



Winter



FUN PACK by boks



30+ fun activities for kids in
Kindergarten through Grade
9 to get moving and stay
busy during the winter.



www.bokskids.org

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ABOUT THE BOKS WINTER FUN PACK



Wouldn't it be fun to keep BOKS going throughout the winter break?

We have created a "Winter Fun Pack" so that our community can bring a little BOKS to their time off. This packet can be used by families or by an individual looking for activities to do at home. Just because we're not in school doesn't mean we have to stop moving! The "Winter Fun Pack" includes some of our favorite BOKS games as well as crafts, nutrition activities and printables. Everything you need to bring activity and fun to your holiday break!

BOKS is a FREE physical activity program designed to get kids active and establish a lifelong commitment to health and fitness. BOKS is a not-for-profit initiative of the Reebok Canada Fitness Foundation in partnership with the Public Health Agency of Canada to expand and enhance physical activity in Canadian K – 9 schools.

You can have access to all our resources and activities for FREE in the BOKS Trainer Hub by signing up to BOKS.

What BOKS offers?

- BOKS Bursts – 1-10 minute daily physical activities designed to keep kids moving throughout the day.
- Our flagship full length lesson plans (25 – 45 minutes in length) that are fun and engaging, incorporating functional fitness skills, running, games, yoga and nutritional talks.
- Yoga and mindfulness activities and videos.
- Recess activity cards.
- BOKS Bootcamp – 10-week fitness challenge for students in Grades 7 through 12.
- At a Distance lesson plans – a compilation of our flagship lesson plans, all with physical distancing considerations.

Note

If it is warm where you live during the winter, please check out our other Fun Pack (in the Trainer Hub)!








 **FREE SIGN UP**

Follow us on social media



Fitness Skills

Before you start these exercises, it's important to make sure you do the movements properly. These exercises can help develop strength and endurance. Click on the fitness skills to have a visual on how to perform them.

| | | |
|---------------------|---|---|
| Running |  | <ul style="list-style-type: none"> • Stand up tall with core tight • Shoulders and arms are relaxed and swing naturally • Breathe rhythmically, filling the belly |
| Push-ups |  | <ul style="list-style-type: none"> • Keep body in a straight line, with arms a bit wider than shoulder width • Arms fully extended at the top • Chest close to the floor at the bottom |
| Plank |  | <ul style="list-style-type: none"> • Keep body in a straight line • Keep knees off the ground • Keep weight evenly distributed between elbows/forearms and feet |
| Donkey Kicks |  | <ul style="list-style-type: none"> • Start from standing position, move hands to the floor slightly wider than shoulder width • Kick the feet off the ground and move them back in the air • Stand up straight at the end |
| Jumping |  | <ul style="list-style-type: none"> • Start with your feet at shoulder-width and keep heels super-glued to the ground • Bend your knees and squat deep • Use arms by bringing them back and driving them forward to initiate the jump • Jump up straight and tall, and land softly by absorbing the landing by bending at ankles, knees and hips |
| Burpees |  | <ul style="list-style-type: none"> • Drop into a push-up, keeping the body straight • Jump up to stand with feet moving between the hands • Stand up tall, jump up and clap hands above head |
| Squats |  | <ul style="list-style-type: none"> • Keep heels super-glued to the floor • Squat deep to get your knees at a 90-degree angle to the floor • Keep your back arched like a superhero |
| Crunches |  | <ul style="list-style-type: none"> • Keep core contracted through the entire movement • Elbows are wide, don't pull on your head or neck • Imagine bringing your ribcage toward your hips |

Individual Burst Activities

Energizing Active Breaks

BOKS Winter As If!

Do each activity for 20-30 seconds:

1. Jog in place as if the abominable snowman is chasing you.
2. Take big steps in place as if you are snowshoeing.
3. Jump up and down as if you are chestnuts popping on a fire.
4. Reach up as if you are trying to grab the North Star.
5. Jump up as if you are jumping on a pile of snow.
6. March in place as if you are a toy soldier.
7. Play the drums as if you are announcing winter solstice.
8. Swim as if you are in a giant pool of eggnog.
9. Shake your body as if you are a wet polar bear.



Happy Winter!

Around your home or OUTDOORS - Get moving in your winter wonderland!
Set up a circuit in your home or outdoors with 5 stations. Jog or skip between stations. Perform each move for 1 minute.

1. Jump rope 10x then run up and down your stairs until time is up.
2. High knee jog on the spot.
3. Jumping jacks.
4. Crunches.
5. Squats.



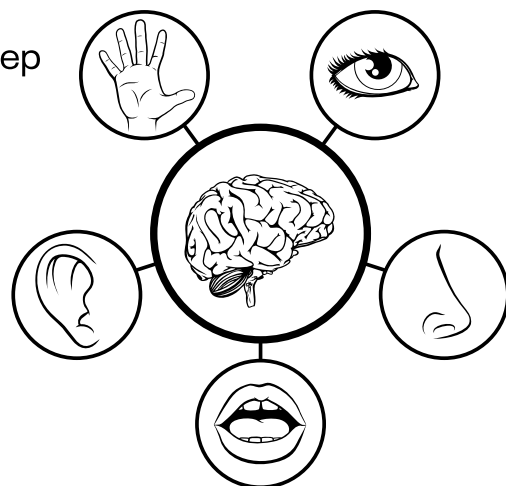
Individual Burst Activities

Calming Active Breaks

Sense Countdown YouTube

Practicing mindfulness helps us check in with ourselves, and pay attention to how we're feeling. By using our senses, we can evaluate ALL parts of ourselves including our thoughts and emotions.

