



Schools across Maine transform playgrounds into outdoor classrooms, blending movement with hands-on lessons in science, health, math, and more, all while embracing the joy of outdoor winter play.

Students, teachers, and families come together in a spirit of teamwork, creativity, and community, showing that winter is for everyone.

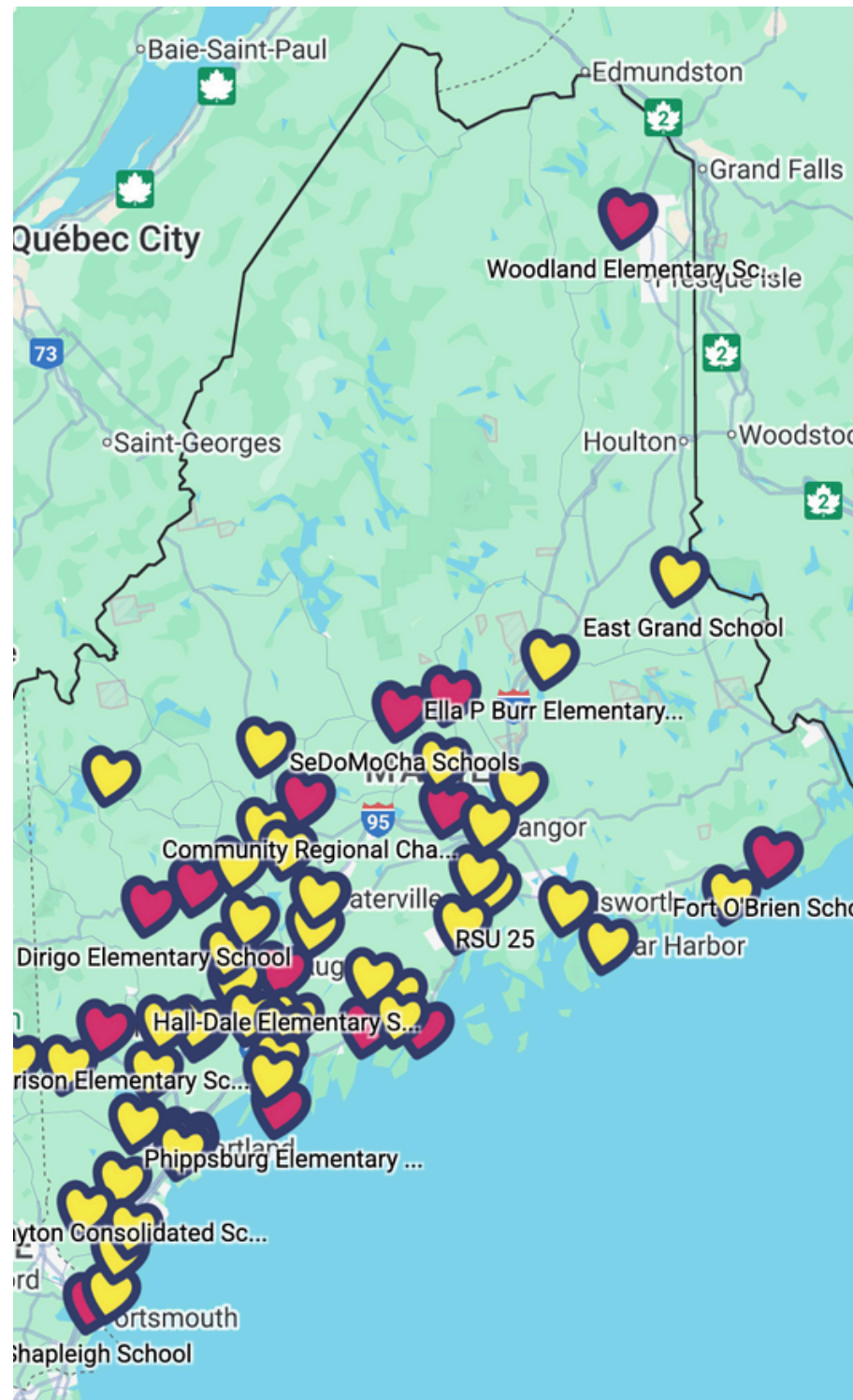
It's a celebration of curiosity, wellness,  
and the magic of Maine's longest  
season!

