

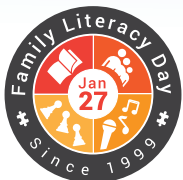


# Activity Book



**Make outdoor time, fun family learning time.**

**Get outside and exercise both your mind and body together as a family. Enjoy the wonders of Canada's Great Outdoors!**



Find more fun family learning activities at:  
**[FamilyLiteracyDay.ca](http://FamilyLiteracyDay.ca)**





## Make outdoor time, fun family learning time with these 10 activity ideas!

### 1. Outdoor scavenger hunt

Make a list of commonly found outdoor items, then go on a walk together with your list and see if you can find all the items.

### 2. Create a nature journal

Using a notebook, draw pictures and write stories about the different outdoor areas you've explored and the trees or animals you've come across.

### 3. Learn about winter species

Research online or at the library about winter birds and other animals in your region. Then, next time you're outside, see if you can find any of the species you've learned about.

### 4. Nature hike

Get some fresh air and exercise while practicing your math. Time your hike, work out the distance, and calculate your average speed on your hike.

### 5. Make story stones

Find rocks outside and draw a different nature-themed picture on each. Then take turns telling stories using the stones.

### 6. Head in the clouds

Look at the different clouds in the sky and see if the shapes of the clouds look like familiar objects, such as animals or people.

### 7. Number walk

As you put on your shoes, choose something you want to count during your walk. It could be dogs, trees, stop signs, cars—anything you want! On your walk, count how many you can find.

### 8. Snow art

Use emptied dish soap bottles filled with water and food colouring to write messages and draw in the snow.

### 9. A course of course

Build an obstacle course in your backyard or at a park and draw a map of how to go through it from beginning to end.

### 10. Adopt a tree

Pick a nearby tree that is special to you and spend time observing and learning about the tree.



## Coffee Filter Snowflakes

How are snowflakes formed? The structure of a snowflake can be found in just 6 water molecules that form a crystal. The crystal begins with a tiny speck of dust or pollen which catches water vapour out of the air and eventually forms the simplest of snowflake shapes, a tiny hexagon called “diamond dust”. More water molecules land and attach to the flake. Depending on the temperature and humidity, those simple hexagons make infinite shapes.

Create your own fun and unique snowflakes with this easy snowflake coffee filter craft.

### What You'll Need:

- Coffee filters
- Safety scissors
- Markers
- Glue
- Spray bottle with water
- Paper plates

### Step 1

Place your flattened coffee filter onto a paper plate.

### Step 2

Colour in the coffee filter with markers. Be creative in your design and use lots of colours and patterns!

### Step 3

Lightly spray the coffee filter with your spray bottle until the colours blend together. Leave the filter to dry.

### Step 4

Fold the coffee filter in half and then fold in half again two more times to make a triangle shape.

### Step 5

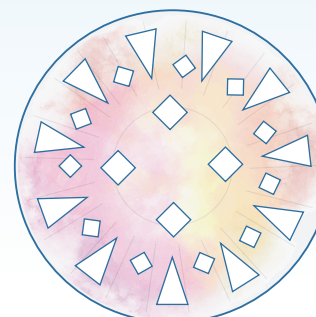
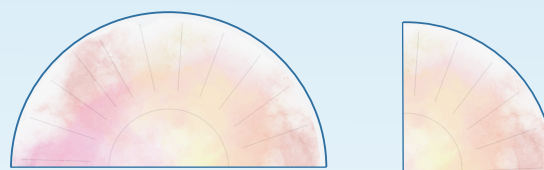
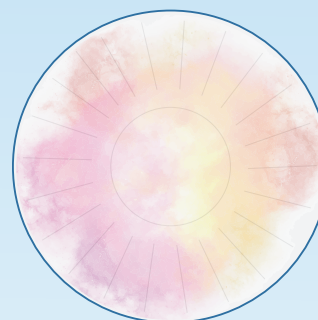
Cut out small shapes on both sides of your triangle shape, with help from an adult.

### Step 6

Unfold the coffee filter carefully to reveal your unique snowflake design.

### Step 7

Display your coffee filter snowflake as-is or glue it onto the paper plate to hang up.



# OUTDOORS

How many words can you make with the letters in OUTDOORS?  
Write them all below.

1. TOUR

6.

2. OUT

7.

3.

8.

4.

9.

5.

10.





## Google Maps Challenge



With an adult, use Google Maps and take a guess where in Canada you think there would be a lot of snow. Then zoom around the country through Google Maps and check out the satellite or street view. Were you right? Now check the photos from that area. Are there any snowy pictures? Try another country that you think will be snowy!

Where do I think it will be snowy in Canada:

---

Where did I find it to be snowy in Canada:

---

Draw a picture of what I saw:

A large, empty rectangular box with a thin blue border, intended for a child to draw a picture of what they saw.

Where do I think it will be snowy in another part of the world:

---

Which countries did I find it to be snowy:

---

Draw a picture of what I saw:

A large, empty rectangular box with a thin blue border, intended for a child to draw a picture of what they saw.

# Outdoor Treat

Enjoy a tasty treat and make maple syrup pops together.

