



**BE OUTSIDE**  
IDAHO CHILDREN IN NATURE

101 THINGS TO DO OUTSIDE!

## Things to Do Outside in Winter!

**There's no such thing as bad weather, only inappropriate clothing. So put on your winter woollies, grab family and friends and get outside. Walking outdoors is a great way to get kids to notice how nature hunkers down for the cold season. Contact with nature reduces stress, promotes physical and emotional well-being and has even been shown to boost cognition — people actually think more clearly after a hike in the fresh air. Here are some easy suggestions for enjoying nature in winter:**

- Make a snow angel.
- Build a snow fort.
- Have a snowball fight.
- Build a snowman.
- Take a walk and look for animal tracks.
- Play tag or hide and seek.
- Go sledding.
- Shovel snow.
- Build an igloo.
- Put out suet and birdseed for birds.
- Wrap in a big blanket and sit on a swing.
- Go bird watching.
- Do a winter scavenger hunt.
- Collect pine cones to make wreaths and decorations.
- Watch the sunset.
- Go ice fishing.

- Look for bird nests in trees.
- Draw pictures or take photos of trees in winter.
- Go ice skating.
- Find a small hill and “otter slide” down on your belly.
- Use twigs or string to make a “maze” in your backyard.
- Drink hot chocolate outside.
- Lick an icicle.
- Catch a snowflake in your mouth.
- Pull something in a wagon or sled.
- Go for a nature walk.
- Visit a nature center or nearby park.
- Lay on the ground and look at clouds.
- Draw shapes or write words in the snow.
- Make a neighborhood map.
- Decorate a tree in your yard.
- Watch for animals — squirrels, deer, birds.
- Have a winter picnic.
- Make a winter nature journal.
- See how many plants you can find in winter.
- Make a list of trees in your neighborhood.
- Play “Simon Says” outside.
- Go out at night to see the stars.
- Look at holiday lights and displays.
- Go snowshoeing.
- Go on a guided nature hike in winter.
- See what the river looks like in winter.
- Do a “power walk” in your neighborhood.
- Play catch with a brightly colored ball.
- Toss a spongy ball or frisbee at a target.

- Catch snowflakes and look at them with a magnifying glass.
- Make a snow sculpture.
- Melt a snowball and see how much water it holds.
- Take an avalanche awareness course with your family.
- Listen to the local weather and go outside to experience rain, snow or the wind!
- Check out a SNOTEL site to see how much snow has fallen in different parts of the state.
- Take a walk under the full moon.
- Go cross-country skiing.
- Count snowflakes on your mittens.
- Follow animal tracks.
- Look for squirrel nests.
- Draw winter trees.
- Photograph winter scenes.
- Listen to the sound of falling snow.
- Look for shooting stars at night.
- Take a walk in the falling snow.
- Use a ruler to measure snow in your backyard.

[www.beoutsideidaho.org](http://www.beoutsideidaho.org)