## Week 1: Physical Activity

## Week 2: Nutrition

## Week 3: Family Engagement

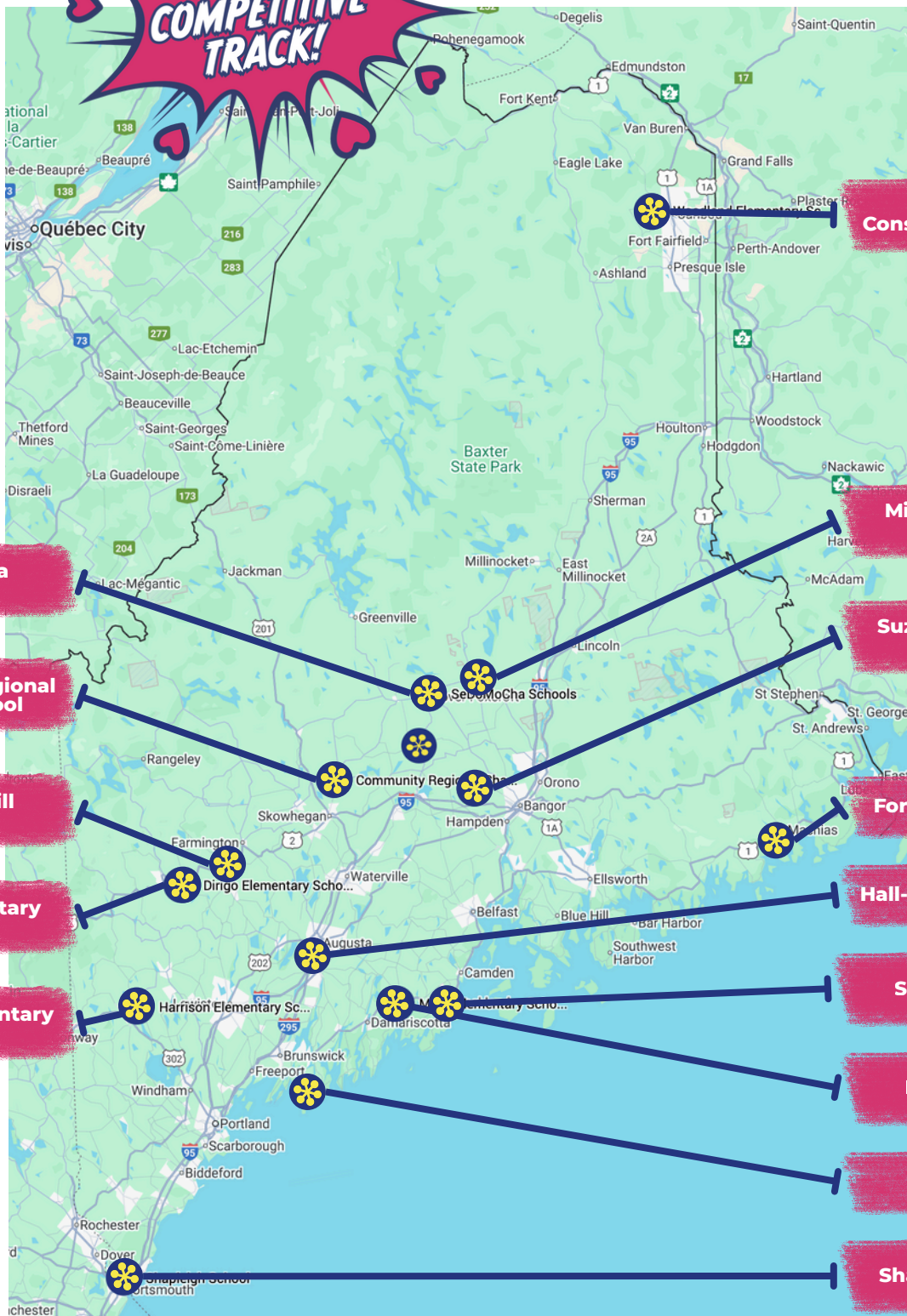
## Week 4: Winter Carnival





# 2026 Competing Schools

These Maine elementary schools have committed to full-school participation and are joining in for a chance to receive up to \$5,000 in support:



**Woodland Consolidated School**

**Milo Elementary School**

**Suzanne M. Smith Elementary**

**Fort O'Brien School**

**Hall-Dale Elementary**

**South School**

**Miller School**

**Phippsburg Elementary**

**Shapleigh School**

**SeDoMoCha Schools**

**Community Regional Charter School**

**Academy Hill School**

**Dirigo Elementary School**

**Harrison Elementary School**





# HEART

## 2026 Schedule

### 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 4 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.

Avalanche Partners:



Powder Partners:



THE WINTERKIDS WINTER GAMES ARE BROUGHT TO YOU BY:



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