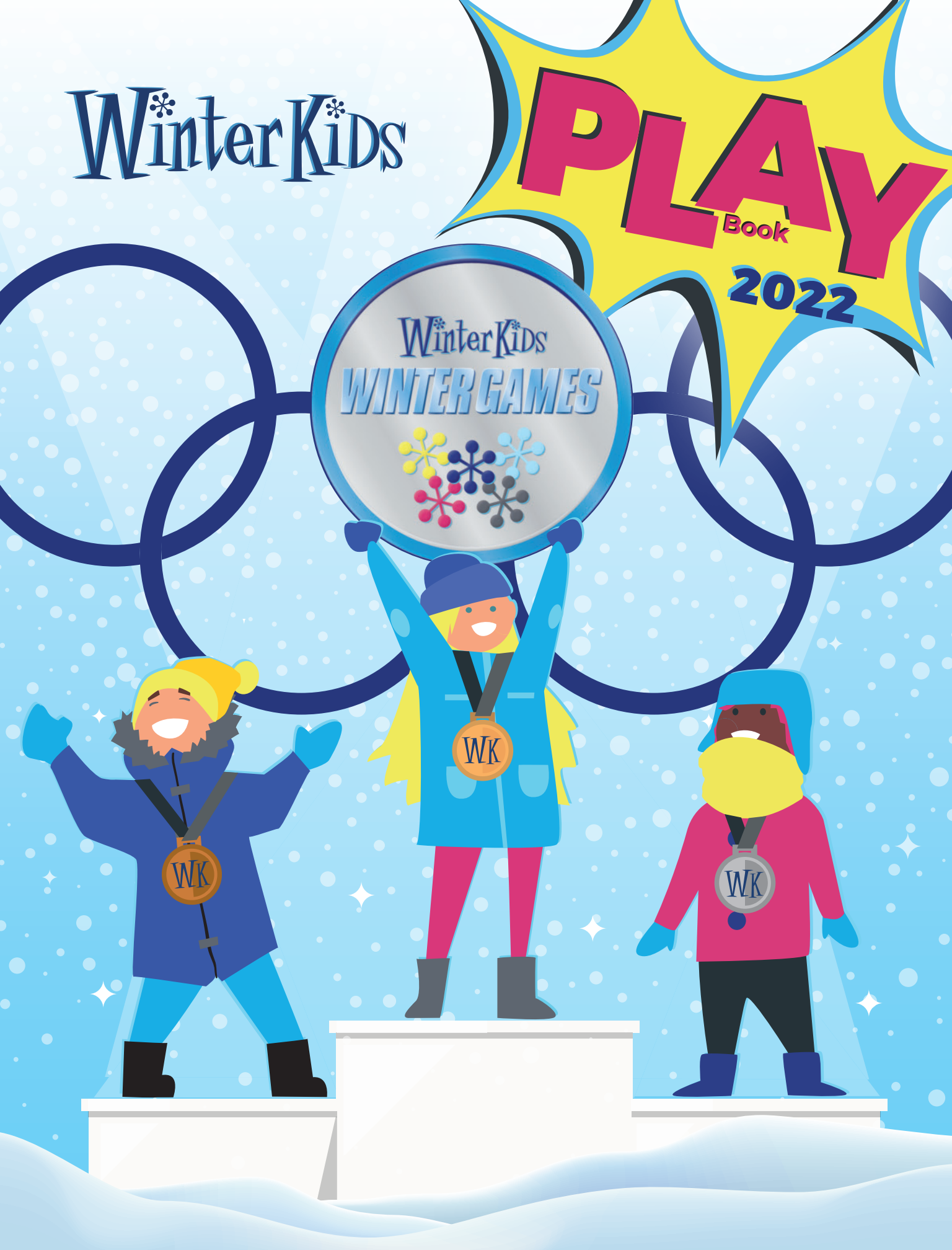

WinterKiDs
PLAY
Book
2022
WinterKiDs
WINTER GAMES
WK
WK
WK

WELCOME to the 5th annual WinterKids Winter Games!

This year, you are among 10,000 kids and teachers participating in the Winter Games! Wow! You will complete 4 weeks of WinterKids "Olympic" Winter Games challenges with your friends and families with these themes: Outdoor Physical Activity, Nutrition, Family Engagement, and Winter Carnival.

This fun-filled PLAYBook will help to keep your mind AND body active this winter, and beyond. WinterKids is with you every step of the way to offer support, answer questions, and be your biggest cheerleader.

Outdoor kids are active kids. Active kids are healthy kids. Healthy kids are happy kids. Happy kids are winter kids! WinterKids is excited to help you stay healthy at school and at home this winter! Good luck, stay safe, and have fun!

Yours in health,

Julie Mulkern

Julie Mulkern, Executive Director, WinterKids

COMPETITIVE TRACK

Twenty-two schools across Maine are competing! The entire school will utilize this PLAYBook in conjunction with the scoring rubric to earn weekly points and incentives! Cash prizes will be awarded to all schools at the end of the competition!

-OR-

PLAY-ALONG TRACK

Teachers and families will utilize this PLAYBook as they see fit each week to earn weekly incentives! Remember to visit WinterKids.org for additional resources! All Play-along participants will be entered to win WinterKids prizes each week!



You will notice **Jack the Yeti** helping you out throughout the book with fun **Training Tips**. Jack the Yeti was created by Jack Horton of Old Town, last year's Winter Games mascot winner. Great job, Jack!

HOW CAN I LEARN AND SHARE IDEAS WITH OTHER EDUCATORS AND PARENTS?

Please join the WinterKids Winter Games Facebook group. There, you will find insipiration from other teachers and families through photos, videos and information.

HOW CAN I STAY ACTIVE AND HEALTHY OUTDOORS BEYOND THE WINTER GAMES?

Download a WinterKids App membership for your family at WinterKids.org. Use discount code: WKWG22 to get your membership for just $15! The membership is for up to five family members and includes free and discounted tickets to winter sports areas across Maine.

DRESSING FOR SAFETY

EVERYONE: We all need to think "safety" when it comes to dressing for winter activities—to keep us warm and dry, and stay visible when it gets dark, since there are fewer hours of daylight.



1 The first layer against your skin is called the **base layer**. With winter's cold we often upgrade from summer's t-shirt to a full set of long johns.



2 Next is the **middle layer**, which provides most of the warmth. This layer can include things like sweaters and hoodies or a fleece, and thicker or insulated pants.



3 Last is the **outer layer**, which also adds warmth, but most importantly, protects you from the elements. A winter jacket and snow pants should both protect you from getting wet, and help block the wind from blowing away your body heat. Never forget the importance of warm socks, gloves or mittens, and a winter hat! In order to keep the heat your body makes from radiating away, try to keep most of your skin covered, and wear a hat!

WARM

During the winter here, it gets cold. Dressing right for the temperature allows us to keep having fun outside all year round. When active in the cold, it is important to wear layers. Each layer helps trap air (which your body warms up) and allows you to add or remove a layer to stay comfortable while active outdoors.

DRY

In order to stay comfortable outside in the cold, we need to stay dry, both inside and out.

Outer layers should be able to keep that crystallized water from getting our other clothing layers wet. The boots we wear on our feet need to keep us warm, but also should be waterproof, as we walk through snow and puddles.

