOW submissions will be sent to the judging panel **WITHOUT** the school or town name included. The judge's panel is made up of representatives of the Winter Games sponsors. The judges will vote on these anonymous pictures with the winning image getting this week's bonus point. Each school's MOW votes are tracked for use in the case of any tie breakers (other than a 1st place tie).

Use the QR code for Week 2 on this page to link to the Winter Games site for entering your Week 2 rubric scores, your supporting evidence, and to upload your MOW image. Everything **MUST** be turned in by **5 PM SUNDAY** to be counted.

Tune into WMTW Channel 8 between 4:00 - 4:30pm and 6:00 - 6:30pm on Tuesday to see the Moment of the Week winner or log on to watch at wmtw.com.



Official Broadcast Partner



Check out the leaderboard at WinterKids.org on Wednesday to see an update on how your school is doing.



WEEK 3: FAMILY

ACTIVITY 1 FLASHLIGHT MORSE CODE

Morse Code is a way of communicating with a series of dots and dashes. Movies and TV often portray Morse Code using sounds like beeps or clicks, but you can also use light to communicate with Morse Code. In a way, your **HEART's** own THA-THUMP is kind of like a dot-dash. I guess your **HEART** is grading you an 'A' for taking good care of it.

But first, a reminder: never shine a flashlight in someone's eyes. To talk to someone using light and Morse Code flash your flashlight dots and dashes onto a surface the both of you can see, like an area on the wall or ground.

Counting is important for Morse Code with lights. A DOT is holding the light on for 1 second. A DASH is holding the light on for 3 seconds. Between each signal (dot or dash) pause for 1 second with no light. At the end of each letter, pause for 3 seconds with no light. Pause for 5-7 seconds at the end of a word. Use the chart below to write your favorite color out in Morse Code, putting the number 3 in between each letter (so you remember how long to pause there).

Pair up with someone in your class and find somewhere to flash your light so you can both see it. Make sure they have a piece of paper to write down the dots and dashes as they see them. Perform your favorite color in Morse Code, without talking to each other. Have them compare their notes to the Morse Code chart and report back what color they think is your favorite.

WRITE THE CODE FOR YOUR FAVORITE COLOR!

Aroma Joe's®



Submit your Shared **HEART**
Photo for this week's
MOMENT OF THE WEEK.

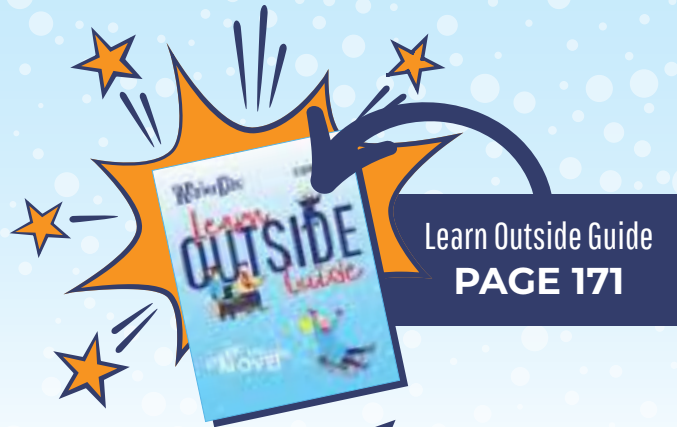
MORSE CODE TABLE FOR FLASHLIGHT SIGNALS

A . -	N - .	1 . - - - -
B - . . .	O - - -	2 . . - - -
C - . . .	P . - . .	3 . . . - -
D - . .	Q - - . -	4 -
E .	R . - .	5
F	S . . .	6 -
G - - .	T -	7 - - . . .
H	U . - .	8 - - . . .
I . .	V . . . -	9 - - . . .
J . - - -	W . - -	0 - - - - -
K - . -	X - . . -	
L . - . .	Y - - . -	
M - -	Z - . . .	

