

January Brain Boosters

Do you want to build a snowman?

You have 30 seconds to build a pretend snowman.



Winter Walk

Walk in different winter ways.

- Through a blizzard
- Through a snowball fight, not wanting to get hit

• On icy sidewalks

Snowball Fight

Throw your pretend snowballs at your classmates. Count backwards from 20.



Ice Statues

The ice froze you into a statue! Stand completely still. Choose one ice statue:

Ice skater, snowman, person shoveling, Animal, reading a book,



Time to Hibernate

One student is Old Man Winter. The rest of the students walk slowly around the room. Old Man Winter taps the animal, he goes into hibernation. When he claps his hands, all animals wake up again.

Polar Bears and Penguins

For twenty seconds, half the class pretends to be a polar bears while the other half pretends to penguins, then switch.

Snowflake Twirl

Twirl like a snowflake. Count backwards from 10.



Snow Shovel

It snowed! Pretend to shovel snow for 15 seconds. Remember snow can be extremely heavy!

Ice Skate

The floor to the room is frozen! With your hands behind your back, pretend to skate around the room.

Walk Through the Snow

High march around the room in the pretend snow.

Count backwards from 20.



Images from www.mycutegraphics.com

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