

HOW TO DRESS FOR OUTDOOR WINTER PLAY



Dress for the weather!

Being dressed for the weather is the first step to enjoying the outdoors (for both children and adults).

In winter, layer clothing that would be easy to remove on warmer days or put back on when it becomes cooler and include the following:



On snowy cold days



Thermal long underwear

+



Wool socks

+



Shirt and Pants (no jeans, no cotton)

+



Bib snow pants with elastic fastenings at cuffs



Insulated waterproof snowboots

+



Hat, mittens and neck warmer

+



Insulated windproof jacket (with a hood)

Don't forget sunscreen and sunglasses (even in winter!)



For daily play, sports drinks are not recommended. Water should be the first choice before, during and after play.



Check the weather forecast before heading outside as the sun can be deceiving in winter.



For more information on physical activity for children, visit york.ca/activeplay

OUTDOOR PLAY CLOTHES SHOULD COVER GAPS

1

Wrists

- A long sleeved shirt with thumbholes so that your sleeve will stay put
- Long mittens that will fit under or over your coat

2

Ankles

- Long wool socks that tuck under your pants
- Long snow pants that fit over and attach to your snow boots

3

Neck

- A hood to keep the snow off your neck
- A neck warmer

4

Waist/back

- Bibs rather than regular pants so your back is not exposed

TRY THESE FUN OUTDOOR WINTER ACTIVITIES



Make snow angels and snowmen



Build a snow fort or snow maze



Look for animal tracks



Have a treasure hunt



Go sledding or skating



Try skiing or snowboarding

In cases of EXTREME COLD consider these ideas for active INDOOR play

- Try indoor bowling
- Play musical chairs
- Build a fort out of cushions and blankets
- Play follow the leader
- Dance to action songs
- Play hide and seek



Go to
york.ca/extremecold
for tips on staying
safe in the cold