ACTIVITY 2

LET'S DISCUSS IT

We've already talked about how good it is for your **HEART** to have other people in your life. In this exercise from the Learn Outside Guide you'll practice describing what you see and feel to other people on an outdoor walk, as well as practicing how to be a good listener to what other people are seeing and feeling. After doing this activity with your class and filling in the descriptive boxes below, when you go home today take out your PLAYBook and open it to this page. Share with someone in your household what you saw, did, and felt on your walk **OUTSIDE** today.



WHAT DO YOU <i>SEE</i> ?	WHAT DO YOU <i>HEAR</i> ?
WHAT DO YOU <i>SMELL</i> ?	WHAT DO YOU <i>FEEL</i> ?

ACTIVITY 3

OUTDOOR BINGO

BINGO and **HEART** have the same number of letters, so we are creating our own outdoor themed version of the game: **HEART!** Looking over the card, devise a plan and pick activities you think give you the best chance of scoring a **BINGO** - 5 in a row, column, or diagonally. Circle or cross out activities as you achieve them. If you are feeling extremely motivated, see if you can achieve a **BLACKOUT** - all squares done.

<i>H</i>	<i>E</i>	<i>A</i>	<i>R</i>	<i>T</i>
<i>LEND YOUR PEDOMETER TO A FAMILY MEMBER FOR A DAY TO COUNT THEIR STEPS</i>	<i>SING A SONG OUTSIDE</i>	<i>SCHOOL SNOW DAY</i>	<i>PLAY A GAME OF FLASHLIGHT TAG</i>	<i>TEACH A FAMILY MEMBER HOW TO FIND THEIR PULSE</i>
<i>THROW A SNOWBALL</i>	<i>PRACTICE 3 STRETCHES OUTSIDE</i>	<i>HELP CLEAR A NEIGHBOR'S WALK</i>	<i>MAKE OR FILL A BIRDFEEDER</i>	<i>MAKE A PAPER SNOWFLAKE</i>
<i>GO SLEDDING</i>	<i>MAKE AN OUTDOOR OBSTACLE COURSE AND TIME FRIENDS & FAMILY RUNNING IT</i>		<i>BUILD A TINY FAIRY OR GNOME HOUSE WITH NATURAL MATERIALS</i>	<i>COOK AND EAT A FAMILY MEAL TOGETHER</i>
<i>MAKE SNOW ANGELS</i>	<i>DO A "SNOW" DANCE</i>	<i>CATCH A SNOWFLAKE</i>	<i>FIND SOMETHING OUTSIDE THAT IS HEART SHAPED</i>	<i>CREATE A UNIQUE HANDSHAKE WITH A FAMILY MEMBER</i>
<i>BUILD A SNOW PERSON</i>	<i>WEAR YOUR HAT INSIDE OUT</i>	<i>SHOVEL SNOW</i>	<i>FIND A BIRD OR ANIMAL TRACK IN THE SNOW (OR MUD)</i>	<i>USE YOUR FLASHLIGHT TO MAKE A SHADOW HEART ON A WALL</i>

ACTIVITY 4

FUN PARTNER RELAY

In this activity from the Learn Outside Guide you'll be following your **HEART**. Best done **OUTSIDE**, but it can be done in the gym. This is a variation on a partnered relay race. The first student travels to the endpoint however their **HEART** tells them to – maybe skipping, maybe running backwards, maybe running halfway/ doing 5 jumping jacks/running the rest of the way. Their partner then must travel the exact same way they did. Once every student has gone, the class does it again with the other partner getting to follow their **HEART** across with the first partner needing to mimic their technique.



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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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Fun fuel for kids.

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WEEK 1

WEEK 2

WEEK 3

WEEK 3 GOING FURTHER: KINDNESS JAR: BIG **HEARTS**, SMALL ACTS

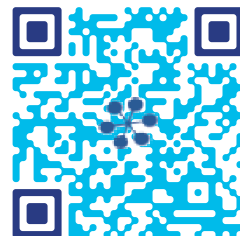
Collect kind thoughts and action with your favorite Hannaford Snack Pals to create a jar showing how little acts mean a lot.

