



SNOW SEASON SKILLS

ACTIVITY BOOK

NAME:

KNOW YOUR

WINTER BASICS



Below are activities you can do to have fun in the snow!

Fill in the blanks using the word bank. Words can only be used once, so make sure it is in the sentence.

SNOWSHOEING: Walking or hiking in _____ snow using specialized footwear called snowshoes. You can snowshoe in parks or even in your neighborhood when there is plenty of fresh snow. Snowshoeing is a great and simple way to enjoy the magic of a snowy forest with friends and family of all ages.

_____ : In a park, a forest or around the block, walking in the winter is perfect to get fresh air and exercise. No special gear is needed. Put on your _____ and warm layers, and you are ready to go!

CROSS-COUNTRY SKIING: _____ on snow using skis and _____. Many parks offer trail networks for cross-country skiing. You can even ski on a frozen lake! Make sure you wear layers of clothing for cold and wet conditions.

WINTER HIKING: Many areas have _____ that can be hiked year long. Wear hiking boots and bring micro spikes for better _____ on the snow and ice when you hike in the winter. Make sure you wear warm layers and bring enough _____ and water.

ICE SKATING: Sliding on the ice on a skating rink or a frozen lake using ice skates. Grab your hat, your mittens and check your ice skate _____ before you go and make sure they are properly sharpened.

WORD BANK

Winter boots

Deep

Sliding

Poles

Trails

Traction


Snacks


Blades


Winter walking




Based on your own experience, answer the following questions.

 Which of the winter activities from page 2 do you enjoy the most and why?


 What makes it challenging for you to get outside in the winter?

 What could you do to make it easier to practice a winter activity?

 What would you say to encourage a friend who doesn't want to go outside during the winter?

 Why is being physically active during winter important?

WHAT *to* WEAR WHILE SNOWSHOEING

 **Help Jordan prepare for her snowshoeing trip.** Fill in the blanks using the word bank. Then, using the order of operations formula, solve the problem on the next page.

_____ : These should be insulated, waterproof, and have good tread.

_____ : A flat device attached to the sole of your boots with straps that helps you walk in the snow.

_____ : Choose a pair in a non-cotton fabric, like wool. You should carry an extra pair in your backpack in case you get wet.

_____ : Wear these to protect your eyes from the sun, the wind and the snow. Important to wear even in winter as the snow reflects back the UV rays like a mirror.

_____ : A lightweight or midweight layer (top and/or pants) that is the first item that you put on when you get dressed for snowshoeing.

_____ : A waterproof and breathable shell jacket and/or pants. This is the last item that you put on when you dress up.

_____ : Wear it on your head to conserve your body heat.

_____ : These keep your hands dry and warm. You can combine a waterproof and breathable shell with liners. Carry an extra pair in case one is not enough.

_____ : You can buy disposable products or make your own with rice and fabric.

_____ : These keep the snow out of your boots when you are in deep snow. Made of waterproof fabric.

_____ : Cover the space between your hat and your coat collar to block the wind and cold. Typically made out of warm fabric like fleece or wool.

WORD BANK

Snowshoes \$10

Socks \$1

Winter Boots \$5

Sunglasses \$3

Base layer \$3

Outer layer \$4

Hat \$2

Mittens \$2

Handwarmers \$2

Gaiters \$6

Neck Gaiter \$8



Jordan is going snowshoeing with her friends Kai and Michelle. Outdoor gear can be expensive, so she decides to shop at a local thrift store to save money and reuse items. Jordan has 60 dollars to buy **WINTER BOOTS**, a **BASE LAYER** and two pairs of **MITTENS**. She has snowshoes at home, so does not buy any snowshoes. After buying the gear, Jordan divides the money she has left in two equal parts so her friends can buy **SNOWSHOES**. They thank her for her generosity and each buy one pair of snowshoes.

How much money do Kai and Michelle each have left after buying their snowshoes? Be sure to show your work!