The base layer also needs to keep us dry. When we are active, even in cold temperatures, we can get hot enough to sweat. Base layer clothing (including socks) should be made of materials that wick moisture from your body, so when you cool back down, that moisture does not strip away needed body heat.

VISIBLE

Winter can have a slew of conditions leading to low visibility, including the blowing snow of a storm, or the darkness from an earlier setting sun. It is important to dress so that others can easily see you.

Whether walking home from school or skiing/snowboarding down the slopes, it is important to pick clothing colors that allow to know where you are. Maybe it is as simple as a brightly colored hat or possibly picking out an exciting color for your winter coat.

If going out after the sun has set, bands of reflective material can help those driving in cars to easily spot you. Many backpacks have a reflective band, and some jackets have reflective cording sewn into them. If you do not have any clothing with reflective highlights but will be out at night, you can always carry a flashlight or wear a headlamp to light your way and be seen by others.

WEEK 1: OUTDOOR PHYSICAL ACTIVITY

INCENTIVE: WinterKids Winter Games Pedometer



ACTIVITY 1: MARTIN LUTHER KING, JR. DAY WALK



TRAINING TIP!

Increase your flexibility!
Do upward facing dog – lie on your stomach, palms down. Next, push up on your hands with straight arms and look to the sky.

In 1963, Martin Luther King, Jr. made his famous "I Have A Dream" speech on the steps of the Lincoln Memorial during the March On Washington event in our nation's capital. Over 260,000 people heard those words in person while many more watched live on television. Every year, on the 3rd Monday of January we celebrate and remember the life of Martin Luther King, Jr. - who was born January 15th, 1929.

The distance from Maine's capital, Augusta, to the United States capital of Washington, DC is around 600 miles. The average person requires 2,000 steps to walk a mile. That is about 1,200,000 steps if you were to walk from Maine to DC!

Using the pedometer in your Winter Games kit to see how many steps you take in a day.

Record your number of steps for a few different days.

Did you walk the same amount most days?

Do your steps change from day to day depending on the activities you participate in and the weather outside that day?

In the spirit of Martin Luther King, Jr., walk somewhere to do good for members of your community. Maybe you will walk to your neighbor's house to shovel their walkway. Maybe you will walk the dog for you parents today, or bring in the mail for an older neighbor. Use today's steps to help someone else, and carry on the legacy of Martin Luther King, Jr.

❊ **GRADES K-2:** Keep track of how many steps you take for 3 days and record the weather each day. Did the weather affect how much you walked?

❊ **GRADES 3-5:** Keep track of your steps for 3 days. Calculate your average number of daily steps by dividing your total steps by the number of days you kept track. Based on your average number of steps, how many days would it take you to walk from Maine to Washington, DC based on the numbers given above?

❊ **GRADES 6-8:** Pick a country (other than ours) that is participating in this year's Winter Olympics. Using a map app or website, research the distance from our capital to that country's capital. Using the numbers above, figure out how many steps it would take to walk to that country's capital.

STEPS	SUN	MON	TUES	WED	THURS	FRI	SAT
Number of steps:							
Distance:							



Always stretch before getting active!

Check out "How to Stretch" in the WinterKids Learn Outside Guide (in the WinterKids Smarts section), or at WinterKids.org.

DIVERSITY WORD SEARCH

DIVERSITY
Being different!

CULTURE
A group of people with a similar way of life

ACCEPTANCE
Understanding everyone is unique

BIAS
Preferring one type of person over another

IDENTITY
Different parts that make you who you are

DISCRIMINATION
Treating others badly because of difference

RACISM
Believing that one race is better than another

STEREOTYPE
Assumption used to describe people

SEXISM
Believing that one sex is better than another

INCLUSION
Making others feel welcome and involved

D	B	Q	C	U	L	T	U	R	E	K	I	R	E	I
F	I	E	L	E	M	F	E	S	C	C	I	G	N	Q
Y	A	S	T	I	P	W	S	H	N	I	C	M	Y	T
V	S	O	C	I	M	Y	D	N	A	G	A	Y	U	R
D	I	V	E	R	S	I	T	Y	T	I	N	Q	R	G
H	Y	S	E	X	I	S	M	O	P	D	R	Y	I	P
N	S	I	F	Q	C	M	O	D	E	S	I	Q	N	L
E	U	F	S	R	A	S	I	G	C	R	D	I	C	A
O	M	P	M	J	R	O	E	N	C	P	E	H	L	D
H	Y	F	P	U	L	G	E	F	A	T	N	T	U	U
G	Z	T	B	X	B	P	K	N	R	T	T	T	S	F
K	D	I	Z	V	Y	S	K	D	K	H	I	A	I	I
Z	R	Z	N	I	W	Z	G	M	Y	O	T	O	O	I
C	W	R	M	F	O	J	D	F	G	Y	Y	D	N	Q
X	Y	B	B	J	A	U	F	C	L	A	H	R	F	I

"If I cannot do great things, I can do small things in a great way."
-Martin Luther King, Jr.

I HAVE A DREAM!

I have a dream.
My dream is:

I can help
my dream come true by:

Draw a picture
of yourself here:

ACTIVITY 2: SNOWBALL BIATHLON

1. First, create 3 to 5 targets! Get some string or even a shoelace and tie one end around a marker or a piece of chalk. Find some cardboard, an empty pizza box, or some poster board to draw your circle target on. Place the marker near the edge of the target material, stretch the string tight to the center of the material and hold the string there with your thumb. Use the string held in place by your thumb to guide the marker to draw a circle (keep the string tight). You can repeat this process, shortening the string, if you want to add a smaller bullseye.



TRAINING TIP!
Increase your coordination! Go outside and pass a snowball back and forth with your friend, sibling, or family member.

2. Select the location for your race loop: around your home, around a garage, around a barn, around the yard - you choose. Get creative and mark the start and finish lines for your race lap. Ideas include cones, sticks, or even a cairn (a pile of rocks used to mark hiking paths).

3. Place your targets outside along the race loop path. Make sure the locations are safe to throw snowballs, like on a fence or on a tree and far from any windows.

4. Mark a spot near each of the targets where you will throw the snowballs from – and make a pile of snowballs to leave at each launching spot.

5. Using a stopwatch or cellphone, time contestants running through the race course. When an athlete reaches the targets along the way, they must hit the target with a snowball. Ten seconds is added to each athlete's time if the snowball misses the target.

❄ **GRADES K-2:** Get friends, family, or classmates to perform 1 lap through your Snowball Biathlon! Record their times. Who were the top 3?

❄ **GRADES 3-5:** Get friends, family, or classmates to perform at least 3 laps through your Snowball Biathlon! Record their times. Who were the top 3?

❄ **GRADES 6-8:** Get friends, family, or classmates to perform 3 laps through your Snowball Biathlon! Record their times but add the rule that if a snowball hits the bullseye, 10 seconds is subtracted from the contestant's overall time. Who were the top 3?



PLACE	NAME	TIME
GOLD		
SILVER		
BRONZE		

"The Olympics are a wonderful metaphor for world cooperation, the kind of international competition that is wholesome and healthy, an interplay between countries that represents the best in all of us."

-John Towner Williams

ACTIVITY 3: BOBSLEDDING

There are three categories of competitive sledding: Bobsled, Luge, and Skeleton.