To start now,
scan here:



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WinterKids



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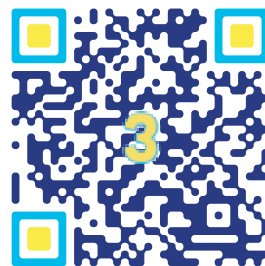
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This week's MOW: Shared HEART Photo

Take a photo making a **HEART** with a friend or family member. Do you each make up half the **HEART** with your hand and bring them together? Do you both stomp half a **HEART** in the snow until you meet in the middle? Be creative in ways to make a **HEART** together! Have your school send their favorite in for the MOW competition. All MOW submissions will be sent to the judging panel WITHOUT the school or town name included. The judge's panel is made up of representatives of the Winter Games sponsors. The judges will vote on these anonymous photos with the winning picture getting this week's bonus point. Each school's MOW votes are tracked for use in the case of any tie breakers (other than a 1st place tie).

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WEEK 4: WINTER CARNIVAL



Harvard Pilgrim
Health Care

ACTIVITY 1 BEACH BALL MINI GOLF

The idea is simple, but the creative possibilities are endless. Find some open space **OUTSIDE** and lay down a series of hula hoops as the course holes (boxes or baskets laid on their side could work too). Mark off the starting point and see who can get their beach ball into the holes of the course with the least amount of hits.

Get creative with obstacles along the course. Are items blocking the path? Do players need to chip their ball over blockades? If there's snow, will you shape curved mounds to guide the ball's path towards the hula hoop hole? Do players need to knock their balls around a snow sculpture before reaching the hole?

Come up with your own classroom rules for the game. Can you only use your feet or are hands and feet OK for propelling the ball to the hole?



Submit your Winter Carnival
Highlight Video for this week's
MOMENT OF THE WEEK.



WEEK 1

WEEK 2

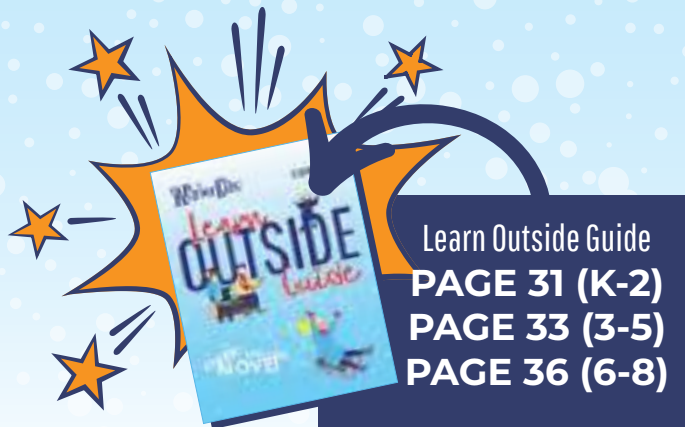
WEEK 3

WEEK 4

ACTIVITY 2

SHAPING STUDENTS

Using math to keep you warm in winter weather by making shapes and adding in jumping jacks sounds like a perfect match for this week's second activity. No matter what grade you're in, there is a version of this Learn Outside Guide lesson for you. Circles, triangles, trapezoids and teamwork! If you're feeling confident, try adding a **HEART** shape into the activity.



ACTIVITY 3

BEACH DAY VS SNOW DAY

A beach day in winter? Sure thing! Sunglasses are recommended for both and each involves sand – spreading a towel down on the sand or spreading the sand on the road. Let's have a winter beach day.

Break your class into 2 teams. Each team will need 1 beachball and 1 stopwatch. Select one person to be the official timer and everyone else on the team stands in a circle with the beach ball. The timers from both groups should countdown together: 3-2-1-GO and start their stopwatches. Whoever is holding the beach ball at that time throws it into the air and the group will work together to keep the beach ball in the air as long as they can without it touching the ground. No catching or grabbing the ball, only hitting it back up into the air as it falls near you. Once the ball touches the ground the timer stops their stopwatch. Once both team's beach balls hit the ground the team who kept theirs in the air longer wins!