PUT ON *YOUR* SNOWSHOES

Practice these steps in your backyard or at your local park on a warm winter day.

Correctly order the steps of putting on snowshoes.

- Clean snow out of the bindings and off your boots to make it easier to attach your snowshoe.
- Take your poles and you are ready to go!
- Place the ball of your foot centered in the snowshoe's bindings.
- Put on your winter boots.
- Tighten the toe strap and then the heel strap.
- Check if your snowshoes have a right and a left side. They might be the same design for each foot.
- Tighten the instep strap and tuck in excess straps.
- Put on your gaiters, if you have some.

The straps shouldn't be too tight or too loose. Make sure there's no excess straps in your way when you walk.

It's also important to know how to properly remove your snowshoes. Put the steps in order to take off your snowshoes correctly.

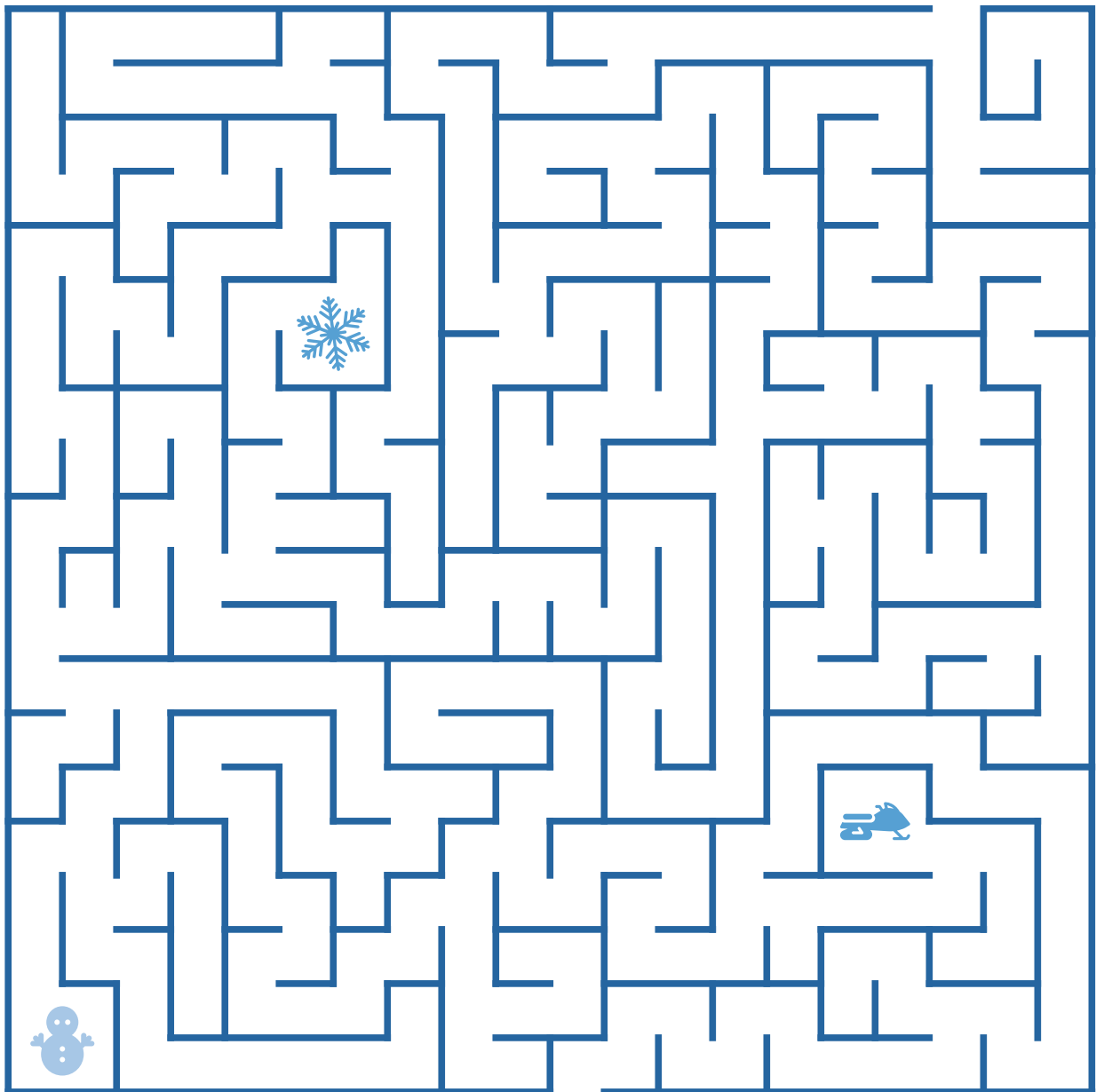
- Brush off the snow from your snowshoes by gently rubbing and hitting them against each other.
- Open the heel straps by pulling it or pinching the buckle.
- Release your foot from the snowshoe.
- Loosen the toe and instep straps by pulling the straps or pinching the buckle.
- Let dry your snowshoes and poles before storing them.