Bobsled (or Bobsleigh) is most known as a team sport where a crew of 2 or 4 people sit in the sled as they race down the track. There is also a single racer event called the monobob.

Luge racers use a smaller sled, lying on their back with their feet forward. One or two people can race a luge.

Skeleton is a small sled race where a solo athlete rides head first, and face down (with a helmet of course).



TRAINING TIP!
Sled Push! Load a sled with a light amount of resistance. Sprint as hard as you can while pushing the sled for 5-10 seconds. Rest and repeat.

Your own sledding competition

- Pick an area to use as a track at your favorite, safe sledding location
- Mark the start and finish line with cones, a line drawn with food coloring, or some other marker that is considered safe if a contestant collides with it.
- Gather up friends and/or family as racers.
- Designate a person to use a stopwatch or cellphone as the official timer, and choose a category of sled racing for your sent.



Considerations:

- Will you select solo racers doing the Luge or Monobob?
- Will you have crews of 2-4 people on sleds/toboggans competing against each other Bobsled style?
- Will contestants get a running start or simply push off while seated in their sled?

GRADES K-2: Keep track of racer's times in the table below. What racing positions and types of sleds had the fastest times?

GRADES 3-5: Give each competitor 3 runs and count their fastest time in determining the top 3 medalists.

GRADES 6-8: Make the race a relay! Each contestant has to sled down the track 3 times, but the time it takes for them to run back up to the start is included as part of their total time.

RACER	BOBSLED	LUGE	SKELETON



Sledding is science!

Check out "Move It!" and "Science of Sledding" in the WinterKids Learn Outside Guide (Science Section), or at WinterKids.org.

ACTIVITY 4: SNOWSHOEING



TRAINING TIP!
Build up your endurance! Go outside and kick around a ball for ten minutes!

Snowshoes were first invented in Central Asia in 4000BC- WOW, that is a long time ago! When Asians migrated to North America nearly 10,000 years ago, they brought the snowshoe with them. The indigenous peoples of Canada perfected the traditional snowshoe that we know and use today. Snowshoes were worn by Native Americans as a means of travel in deep snow.

The first written account of snowshoeing was in 1608 by Canadian explorer Samuel de Champlain (b. 1567- d. 1636). Samuel was the founder of Quebec and was the first European to see Lake Champlain (named for Samuel of course!) The Europeans recognized how valuable snowshoes were for winter hunting and trapping — very important survival tools at the time.

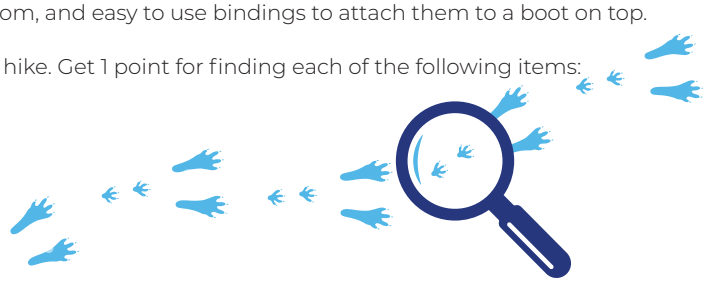
Native American tribes used different shaped snowshoes, based on the terrain where they lived. Very early snowshoes were made from pine boughs strapped to their feet — enough to distribute their weight and keep them from sinking in the deep snow. Later, they used bent wood and rawhide.

Natural materials available at the time became the traditional snowshoe. They were heavy, but functional. Long and narrow snowshoes were better for moving through wooded areas. The shorter, wider snowshoes were designed to go across deep, deep snow in more open areas.

People go snowshoeing for fun and outdoor winter exercise now. Modern snowshoes are commonly made from aluminum or plastic, and are lightweight with a claw for gripping on the bottom, and easy to use bindings to attach them to a boot on top.

If snowshoes are available, wear them to take a scavenger hunt hike. Get 1 point for finding each of the following items:

- Something green
- Something cold
- Snowman
- Berries on a branch
- Pine cone
- Icicle
- Chimney smoke
- Bird
- Animal tracks
- Frozen puddle



Now think about making a pair of snowshoes. What will your snowshoe look like? Gather materials such as cardboard, thin wood, plastic milk jugs, branches, rope, duct tape, etc.

GRADES K-2: Draw and design a pair of snowshoes. What shape will they be? These snowshoes can be for you or a toy to wear. If snowshoes are available, try them out. How is walking in the snow different when you have snowshoes on instead of boots?

GRADES 3-5: With a partner, design and build a pair of snowshoes for yourself. What materials can you use? How will you attach them to your feet? Be able to identify two features of your snowshoes. Try them out! Take a walk in your snowshoes and evaluate your design. What worked? What did not? Is snowshoeing enjoyable?

GRADES 6-8: Design and build a pair of snowshoes as above. Be able to identify two features of your snowshoes. Try them out! First take a walk, then try running. Evaluate your snowshoes for the different speed or terrain. What would you do differently if you were to make a pair of snowshoes again? What did you learn?



Take math outside!

Take Math Outside with "Equipment Measure Up" in the WinterKids Learn Outside Guide (Math Section), or at WinterKids.org.

"To uncover your true potential you must first find your own limits, and then you have to have the courage to blow past them."

–Picabo Street, USA, Alpine Skiing

ACTIVITY 5: SCIENCE OF SKATING

Anyone who has slipped on ice over the winter knows how fast ice can make us move—but there is even more science involved when using skates to make us glide even ***FASTER*** on the ice.

Pressure is equal to Force divided by Area (P=F/A). The weight of your body exerts a force on the ground (or ice) below you. Since your weight (Force) is being divided by Area it is called an inverse relationship, which means: if you ***increase*** the Area of your weight, say by putting on a pair of snowshoes, you ***decrease*** the Pressure on the ground - an opposite relationship.

Using this knowledge helps you walk with snowshoes on snow without falling into it, but what about ice skates?

When our body weight is put on the thin blades of ice skates, that makes our Area ***smaller***. If Area and Pressure have an opposite relationship, this means the Pressure does what? ***Gets BIGGER!***

The higher Pressure you create where the blade touches the ice is strong enough to cause a little bit of that ice to melt. What is even faster than ice? Ice with a little bit of water on top of it! As you start moving you now add friction, which increases the Pressure, which adds a little more melting, which makes you go even faster.

As the skate's blade moves onto new ice it slightly melts it there, while the past water it created re-freezes in the cold as soon as the blade moves off of it. All this tiny melting and re-freezing makes having a Zamboni very valuable to smooth the surface after a busy day on the ice!

Go ice skating with friends or family!





TRAINING TIP!
Forward Bounds!
Bound as far (but not necessarily as high) as you can from one foot to the other. Try to cover as much ground as you can with each forward bound.

❄ **GRADES K-2:** Carefully observe the ice when you first begin and compare it to the quality of the ice when everyone is done skating. Is it as smooth? Are there crevasses in the surface now from all the melting and re-freezing? How does the ice look after the Zamboni makes the rounds?

❄ **GRADES 3-5:** Try skating and pulling someone across the ice who is wearing skates and then try and pull someone across the ice who is wearing boots. Which is easier? Why? Try using the equation P=F/A in your explanation.