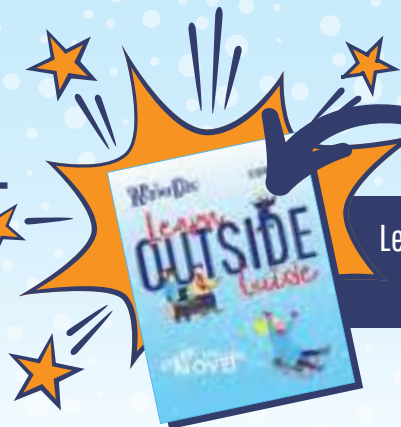
Once you've gotten good at challenging the other team with 1 beach ball, try the game keeping 2 beach balls up in the air! Once 1 of them touches the ground the clock stops. Do you have the skill to try 3 beach balls? This game is best played **OUTSIDE** but if it's too windy you may want to try it in the gym.



ACTIVITY 4 FLEXIBILITY ASSESSMENT

Waaaaayyyy back in Week 1 we had you take the Flexibility Assessment from the Learn Outside Guide. Well now, in our final week of the Games you are going to take it again and see how your views on flexibility have changed with your own stretching ability over the 4 weeks.

After taking the assessment again, try touching your toes now and compare today's result to how far you could reach back on page 4! Has all this motion made you more flexible or have you been a natural from the start?



Learn Outside Guide
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**HOW FAR CAN
YOU REACH NOW?**



ACTIVITY 5 *Friendship Friday!* CAN'T SPELL **HEART** WITHOUT ART

In preparation for this week's school Winter Carnival to bring the Winter Games to an end, create **HEART** art to hang around the school. What does your **HEART** say – maybe you write how this week has made you feel in a **HEART** drawing? Maybe you and a friend trace your

hands making a **HEART** shape? Does your **HEART** sparkle or is it 3D with construction paper popping off the page? Follow your **HEART** and create a **HEART** themed piece of art to decorate the school with for your final days of the Winter Games.



WEEK 1

WEEK 2

WEEK 3

WEEK 4



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WEEK 4 GOING FURTHER: SNACK PALS WINTER GROOVE

Shake, spin, and move along with the Hannaford Snack Pals in a fun, **HEART**-healthy dance party!



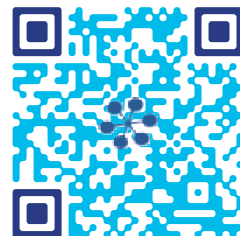
To start now,
scan here:



**PLAY-ALONG
TRACK!**

We are building a photo album of your Winter Games Play-Along Track fun!

All submitted photos are automatically entered into our prize giveaway. Use the QR code to link to photo upload instructions.



WinterKids



Check the WinterKids website to see the submitted photos.



WEEK 1

WEEK 2

WEEK 3

WEEK 4

Remember to upload your Moment of the Week (MOW) for the chance to get the bonus point!

This week's MOW:
Winter Carnival Highlight Video (30 sec)

Edit together highlights from your school's Winter Games experience and this week's Winter Carnival. It should be at least 30 seconds but no longer than 1 minute long. Let's see lots of **HEARTS** and maybe those beach balls bouncing over the crowd. If you edit the video with music, please select something that will allow it to be posted on social media. All MOW submissions will be sent to the judging panel **WITHOUT** the school or town name included. The judge's panel is made up of representatives of the Winter Games sponsors. The judges will vote on these anonymous videos with the winning video getting this week's bonus point. Each school's MOW votes are tracked for use in the case of any tie breakers (other than a 1st place tie).

Use the QR code for Week 4 on this page to link to the Winter Games site for entering your Week 4 rubric scores, your supporting evidence, and to upload your MOW video. Everything **MUST** be turned in by **5 PM SUNDAY** to be counted.

Tune into WMTW Channel 8 between 4:00 - 4:30pm and 6:00 - 6:30pm on Tuesday to see the Moment of the Week winner or log on to watch at wmtw.com.



Check out the leaderboard at WinterKids.org on Wednesday to see an update on how your school is doing.



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With special recognition to our Avalanche and Powder Partners for their leadership.

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