

NATURE ADVENTURE

ACTIVITY CARDS

AGES 2-6

Children
& Nature
Network

*Use these cards as
inspiration to get out into
nature and have some fun
with family and friends!*

*You will find four cards, each with
different activity suggestions
relating to winter fun!*

1 LEAP IN!

*A simple adventure you can go on
in almost any outdoor location –
from the park, to your own yard or
balcony.*

2 PLAY ON!

Bring out the creative side in you!

3 SPEAK UP!

*You and your family (and friends!)
can play with words, tell about
adventures, or even make up a song!*

4 GREEN UP!

*Stewardship is the theme here,
and in this activity, you will help
animals or local areas thrive
because of what you do!*

HAVE FUN!



WINTER FUN

1

LEAP IN!
AGES 2-6

WANDER IN A WINTER WONDERLAND

If you live in a place with snow and cold you may be hesitant to play outdoors. With the right preparation, you can enjoy great adventures in playgrounds, parks, yards, and natural areas. Keep your winter adventures safe and fun! Here's how:

1

Dress in warm layers. Avoid wearing cotton; once it gets wet, you will feel cold. Instead, wear wool or synthetic fabrics next to your skin, topped by wool, fleece, or a down jacket. Be sure to wear a hat, gloves, and good boots over wool socks, too.

2

Choose the warmest time of day. Usually you're best off heading outdoors midday when the sun is at its strongest. Staying active will keep you warm. Don't forget to wear sunscreen!

3

Bring warming materials. Taking a walk in the snowy woods? Bring a thermos of tea or hot cocoa and plenty of snacks to keep your body full of fuel!

4

Borrow some outdoor sporting equipment. Take a walk in the woods on snowshoes, glide through the park on cross-country skis, or hitch a ride on an iceboat!

Children
Nature
Network

WINTER FUN

BUILD A SNOWPERSON

This classic tradition makes for a really fun family activity. Don't forget to wear gloves and a hat yourself!

step 1

Take a handful of moist, packable snow and shape it into a ball. Pack the ball with more snow until it's too large for you to hold in your hands.

step 2

Roll the ball across the lawn away from you. As you do this, your ball will get bigger. Your first ball should be the largest, as it will serve as the base for your snowperson.

step 3

Repeat steps 1-2, twice. Your second ball should be a bit smaller and will serve as your snowperson's belly. Your third ball will be smaller than your second ball and serve as the head.

step 4

Stack up your snowballs from largest to smallest. Use a shovel to lift the midsection and head in place. Pack more snow between the balls to help hold them together.

step 5

Bring your snowperson to life! Be creative and add eyes, a nose and a mouth. Use sticks for arms. Dress them up with a hat and scarf. What will you name your snowperson? Now make a snow animal!



WINTER FUN

3

SING OUT!
AGES 2-6

STORIES IN THE SNOW

Is there snow outside where you are now? If so, go out and look for tracks. Can you guess who or what made them? Can you tell if the track-maker was walking or running or hopping? Can you tell if the track-maker was wandering peacefully? Eating? Feeling lost?

Draw a map showing the shape and location of some of the tracks you see, as well as any important landmarks such as trees, garbage cans, streams, or houses. Now, tell a story about who or what made those tracks . . . and why!



WINTER FUN

4

GREEN UP!
AGES 2-6

PUT UP A ROOSTING HOUSE

What's a roosting house? It's like a winter birdhouse and it's designed to keep birds warm when temperatures fall. Roosting houses actually look a little different from birdhouses because the entrance hole is at the bottom instead of the top. (This helps keep heat in better.) But even a regular birdhouse will help birds stay warm in winter. So why wait until spring? Put up a birdhouse now and help your feathered friends through the winter.

Pssst! Did you know that there's one species of owl that will use a backyard birdhouse? The screech owl is a small owl (smaller than a robin) that likes to roost in a house in winter. You can even get a special nesting box made for an owl!