❄ **GRADES 6-8:** As you are skating with your friends and family, teach them the science of skating. In your group, who skates the fastest? Can you explain why relating it to the formula P=F/A?

"The first thing is to love your sport. Never do it to please someone else. It has to be yours."

–Peggy Fleming, USA, Gold Medal–Winning Figure Skater



Ice skating pointers for beginners!

Get some pointers for beginning skaters in "Ice Skating Unit" in the WinterKids Learn Outside Guide (PE Section), or at WinterKids.org.

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Fun fuel for kids.

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WEEK 1: GET YOUR FRIENDS AND FAMILY TOGETHER AND PLAY SNACK PALS BINGO!

To start now, scan here:

Complete the weekly activity to start earning your Snack Pals Winter Games Badge, and unlock secret coloring pages!

GOING FURTHER

- Track your steps to one of your favorite places.
- It is a full moon this week! Check out your yard at night.
- Create an outdoor maze in the snow.
- Build a snow sculpture! Paint it with food coloring!
- Got a snowbank? Build a luge run to slide down!
- Help a neighbor. Shovel their walk, or clean the snow off their car.
- Practice gratitude. Make a list of what you are thankful for today.

OUTDOOR SAFETY TIP OF THE WEEK:

Dress in layers according to the temperature. Wear waterproof gear!

ENTER THE CMP PHOTO CONTEST!

Submit your favorite winter activity photo to **cmpgiving@cmpco.com** with your name and your school's name.

- Submissions received Friday – Wednesday are posted on Thursday.
- The photo with the most "likes" wins that week!
- The week 1, 2 and 3 winners will receive will receive a $500 donation to their school for school supplies.
- On week 4, the three previous week's winning photos will be posted for final votes.
- The winner with the most "likes" will receive a $1,000 donation to their school for school supplies.

CONGRATULATIONS ON COMPLETING WEEK 1!

COMPETITIVE TRACK

Remember to upload your Moment of the Week for the chance to win a bonus point!

THIS WEEK: Opening Ceremony Video – check Rules & Regulations for complete details!

TIP: Keep your video to 30 seconds or less, featuring the best moments from your Opening Ceremony.

Tune in to WMTW Channel 8 with Meteorologist Sarah Long at 4:30 -5:00 p.m. and 5:30 -6:00 p.m. on Monday to see the **Moment of the Week Winner for Week 1!** Or, log on to watch at wmtw.com.

WMTW 8 abc MAINE'S TOTAL WEATHER
WeatheRate CERTIFIED MOST ACCURATE



Check out the leaderboard at WinterKids.org on Monday to see how your team is doing!

PLAY-ALONG TRACK

We are building a photo album of your winter fun!

Upload your photo here:
https://winterkids.org/winter-games/winter-games-2022-play-along-submissions/

Or scan here:



Check the WinterKids Winter Games Facebook Group for weekly prize winners.



WEEK 2: NUTRITION

INCENTIVE: WinterKids Winter Games Water Bottle



SPONSORED BY: BACKYARD FARMS

ACTIVITY 1: WATER TRACKER

As a general guideline, every day children should drink the same number of 8-ounce servings of water as their age (up to 8 servings each day). So, if you are 6, you would drink 6, 8-ounce services of water.

With increased exercise and with hotter temperatures the body needs more than the recommended amount of water in order to provide the body with what it needs to control its temperature, expel waste, carry nutrients, and serve many other functions.

The WinterKids water bottle holds 18 ounces of water, which is about 2¼ servings. For estimating purposes, let's round down and calculate that dividing your age by 2 tells you about how many WinterKids water bottles you should be drinking a day (up to 4 bottles worth).

For example, if you are 6 years old you should aim to drink 3 WinterKids water bottles worth of water each day.

Use the tracking chart below to keep track of how much water you are drinking each day this week.

First, circle the number of bottles you should be drinking for your age each day. Then, color in each water droplet as you finish drinking it.



MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	

❊ **GRADES K-2:** Ask an adult to help you calculate how many water bottles you should drink a day.

❊ **GRADES 3-5:** Calculate how many water bottles you should drink, based on servings recommended for your age.

❊ **GRADES 6-8:** Calculate how many water bottles you should drink. Since each water bottle is actually 2¼ servings, calculate how many actual or extra 8-ounce servings of water you drank.



Nutrition for winter activity!

Get tips for "Nutrition for Winter Activity" in the WinterKids Learn Outside Guide (WinterKids Smarts section), or at WinterKids.org.

"I think the way to become the best is to just have fun."

–Shaun White, USA, Snowboarding

ACTIVITY 2: SUGAR BUCKS



Our bodies have daily nutritional needs and daily limits of what they need to stay healthy. What if we started thinking about our nutritional sugar budget in the same way we think about our money spending budgets?

Go through your kitchen and gather up a selection of snacks (examples: pretzels, cookies, apples, grapes, granola bars, yogurt). We are going to learn about sugar contents.

Some foods have high amounts of added sugar, some have low amounts of added sugar, and others have natural sugars. If you look at the Nutritional Facts labels on the packaging of the snacks you have gathered, you will notice a line for "Total Sugars" and just below it a line for "Added Sugars". This added sugars line is what we will be using for our activity.

Grab the WinterKids Nutrition Bucks in your toolkit or download them at WinterKids.org and print copies. You can also make your own nutrition bucks.

Students have a $20 "WinterKids Nutrition Bucks" budget and are allowed to go "shopping" for snacks from your selection gathered.



The price of each snack is based on the added sugar content. For example, a cookie with 15g of added sugar per serving costs $15 in WinterKids Nutrition Bucks. Make sure to keep track of serving sizes - is that the added sugar in 1 cookie or of 3 cookies? Snacks like an apple costs $0 in WinterKids Nutrition Bucks because there is no added sugar, only natural sugar.



TRAINING TIP!

Box Jumps! Find a solid box for jumping. Stand in a "ready to pounce" position, feet shoulder-width apart. Extend your hips, swing your arms, and push your feet through the floor to propel yourself onto the box.

❄ **GRADES K-2:** List the snacks you were able to select with your $20 in WinterKids Nutrition Bucks.

❄ **GRADES 3-5:** List the snacks you selected and explain why you chose those items.

❄ **GRADES 6-8:** List the snacks you chose and explain what makes those items with only natural sugar better choices than those with added sugar

"The most important thing in the Olympic Games is not winning but taking part; the essential thing is not conquering but competing well."

–Pierre de Coubertin



5-2-1-0 Relay Race!

Reviewing healthy behaviors outdoors is fun. Try the "5-2-1-0 Relay Race" in the WinterKids Learn Outside Guide (Health Section), or at WinterKids.org.

ACTIVITY 3: FOODS FROM AROUND THE WORLD

The spirit of the Winter Olympics is to bring people together from all around the world. Athletes burn a lot of calories with all the physical activities they do, so the meals that competitors eat are important for them to perform their best.

That is lot of people to feed from many different countries with very different food tastes!

Based on the differing climates, soil types, and conditions; each country has different ingredients that are readily available to them. Over generations, these ingredients shape what become the local cuisine for that region.

Think about the meals you have eaten this week. What country do you think each of them originated from? Did you have some spaghetti? Tacos? Lo mein? Is there a recipe that your family enjoys that a relative brought with them from another country that no one else you know eats? Maybe a meal that's been passed down for generations? Is there a local restaurant that you like getting food from where the menu is based on meals from another part of the world?

