

## Winter Activities



**Activity:** Winter Scavenger Hunt

**Space:** Neighbourhood

**Supplies:** Photo of the scavenger hunt

**Ages:** Families or 5 – 12 years

**Instructions:**

Scavenger hunts are fun outdoor activities for kids that can be enjoyed year-round, no matter what the season. Winter scavenger hunts are extra fun for kids because so much can be seen and observed outside without the leaves on the trees. The barren landscape provides a new element in the hunt and an extra challenge. Winter scavenger hunts focus on items that can be found outside in the colder months. You can find a lot of examples on Pinterest or make our own. Include things like pinecones, acorns, animal tracks, frozen puddles, feathers, evergreens, etc.

**Source:** <https://runwildmychild.com/outdoor-winter-activities-for-kids/>

### Benefits of Playing Outside in Winter

*It is not only medically sound, but plain common sense that running around outside in the winter is far more beneficial than being cooped up indoors. — Dr. Michel Cohen, Author and Founder of Tribeca Pediatrics*

**Source:** <https://tinkergarten.com/blog/why-being-outdoors-is-essential-for-wellness-even-in-winter>

JOURNEY  
OUT  
SIDE

# Winter Walk Day I-Spy

What can you spot  
on the way to school? (4-6)