## How to make it:

1. Place your saucepan over medium heat and add 1 cup of maple syrup.
2. Ask an adult for help to carefully stir the syrup until it boils. You know the syrup is ready when you add a small drop of it to a cup of cold water and the syrup makes a firm ball.



3. Get ready to go outside to make your treats! Ask an adult to carefully bring the hot syrup outside.
4. Find clean, fresh snow and ask the adult to pour 2-3 tablespoons of the syrup over the snow in thin lines about 12cm long.
5. Wait about 5 minutes for the syrup to cool and be firm.
6. Pull the syrup strips out of the snow then twist them around the wood stick, just like a lollipop.
7. Enjoy your yummy treat outdoors!

## What You'll Need:

- 1 adult supervising
- 1 cup of maple syrup
- A large saucepan
- Fresh, clean snow
- 6 wood popsicle sticks or skewers



# Family Literacy Day Mad Libs!



Write a funny story with friends and family. Ask them to give you the word for each blank. Make sure you don't read the story until they've filled in each blank.

Today the weather is \_\_\_\_\_ degrees and \_\_\_\_\_, so we  
are heading outdoors. I put on my \_\_\_\_\_ and \_\_\_\_\_ and  
walk outside with my family. We go through the forest and look around at the  
\_\_\_\_\_. The sky is \_\_\_\_\_ and the air is  
\_\_\_\_\_. We see a(n) \_\_\_\_\_ past us and  
wander into the bushes. We made our own scavenger hunt list and outdoors I  
find \_\_\_\_\_ and \_\_\_\_\_. The sun is \_\_\_\_\_ through  
the trees and the \_\_\_\_\_ are chirping. My \_\_\_\_\_ says that I'm  
learning when I'm outside – I just feel like I'm having fun. I like  
\_\_\_\_\_ the best. I love being outside, no matter the time of year!

## Definitions:

### Noun:

A word that is a person, place or thing. *Comics, monkeys, mom* and *North Pole* are examples of proper nouns.

### Verb:

An action word that is the main part of a sentence. *Play, dance* and *jump* are examples of verbs.

### Adjective:

A word that describes a noun. *Exciting, funny* and *super* are examples of adjectives.



# Colouring Thermometer

At what temperature is it cold and at what temperature is it hot?  
Colour in the thermometer below to find out!

## Legend:

- Dark blue: Very cold
- Light blue: Cold
- Green: Cool
- Yellow: Warm
- Orange: Hot
- Red: Very hot

## Instructions:

Colour in the thermometer according to the legend.

-30° to -5°: Dark Blue

-5° to 5°: Light blue

5° to 15°: Green

15° to 25°: Yellow

25° to 35°: Orange

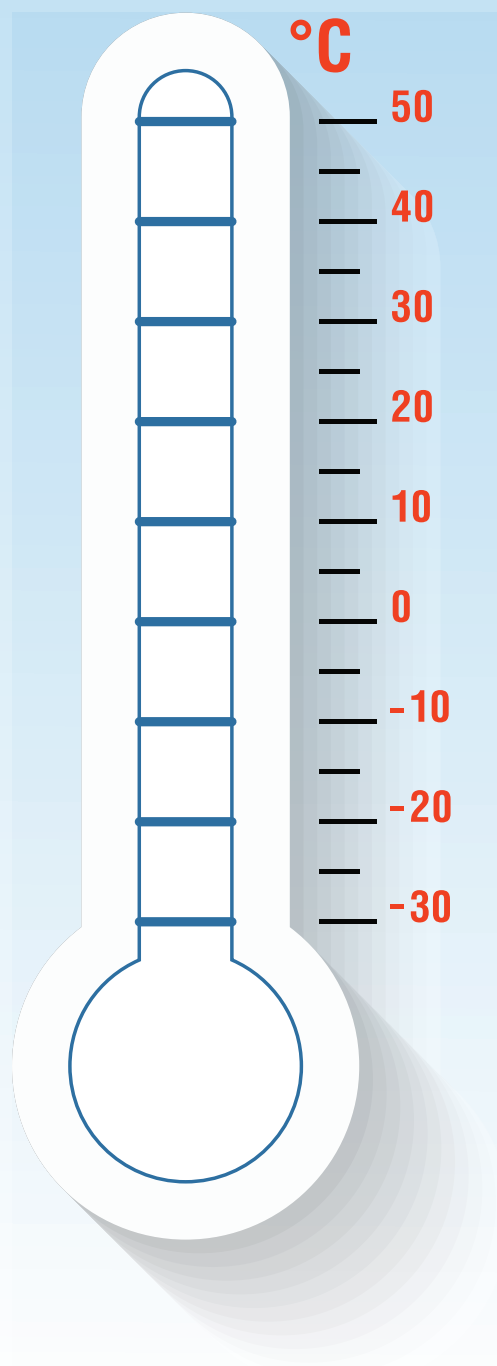
35° to 50°: Red

What temperature is your favourite:

---

Which season(s) do you find your favourite temperature:

---





## Outdoor Wordsearch

Find the words below that are all about having fun learning together outdoors. When you're done, go outside and see how many of the words you can find!