SNOWSHOE YOUR WAY THROUGH WINTER

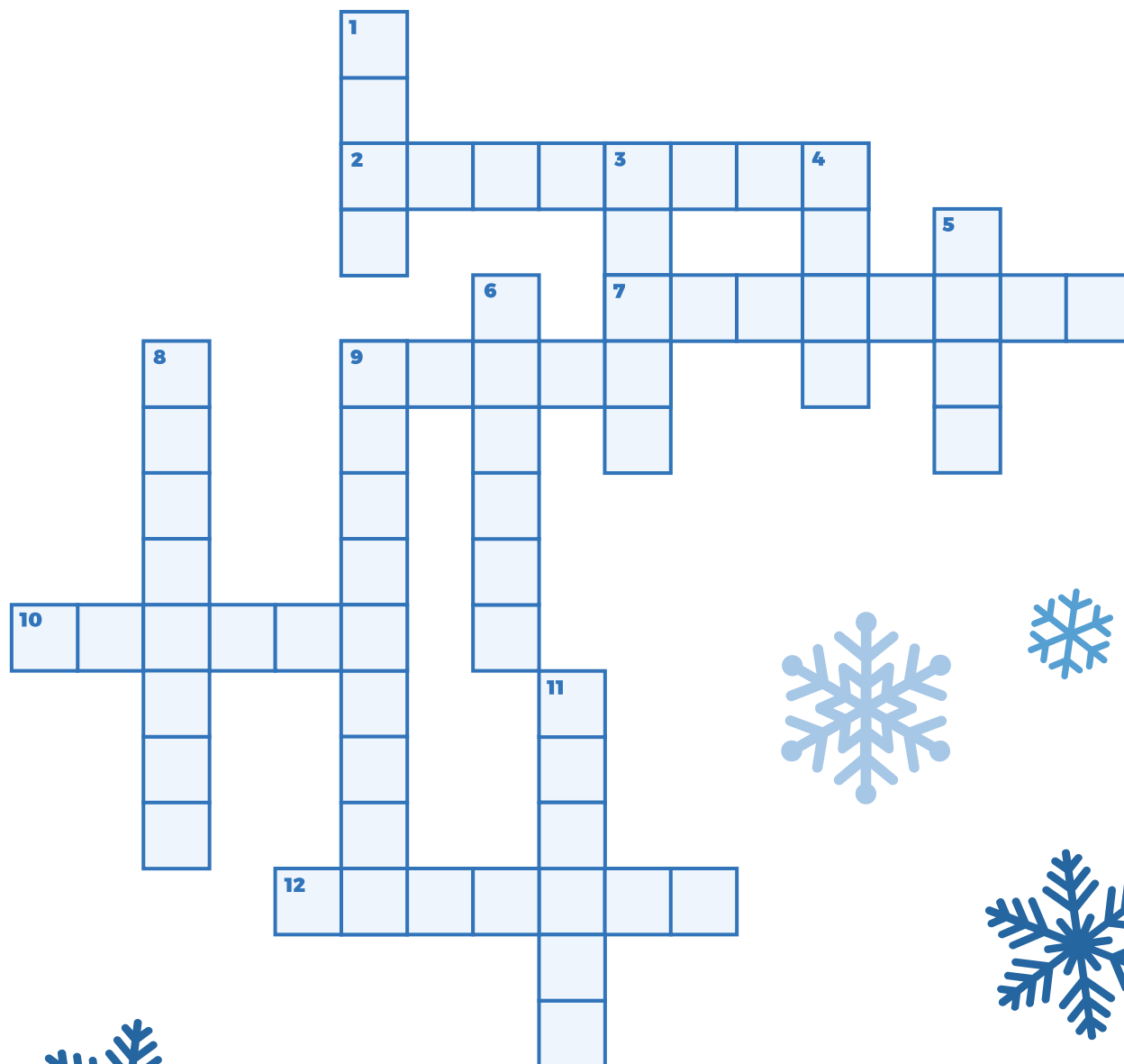
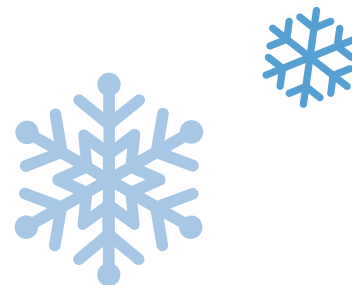


