

# Winter Survival

This month, have some fun outdoors by exploring the many ways creatures have evolved to survive a long, cold winter and remember, the best way to keep warm is to keep moving!

## Activity 1 Winter Senses To-Do List

Track the fun you have as a group outdoors with this Winter Senses To-Do List.

Work together to think of more ways to use your senses in winter.

Can you do it all in one outing or will you need more?



## Activity 2 Snow Animals

Each child picks a tree, it must be big enough to add snow to. Smush snow into the trunk to build a creature. Here is a tree rabbit for inspiration!



## Activity 3 Hibernate, Insulate, Migrate

A modified Red Light / Green Light game from the Scouts Canada Activity Finder

<https://www.scouts.ca/resources/activity-finder/hibernate-insulate-migrate.html>

**Hibernate:** a way that animals save energy by sleeping through the winter. EX. Bears, bats, frogs.

**Insulate:** grow a thick winter coat (rabbits, foxes, deer) or find/make well sheltered homes (grouse, weasels, mice)

**Migrate:** animals that move away from an area to avoid harsh condition (many birds, monarch butterflies)

**Step 1:** One participant will be the activity leader, standing on one side of the field. Everyone else stands on the other side. The goal is to reach the other side of the playing area.

**Step 2:** Activity Leader will call out either

- “hibernate” - players must not move and pretend to be asleep by closing their eyes. They cannot move forward or will have to restart.
- “insulate” - players can begin moving forward at a slow pace since they are trying to conserve energy
- “migrate” - players can run as fast as possible

**Step 3:** first player to reach other side becomes the new activity leader

# Winter Senses



## To-Do List

### SMELL

- pine needles \_\_\_\_\_
- hot chocolate \_\_\_\_\_
- wood fire \_\_\_\_\_
- \_\_\_\_\_

### TASTE

- snow \_\_\_\_\_
- peppermint \_\_\_\_\_
- icicle \_\_\_\_\_
- \_\_\_\_\_

### SEE

- a snowflake \_\_\_\_\_
- a cardinal \_\_\_\_\_
- a squirrel \_\_\_\_\_
- \_\_\_\_\_

### HEAR

- snow crunching \_\_\_\_\_
- birds singing \_\_\_\_\_
- wind blowing \_\_\_\_\_
- \_\_\_\_\_

### TOUCH

- something cold \_\_\_\_\_
- something hot \_\_\_\_\_
- something rough \_\_\_\_\_
- \_\_\_\_\_

### MOVE

- dig a snow tunnel \_\_\_\_\_
- build a snowman \_\_\_\_\_
- go sledding \_\_\_\_\_
- \_\_\_\_\_