

**39**  
**Figure skate**  
around the room

**40**

**41**  
**5 snow angels**  
on the ground

**42**  
**Curling**  
Get your legs ready for curling with 10 lunges

**43**  
**Stretch**

**44**  
**Hibernating Bear**  
Lie down, relax and enjoy a small break

**45**  
**Blustery day**  
The wind blew your snowman's hat off! Run on the spot as fast as you can and try to catch it

**46**

**47**  
**Biathlon**  
Lay down on your stomach then quickly stand up tall and do 4 ski jacks (see 22). Repeat 5x

**48**  
**Celebration Dance!**

END

**38**

**37**  
**Hot Chocolate**  
Stir up a big batch of hot chocolate. Stir 10x around the pot

**36**  
**Drink a glass of water**

**35**  
**Relaxation**  
Close your eyes, relax your muscles, count backwards from 10

**34**  
**Tobogan Ride**  
Hold as long as you can!

**33**  
**Tuck jumps**  
You're knee deep in snow! Jump to try and get out 10x

**32**  
**Stretch**

**31**  
**Bear Walk**  
Walk around like a Polar Bear

**30**  
**Speed skating**  
Skate for 30 seconds

**29**

**19**  
Close your eyes, take a deep breath, and think of 3 places/people/things that make you happy

**20**  
**Stretch**

**21**

**22**  
**Cross Country Skiing**  
10 ski jacks

**23**  
**Ice breaking**  
Crack the ice by stomping with your feet 10x

**24**  
**It's snowing!**  
Reach as high or as wide as you can and catch 10 snowflakes

**25**

**26**  
**Sing your favorite winter themed song!**

**27**  
**Seal pup**  
Slide and wiggle around on your belly like a seal pup

**28**  
**Snowshoeing**  
Snowshoe around the room by lifting your knees as you walk for 20 seconds

**18**  
**Hockey**  
Take 5 slapshots

**17**  
**Wall-sit**  
Ride the chair lift to the top of the mountain! Hold for 30 seconds

**16**  
**Moose**  
Be a big moose for 10 seconds

**15**  
Get ready for ski jumping with 10 squats

**14**

**13**  
**Snowball fight!**  
Throw 10 snowballs

**12**  
**Mug of Hot cocoa**  
Take a deep breath then slowly blow the steam from your mug of hot cocoa 5x

**11**  
**Snowflake**  
Hold as long as you can!

**10**  
**Wild Card**  
Pick any exercise you want!

**9**  
It's getting cold! Do 10 Jumping Jacks to stay warm

**1**  
**Snakes and ladders – Winter Wonderland at home**  
Act out the moves. Be creative!

**START**

**2**  
 **tubing**  
Gently lift your arms and legs off the floor and hold for 20 seconds

**3**

**4**  
**Penguin Walk**  
Walk around like a penguin!

**5**  
**Luge**  
Hold as long as you can!

**6**  
**Hug**  
Give a family member a warm hug!

**7**

**8**  
**Skeleton sledding**  
Hold for 15 seconds

**8**