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

BIRD

EVERGREEN

ICICLE

SCARF

SNOWBALL

BOOTS

FOOTPRINT

NEST

SNOW

SQUIRREL



# Enjoy active play, every day of winter.



Kids need active play every day, and there are plenty of ways to keep active at home as a family. Each day, select at least one option from each category below.

## 1. Go play outside

- ☐ throw snowballs
- ☐ roll down a hill
- ☐ make snow angels
- ☐ build a snowman or snow fort
- ☐ make a GIANT snowball



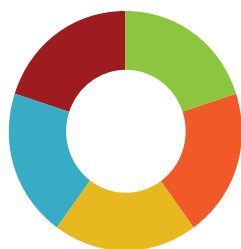
## 2. Have fun developing skills

- ☐ play road or ice hockey
- ☐ try a summer sport in snow
- ☐ try ice skating



## 3. Use your feet to get around

- ☐ go for a winter hike in nature
- ☐ go snowshoeing
- ☐ walk to school



- ☐ Make time to play outside
- ☐ Have fun developing skills
- ☐ Use your feet to get around
- ☐ Get together for a family activity
- ☐ Remember to help around the house

## 4. Do a family activity

- ☐ build a snow maze
- ☐ take a winter walk around your neighbourhood
- ☐ go tobogganing with helmets
- ☐ make paintings in snow using food dye
- ☐ do a scavenger hunt in the snow

## 5. Help around the house

- ☐ shovel the walkway or the driveway
- ☐ help tidy the garage
- ☐ pick up outdoor toys
- ☐ shovel the neighbours' sidewalk
- ☐ feed the birds
- ☐ take out the garbage



Active play, every day is good for everyone's body, brain and mood. For more ideas on ways to play and learn in the great outdoors, visit [activeforlife.com](https://activeforlife.com)

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## Make Bubbles

Have you ever blown bubbles in the winter? It's amazing to watch them freeze. Make your own batch of bubbles with items you have at home.

### Directions:

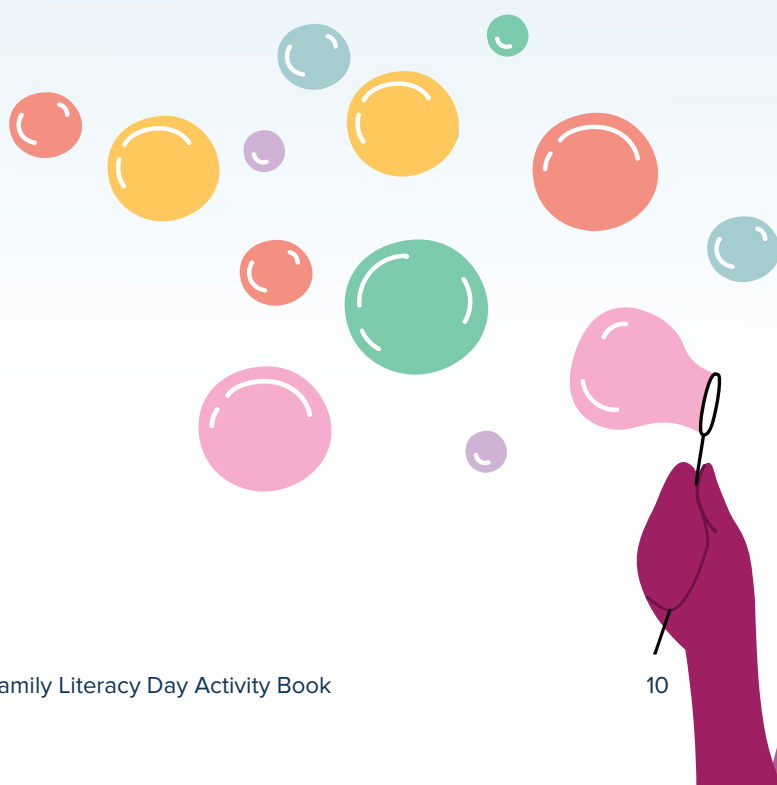
1. Get a large container and pour in 6 cups of water.
2. Add 1 cup of dish soap to the water.
3. Stir the mixture slowly with a spoon. Try to mix without making foam or bubbles.
4. Add in the corn syrup and mix slowly (or skip this step if you're not using corn syrup.)
5. Let your mixture sit overnight (if you can wait that long!).
6. Put on your coat, boots and mittens and go outside and blow bubbles.

Did your bubbles freeze?

Take pictures and look at all of the amazing colours!

### What You'll Need:











- 6 cups of water
- 1 cup of dish soap
- Large container
- Spoon
- Bubble wand or a straw
- Optional:  
¼ cup of corn syrup



# Winter Bingo

Next time you go outdoors, take the bingo card below and see if you can be the first to find all of the items in a row, column, or corner to corner!



				
sound of wind	acorn	flying bird	evergreen trees	mud
				
flock of birds	signs of a woodpecker	winter flower	perching bird	berries
		Free space		
bird call	rock	Free space	soaring bird	twig
				
squirrel	maple leaf	birch tree	old bird's nest	trail marker
				
animal tunnel or hole	animal footprints	slush	snow	pine cone



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