Bring people together by bringing foods together. Plan food sampling from around the world either with your class, your family, or with friends.

❊ **GRADES K-2:** Have a class discussion about some of your favorite meals and try to figure out the country of origin for each of the different foods. Maybe the recipe is from another country or maybe a specific food or ingredient is grown in another country.

❊ **GRADES 3-5:** Plan an event with your class where you all try foods from different countries. Ask two or three parent volunteers to bring bite-sizes of a food, snack, or drink that have origins in another country to share with the rest of the class. Include a recipe card with a list of ingredients. Students should vote on their favorites.

❊ **GRADES 6-8:** Do the event above, and also identify which country each food is from, find it on a map, and look up what their flag looks like. Review the ingredients and determine which food is healthiest.



What Kind of Foods Did You Taste?



Healthy choices!

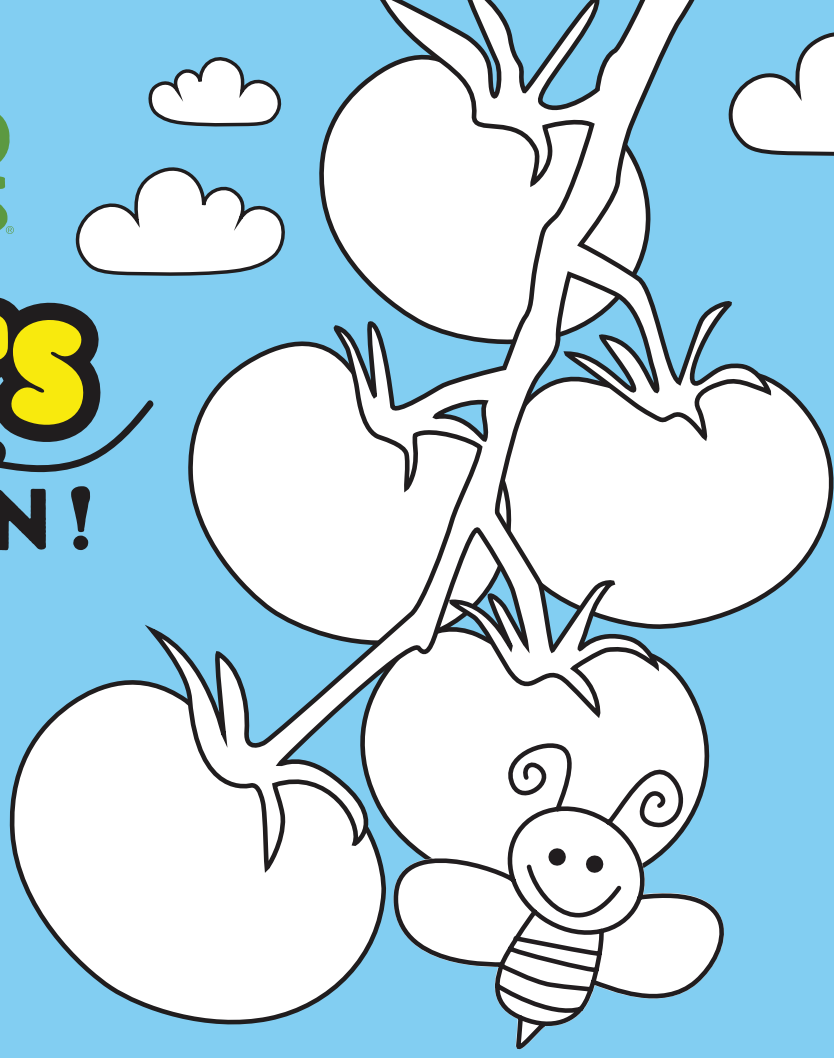
Making healthier choices is fun by "Creating a Better Plate" in the WinterKids Learn Outside Guide (Health Section), or at WinterKids.org.



TRAINING TIP!
Go outside and take a ten minute brisk walk with your family!

BACKYARD FARMS®

BUSY BEE'S WINTER FUN!



COLORING PAGE

It looks like these tomatoes, bumblebee and ladybug need some color. Get your pencil cases out and release your inner artist!

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.

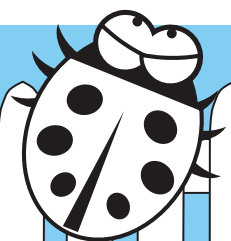
FILL IN THE BLANKS

1. Tomatoes should always be kept at room _____. Keep them on your kitchen counter to keep them fresh and flavorful!
2. Did you know that _____ pollinate all Backyard Farms® greenhouse grown tomatoes?
3. Here at Backyard Farms® we use lady bugs and other critters instead of _____.
4. Did you know that tomatoes are a _____ not a vegetable.
5. Backyard Farms® collects _____ _____ and even melts _____ to help water plants!
6. Did you know that when tomatoes are on the vine, the fruit tomato closest to the plant is called the _____ fruit and the last tomato to grow and ripen is called the _____ fruit.
7. The best part of eating a Backyard Farms® tomato is _____! But remember that tomatoes are also a great source of _____ too!

WORD BANK:
Bumblebees, Vitamins, Temperature, Tail, Pesticides, Snow, King, Fruit, Taste, Rain Water

Answers:
1. Temperature 2. Bumblebees 3. Pesticides 4. Fruit
5. Rain Water, Snow
6. King, Tail
7. Taste, Vitamins

BACKYARDFARMS.COM



LOOK FOR THE PICKET FENCE™

ACTIVITY 5: CREATE A HEALTHY PUBLIC SERVICE ANNOUNCEMENT (PSA)

A public service announcement (PSA) is a message designed to inform the public about a specific topic. The objectives of PSAs are to raise awareness and change public attitudes, opinions, or even behavior towards an issue.



Design, develop and present a public service announcement about a healthy behavior. Your PSA should inform your audience about the importance of a topic of your choice, keeping in mind our Winter Games theme, and that it is Nutrition Week!

You can choose from the following ideas: Hydrate Like a Hero, Exercise Like a Champion, Eat Like an Athlete, or a teacher-approved topic of your choice!

Start by discussing what PSAs are, and why they are important. Find examples. Divide the class into small groups, or if at home, do this with your family. Take 5 minutes to discuss and choose a topic. Each group (or family) should create a topic sentence with a positive message for their PSA.

❄ **GRADES K-2:** Students should brainstorm ideas about their topic, and come up with a short presentation. Present to class.

❄ **GRADES 3-5:** Students will brainstorm ideas and write a script for a 15-second presentation. Students should first consider their audience, then build a list of key words and create a catchy phrase. Consider using props. Practice and present to the class.

❄ **GRADES 6-8:** Students will brainstorm ideas, write a script, and record a 15-second PSA. Build a list of key words, consider the audience, create a catchy phrase, include props and and/or costumes. Choose a "producer" and actors, practice and record your announcement. Share with the class, or present all PSAs at an assembly.

PSA examples can be found here:

https://www.youtube.com/watch?v=7t4pTpINcMU

https://youtu.be/mK0RBH5yI-A

"It is a realization of this dream that I've been chasing for a long time. From the time that I was 10 and started snowboarding, this was what I wanted to do. Bringing that dream to fruition, it's pretty amazing."