Find your way home through the maze!

START



READY *FOR* A CHALLENGE?



DOWN

- 1 Making a full 180 degree turn by placing one snowshoe in the opposite direction to the other and having your body make a full turnaround is known as a _____ turn.
- 3 They help you navigate steep and irregular terrain and maintain your balance.
- 4 A _____ turn is making a half turn by lifting one snowshoe and placing it at a 90-degree angle in front of the other shoe, forming a "T" with your snowshoes, and shifting your body, bringing the other snowshoe back alongside.
- 5 The small bar that lays flat under your boot heel and that you can flip up in a long ascent to keep your foot in a more natural flat position is called a heel _____ .
- 6 _____ Americans invented the snowshoe in North America.
- 8 _____ are made of straps. They attach your boot to the snowshoe and maintain your foot in place while you walk.
- 9 An injury to your body tissues caused by exposure to extreme cold. It generally affects the nose, fingers or toes.
- 11 Walking forward on snowshoes, as you would do without snowshoes.

ACROSS

- 2 Also called claws or cleats, they look like metal teeth and are found at the underside of the snowshoe.
- 7 The _____ technique is a way to dress for outdoor activities in winter.
- 9 The _____ creates the outer shape of the snowshoe and determines the size.
- 10 Snowshoes work by preventing you from sinking into the snow through the principle of _____ distribution across a large surface area.
- 12 Main part of the snowshoe that fills the center of the frame.



MORE RESOURCES



East Central Wisconsin Regional Safe Routes to School webpage and snowshoe rental: <https://eastcentralsrts.org>

ANSWERS

PAGE 2

Deep, winter walking, winter boots, sliding, poles, trails, traction, snacks, blades

PAGE 4

Left column: Winter boots, snowshoes, socks, sunglasses, base layer, outer layer
Right column: Hat, mittens, handwarmers, gaiters, neck gaiter

PAGE 5

\$14

PAGE 6

4, 8, 5, 1, 6, 3, 7, 2
4, 2, 3, 1, 5

PAGE 8

Across

2. Crampons
7. Layering
9. Frame
10. Weight
12. Decking

Down

1. Kick
3. Poles
4. Step
5. Lift
6. Native
8. Bindings
9. Frostbite
11. Stride