–Seth Wescott, Native Mainer, Two-time Gold Medalist in Snowboard Cross, WinterKids Spokesperson



TRAINING TIP!

Crab Walk! Start with your hands and feet flat on the ground, with your belly facing up. Your knees should be bent. Your arms should be straight with your hands directly underneath your shoulders. Start walking forward by moving your left hand followed by your right foot, and then your right hand followed by your left foot. Just like a crab.



Heart health!

Incorporate heart health this week. Try the "Cardiovascular Health" activity in the WinterKids Learn Outside Guide (Health Section), or at WinterKids.org.

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WEEK 2: FUEL THE OUTDOOR FUN AND CREATE FOOD ART WITH YOUR SNACK PALS FRIENDS!

To start now, scan here:

Complete the weekly activity to start earning your Snack Pals Winter Games Badge, and unlock secret coloring pages!

GOING FURTHER

- Make a healthy snack with a family member.
- Meal Challenge: Eat 3 different-colored foods.
- Make a fruit or veggie snow sculpture.
- Make a colorful Olympic rings snack with fruits and veggies.
- Build your own healthy sandwich.
- Make a recipe from your favorite country in the Olympic Winter Games.
- Make your favorite colored smoothie.



OUTDOOR SAFETY TIP OF THE WEEK:

Sledding: do not sled near trees, streets, or light posts. Go feet first. Have fun!

CENTRAL MAINE POWER & Winter Kids PARTNERS IN SNOW

ENTER THE CMP PHOTO CONTEST!

Submit your favorite winter activity photo to **cmpgiving@cmpco.com** with your name and your school's name.

- Submissions received Friday – Wednesday are posted on Thursday.
- The photo with the most "likes" wins that week!
- The week 1, 2 and 3 winners will receive will receive a $500 donation to their school for school supplies.
- On week 4, the three previous week's winning photos will be posted for final votes.
- The winner with the most "likes" will receive a $1,000 donation to their school for school supplies.

CONGRATULATIONS ON COMPLETING WEEK 2!

Thank you to Backyard Farms for sponsoring Nutrition Week!

COMPETITIVE TRACK

Remember to upload your Moment of the Week for the chance to get a bonus point!

THIS WEEK: Meme – check Rules & Regulations for complete details!

TIPS: Meme [mēm] NOUN: a humorous image, video, piece of text, etc., that is copied (often with slight variations) and spread rapidly by Internet users.

HOW TO CREATE A MEME:

1. Select your favorite Winter Games 2022 photo that is a favorite among your school.
2. Come up with a short, funny, witty caption that will make others laugh and want to share the MEME.
3. Use a MEME creation tool, like Canva.com, PowerPoint, Photoshop, your phone's "edit" tool, or one you find online and add the caption to the photo.

Tune in to WMTW Channel 8 with Meteorologist Sarah Long at 4:30 -5:00 p.m. and 5:30 -6:00 p.m. on Monday to see the **Moment of the Week Winner for Week 2!** Or, log on to watch at wmtw.com.



Check out the leaderboard at WinterKids.org on Monday to see how your team is doing!

PLAY-ALONG TRACK

We are building a photo album of your winter fun!

Upload your photo here:
https://winterkids.org/winter-games/winter-games-2022-play-along-submissions/

Or scan here:

Check the WinterKids Winter Games Facebook Group for weekly prize winners.



WEEK 3: FAMILY ENGAGEMENT

INCENTIVE: WinterKids Winter Games Pennant



SPONSORED BY: SUBWAY® Aroma Joe's®

ACTIVITY 1: TEAM OR FAMILY PENNANT

Pennants have been used to identify groups since at least the Middle Ages when they were hung on castles and carried by knights. Eventually their use carried over to symbolically flying atop ships' masts. Recently they have become souvenirs from vacation spots and most widely used as ways of showing support for schools and sporting teams.

For the Winter Games, you are going to design your own pennant from your toolkit. If you are from one of the competing schools in the Winter Games this year your pennant will be to show support for your classroom/school team. If you are playing from home, you will be creating a pennant representing your "family" team.



TRAINING TIP!

Bear Crawl! Start on all fours with your knees an inch above the ground and crawl forward by taking a tiny step with your right arm and left leg at the same time, and then another step with your left arm and right leg.



Considerations for your design:

- You will be parading them around at the Winter Carnival for Week 4 so make sure they are clear to see from a distance.
- Use bold and bright colors: maybe your school colors, maybe the WinterKids colors.
- Will you include a mascot on yours?
- Any words or phases should be easy for others to read and meaningful to you.
- Will there be a theme: winter, specific activities, going for the gold?

GRADES K-2: Design and display your pennant.

GRADES 3-5: Once finished constructing, attach your pennant to a stick or dowel or some means of being able to walk around with it.

GRADES 6-8: Come up with class or family chants to be cheered aloud as you walk around waving your pennant.



Outdoor art!

Build it, then sketch it! Try "Still Life Snow People" in the WinterKids Learn Outside Guide (Art Section), or WinterKid.org.

"You feel the Olympics and you get chills and nervous and a little scared. You go through the emotional roller coaster at what it is like to compete at the Olympic level and you let that run through your whole body. We should tell our kids to just have fun, participate and not get bent on winning or losing."

-Bode Miller, USA, Alpine Skiing



WEEKLY ACTIVITY: FAMILY OUTDOOR BINGO!



Bingo has been bringing people together to play in the US since 1929, and when you get outside and active with your family - everybody wins!

Card activities should be completed with another family member, friend, or person from your household. Looking over the card, devise a plan and pick activities you think will 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. At the end of the week show your teacher the BINGO card page of your Play Book with the signature of a parent or guardian verifying the activities where completed.

If you are feeling extremely motivated, see if you can achieve a BLACKOUT - all squares completed!



- **Icy sun catchers** are beautiful! Instructions are in the WinterKids Guide to Outdoor Active Learning – Preschool Edition (Be a WinterKid! Week 2), or at WinterKids.org.
- **Snow painting!** Check out the "Spray Paint the Snow" activity in the WinterKids Guide to Outdoor Active Learning – Preschool Edition (Healthy Me! Bodies Section), or at WinterKids.org.
- **Build a snow fort!** Check out the "Historic Forts" lesson in the WinterKids Learn Outside Guide (Social Studies Section), or at WinterKid.org.
- **Make a compass outside!** Check out "Stick to North" in the WinterKids Learn Outside Guide (Science Section), or at WinterKids.org.
- **Find your target heart rate!** Find the formula in "Snowshoe Lesson 1" in the WinterKids Learn Outside Guide (PE Section), or at WinterKids.org.

WINTERKIDS WINTER GAMES FAMILY OUTDOOR BINGO CARD

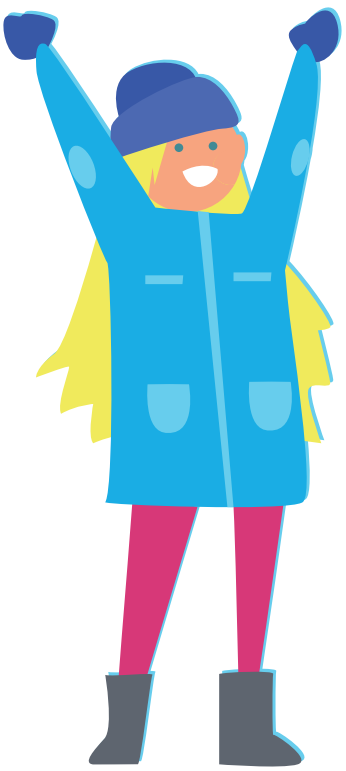
Student Name: _____ Parent/Guardian Signature: _____

B	I	N	G	O
Go sledding	Choreograph a "Snow Dance"	Have a fun snowball fight	Design a family flag	Build a snow fort*
Watch an Olympic Event and support your team	Build an outdoor obstacle course and time multiple racers running the course	Help clear a neighbor's walk	Make an Icy Sun Catcher*	Make or fill a birdfeeder
Draw a picture in snow with footprints	Make snow angels	**FREE SQUARE**	Find your target heart rate*	Cook and eat a meal with family or friends
Make a paper snowflake	Try a new food	Look at a snowflake with a magnifying glass	Wear a scarf, but not around your neck	Measure depth of snow in your yard (may be 0)
SNOWFAM: Build a snow "family" which may include people in your household or friends	Try snow painting*	Shovel snow	Go for a walk and write a Haiku about it	Make an outdoor compass*

TRY THESE OTHER FAMILY- FRIENDLY ACTIVITIES!

WINTER CHARADES

SNOWBALL FIGHT	POLAR BEAR	ICE FISHING
MAKING A SNOWMAN	KNITTING A SCARF	THE NORTH POLE
DRINKING HOT CHOCOLATE	CATCH SNOWFLAKES	PENGUINS
FROSTBITE	CHOPPING WOOD	BUILDING AN IGLOO
STARTING A FIRE	SNOW ANGEL	MAKING CHILI
SNOWBOARDING	ICY SIDEWALKS	BUILDING A BLANKET FORT
SKIING	BUNDLING UP	WRAPPING PRESENTS
BAKING COOKIES	ROASTING MARSHMALLOWS	CELEBRATING THE NEW YEAR
SLEDDING	ON SKI LIFT	WINTER OLYMPICS
PLAYING ICE HOCKEY	HIBERNATING BEAR	SNOW TUBING
SHOVELING SNOW	WALKING ON THIN ICE	MAKING A GINGERBREAD HOUSE



WINTER TRIVIA

_____ 1. Winter Solstice is the shortest day of the year.

_____ 2. Maine is the coldest state in America.

_____ 3. The arctic fox turns white in winter and back to gray when its over.

_____ 4. It is possible for snow to fall over a desert.

_____ 5. Snowflakes have 8 sides.

_____ 6. Snowflakes fall at an average of 3-4 mph.

_____ 7. No country in the southern hemisphere has hosted the Winter Olympics.

_____ 8. Animals are in a state of migration when they sleep through winter.

_____ 9. Wet snow is most suitable for making a snowman.

_____ 10. The main cause of winter is the tilt of Earth's axis away from the sun.

_____ 11. "Winter Is Coming" is the motto of House of Baratheon in GOT.

_____ 12. You can visit the Winter Palace in Saint Petersburg.

_____ 13. A winter banana is a variety of an apple.

_____ 14. A chinook is a type of polar bear.

_____ 15. Sagittarius' zodiac sign runs from Nov. 22 - Dec. 21.

ANSWERS:

1. Fact, **2.** Fiction, **3.** Fact, **4.** Fact, **5.** Fiction, **6.** Fact, **7.** Fact, **8.** Fiction, **9.** Fact, **10.** Fact, **11.** Fiction, **12.** Fact, **13.** Fact, **14.** Fiction, **15.** Fact

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WEEK 3: SNOWMAN SCAVENGER HUNT!

To start now, scan here:

Complete the weekly activity to start earning your Snack Pals Winter Games Badge, and unlock secret coloring pages!

GOING FURTHER

Talk about your family and friends. How are you alike? How are you different?

Have a family sing-along. Better yet, take it outside!

The Olympic Winter Games begin on Friday! Tune in.

Have a sledding party with family or friends.

Create an active Olympic challenge outside with your family.

Commit to taking a 10- minute walk outside each day this week. Track your steps with your pedometer!

Paint Olympic Rings in the snow and use them to play hopscotch.

OUTDOOR SAFETY TIP OF THE WEEK:

Snowbanks are fun to play on, but be sure you can be seen by cars on the street.

ENTER THE CMP PHOTO CONTEST!

Submit your favorite winter activity photo to **cmpgiving@cmpco.com** with your name and your school's name.

- Submissions received Friday – Wednesday are posted on Thursday.
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CONGRATULATIONS ON COMPLETING WEEK 3!

Thank you to Aroma Joe's and Subway for sponsoring Family Engagement Week!

COMPETITIVE TRACK

Remember to upload your Moment of the Week for the chance to get a bonus point!

THIS WEEK: Photo – check Rules & Regulations for complete details!

TIPS:

1. Take lots and lots of photos to ensure you can share a few great ones!
2. Hold the camera at your students' eye level.
3. Get your students to smile big!
4. Move in close.
5. Use a plain background.
6. Watch the light, and use your flash outdoors.

Tune in to WMTW Channel 8 with Meteorologist Sarah Long at 4:30 -5:00 p.m. and 5:30 -6:00 p.m. on Monday to see the **Moment of the Week Winner for Week 3!** Or, log on to watch at wmtw.com.

Check out the leaderboard at WinterKids.org on Monday to see how your team is doing!



PLAY-ALONG TRACK

We are building a photo album of your winter fun!

Upload your photo here:
https://winterkids.org/winter-games/winter-games-2022-play-along-submissions/

Or scan here:

Check the WinterKids Winter Games Facebook Group for weekly prize winners.



WEEK 4: WINTER CARNIVAL

INCENTIVE: WinterKids Winter Games Sunglasses





ACTIVITY 1: PODIUMS

Some of the most emotional moments during the Olympic Games occur during the medal ceremonies. For the final week of the Winter Games, construct a podium with three different height steps for the announcing of Bronze, Silver, and Gold winners for each of the Winter Sports events of your Winter Carnival.

Each of the podium steps should be at different heights with the tallest (Gold) step in the center. Get creative with both what you make your podium out of and how you decorate it - using symbols of both your school and the WinterKids' Winter Games in the design.



❄ **GRADES K-2:** Create a podium strong and stable enough for your Winter Games champions.

❄ **GRADES 3-5:** Use the internet to research podium designs from Olympics past. Use some of them to influence the design and decoration of your own Winter Games podium.

❄ **GRADES 6-8:** Incorporate your school colors in the decoration of your podium and add some of the WinterKids iconic snowflakes.

"I love the Olympic Games. The Olympics are an event that few can fathom but all can enjoy, and that's why athletes work our whole lives to put on the greatest show on Earth."

-Johnny Weir, USA, Figure Skating



TRAINING TIP!
ROLL THE DICE CHALLENGE!

1. Jump as high as you can.
2. Bend to touch the ground.
3. Balance on one leg.
4. Spin around.
5. Frog jump.





Looking for transition tips?

Find some in "Keeping Your Students Focused" in the WinterKids Learn Outside Guide (Quick Tips & Tricks Section), or at WinterKids.org.



ACTIVITY 2: WINTER SPORTS

Now that you have a podium for your games, decide upon four Olympic sports to be played at your Winter Carnival. You can base the activities on any of the events from the Winter Olympics, and alter them as you need to for your carnival setting.

Will your events be solo or team play? Will your events be played by students? Or also teachers and staff? Parents?

Are some of the sports ones you have practiced during Week 1, or other years of the WinterKids Winter Games?

You decide and use the table below to list your school's events and keep track of who medalled.

SPORT	BRONZE WINNER	SILVER WINNER	GOLD WINNER



Think about sports!

Take the "Student Fitness Questionnaire" in the WinterKids Learn Outside Guide (PE Section), or at WinterKids.org.



TRAINING TIP!

GO OUTSIDE! Slowly jog around the yard 2 times. Move your body in a zig-zag pattern. March with high knees



ACTIVITY 3: PARADE OF FLAGS IN UNIFORMS

The Olympic Winter Games© Opening Ceremonies may be a mix of nerves and excitement, but the Closing Ceremonies are nothing but joy in celebrating all the hard work!

During your Winter Carnival Closing Ceremonies, plan a jubilatory show of unity by having all Winter Games participants march into the Ceremony waving their Pennants (made in week 3) and wearing their Winter Games uniforms.

BUT FIRST: you must decide what will make up your school's Winter Games Uniform!

Countries might have top designers fighting over who gets to design the outfits worn for the final parade, but they have nothing on your creativity!

- Plan out what your school is going to wear to the celebration. Will it be something as simple as everyone wearing the school colors, or will you take it to the next level for your parade?
- Will you make headbands (maybe out of fabric remnants, construction papers, or streamer material) and decorate them with the WinterKids' snowflakes? Or, with the same materials everyone could make adorned sashes?
- How about hats? Online there are many tutorials for paper hats, from the traditional origami captain-style hats to modified baseball-style caps.
- Get creative and fashion a fabulous Winter Games team uniform. Brainstorm ideas in the space below.

Add your uniform ideas below!

ACTIVITY 4: WINTER CARNIVAL PROMOTION

It is time to promote your winter carnival!

A great way to let people know about your event is to create a poster. Start by making a list of the important details of your winter carnival.

- **WHO** is your audience?
- **WHAT** is the event?
- **WHERE** is it happening?
- **WHEN** is it happening?
- **WHY** are you holding this event?

Include images that relate to your carnival. You can use pictures from magazines or draw your own. Make it colorful and eye-catching. Show your team spirit!



GRADES K-2: Make a poster and hang it in the classroom & hallways around school, or at home.

GRADES 3-5: Make a poster, hang it up, and have a poster contest.

GRADES 6-8: Make a poster, hang it up, and have a poster contest. Make plans to share the winning poster in your community. Ask permission to hang the poster in various places-community center, town hall, library, country store, etc.





TRAINING TIP!

ANIMAL CHALLENGE!

1. Move like a horse.
2. Move like a rabbit.
3. Move like a snake
4. Move like a kangaroo.
5. Move like a monkey.



"Most other competitions are individual achievements, but the Olympic Games is something that belongs to everybody."

-Scott Hamilton, USA, Figure Skating

ACTIVITY 5: WINTER CARNIVAL MADLIB

Winter is my favorite season because I love getting to _____ (action) and _____ (action) at _____ (place) with _____ (person); we always end up _____ (action). My favorite meal to eat in the winter is _____ (food) because it makes me _____ (emotion), but if I eat to much I cannot fit into my _____ (clothing item)! My winter essentials are _____ (clothing item) and _____ (clothing item). I can't do without them. It's really fun to build a _____ (noun) out of _____ (adjective) snow and dress him in a _____ (clothing item) with a _____ (noun) (noun) for a _____ (body part). I even have snowball fights with _____ (person) and it is super _____ (adjective). After a long day of playing I like to cuddle up with a _____ (noun) and a wam cup of _____ (drink).

MAINTAIN YOUR MOMENTUM!

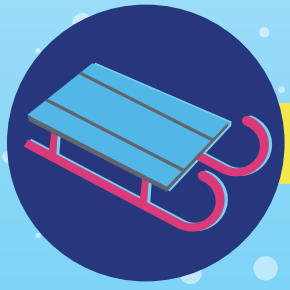
- Your ticket to outdoor winter fun! Don't forget to download your WinterKids App membership at WinterKids.org using discount code **WKWG22** for an avalanche of savings!

- "Like" WinterKids on **Facebook** and follow us on **Instagram** for year-round fun and activities.

- Keep sharing ideas in the **WinterKids Winter Games** Facebook group!

- Check out **local activity calendars** (such as mainetrailfinder.com) for winter events.

- Sign up for the **WinterKids Snowball Effect** e-newsletter to stay updated on activities!



- **Most important:** Get Outside! Be Active! Have Fun!



Play outside!

Check out "Snow (or no snow) Games" in the WinterKids Learn Outside Guide (PE Section), or at WinterKids.org

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WEEK 4: CREATE AN OUTDOOR OBSTACLE COURSE!

To start now, scan here:

Complete the weekly activity to start earning your Snack Pals Winter Games Badge, and unlock secret coloring pages!



GOING FURTHER

Bring cookie cutters outside and make snow cookies!

Capture a snowflake and look at it through a magnifying glass.

Footprint Tag. Play tag as you normally would...but stepping only in others' footprints.

Make a snowball tower- how high can you go?

Stomp out a path and play follow the leader.

Make an icy suncatcher! Gather natural materials and add it to a pie plate with water and food coloring. Add a string. Freeze overnight. Hang it outside in your favorite place.

Have a snowball fight!



OUTDOOR SAFETY TIP OF THE WEEK:

Be sure to have an adult check ice thickness before you venture out on a lake or pond.



ENTER THE CMP PHOTO CONTEST!

Submit your favorite winter activity photo to **cmpgiving@cmpco.com** with your name and your school's name.

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- The photo with the most "likes" wins that week!
- The week 1, 2 and 3 winners will receive will receive a $500 donation to their school for school supplies.
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- The winner with the most "likes" will receive a $1,000 donation to their school for school supplies.

CONGRATULATIONS ON COMPLETING WEEK 4!

COMPETITIVE TRACK

Remember to upload your Moment of the Week for the chance to get a bonus point!

THIS WEEK: Highlight Reel - check Rules & Regulations for complete details!

TIPS: include the very best of the best of your Winter Games experience. Your highlight reel should be limited to 2 minutes.

Tune in to WMTW Channel 8 with Meteorologist Sarah Long at 4:30 -5:00 p.m. and 5:30 -6:00 p.m. on Monday to see the **Moment of the Week Winner for Week 4!** Or, log on to watch at wmtw.com.

If you are a school in a tie for first place, your school will participate in a tie-breaker competition by building a snow likeness of your school principal!

WMTW 8 abc MAINE'S TOTAL WEATHER
WeatheRate CERTIFIED MOST ACCURATE



Check out the leaderboard at WinterKids.org on Monday to see how your team placed!

PLAY-ALONG TRACK

We are building a photo album of your winter fun!

Upload your photo here:
https://winterkids.org/winter-games/winter-games-2022-play-along-submissions/

Or scan here:

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Check the WinterKids Winter Games Facebook Group for weekly prize winners.





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