1. Find a comfortable seat, sit up nice and tall, and take a deep breath.
2. At your own pace, countdown through each sense.
 - 5 things you can see.
 - 4 things you can touch.
 - 3 things you can hear.
 - 2 things you smell.
 - 1 thing you taste.



Hand Breathing YouTube

Deep breathing is one of the fastest ways we can help ourselves feel calm- whether that's by helping us catch our breath after running around, or if we are having trouble focusing.

1. Find a space to sit down comfortably, and decide which hand you would like to use as your breathing guide!
2. Spread your fingers nice and wide, and practice tracing your hand.
3. When you are ready, take a nice deep inhale through your nose and trace UP your finger.
4. When you exhale, trace DOWN the other side of your finger. Continue breathing in and out as you trace your whole hand.
5. Take a moment to notice how you feel, and if you might need to trace your hand a few more times.



Individual Burst Activities

Indoor Energy Burners

Dance with BOKS

Hip Hop Choreography with Suaad Fitness



Pop Choreography with Kyla



Let's Climb a Mountain YouTube

The goal of this Burst is to perform several variations of mountain climbers.

1. Place hands on the floor and support your weight in a high plank position.
2. Cycle the knees in towards the chest in a right , left, fashion. Repeat.
3. Perform 10-40 repetitions. Stand and rest briefly.
4. Get back in high plank position again and bring one knee in toward your chest while touching the sole of the foot of the active leg on the floor and cycling the opposite leg.
5. Perform 10-40 repetitions with one leg then repeat with the other leg.
6. Get in high plank position and kick both knees in towards the chest at the same time, then bring the knees back out to extension.
7. Kick the legs out sideways while fully extended so that legs create a v formation, then jump the legs back together and kick the knees back to the chest and repeat the actions.
8. Perform 10-40 repetitions.

Individual Burst Activities

Indoor Energy Burners

Throw Pillow Burst YouTube

Equipment needed: 1 throw pillow.

1. Hold pillow overhead from standing position and perform:

- 10 squats
- 10 jump squats
- 10 pillow jacks (do jumping jacks but arms hold pillow up the entire time)

2. Hold the pillow behind your back from a standing position (thumbs facing down and triceps facing up) and perform:

- 10 pillow lifts holding pillow with both hands (raise pillow approximately 10 cm) if possible
- 10 pillow tosses (release pillow by thrusting upward and catch it behind your back)

3. Lie down on the ground (legs bent at knees), hold pillow in front of your chest and perform:

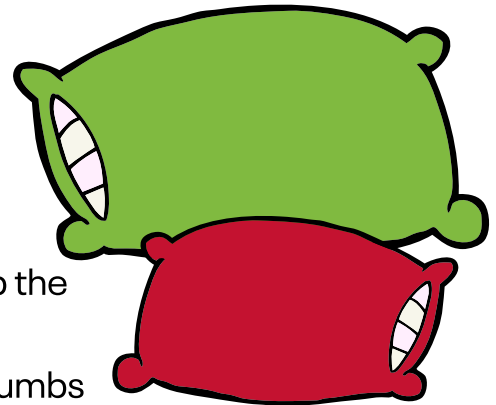
- 10 crunches
- 10 knees to chest

4. Lie down flat on the ground with legs & arms extended, hold pillow above your head and perform:

- 10 leg lifts with right leg
- 10 leg lifts left leg
- 10 leg lifts (both legs at the same time)
- Lift arms and legs toward ceiling and transfer pillow from arms (hands) to feet (ankles) or feet (ankles) to arms (hands) then back down to your starting position. Repeat 10 times.

5. Perform a V sit and either hug pillow or sit on it while performing this exercise:

- 10 second hold challenge



Individual Burst Activities

Outdoor Energy Burners

Playing in the Snow

Equipment needed: If you have snowshoes and/or cross country skis, feel free to use them. Otherwise, just use your imagination and pretend!

Complete the following activities outside:

1. Tuck jumps into a BIG pile of snow.
2. Strap on your snowshoes and take big steps across the field. Lift your feet really high!
3. Trade out the snowshoes for some cross-country skis and ski through the woods.
4. Take a quick break and do some squats while rolling big balls of snow for a snowman.
5. Warm up your throwing arm and have a snowball fight!



Celebrate Winter YouTube

Do each activity for 15-30 seconds:

1. Bouncing, shaking, legs in vibration, rubbing together palms as if you are trying to keep your body warm on a cold winter day.
2. Jumping jacks as if you are making standing snow angels.
3. Lateral skaters as if you are a speed skater striding side-to-side.
4. Transverse woodchops as if you are striking an axe and cutting down a tree.
5. Forward lunges as if you are a curler releasing a curling rock as you lunge.
6. Throwing as if you are launching snowballs through the air.
7. Spin in a circle as if you are a figure skater pirouetting on the ice.
8. Bending over/reaching up as if you are picking up snow and tossing it overhead mimicking a snowfall.



Group Burst Activities

Energizing Active Breaks

Circle Card Pass

To respect the physical distancing policies, this activity is meant to be for for the same members of a household.

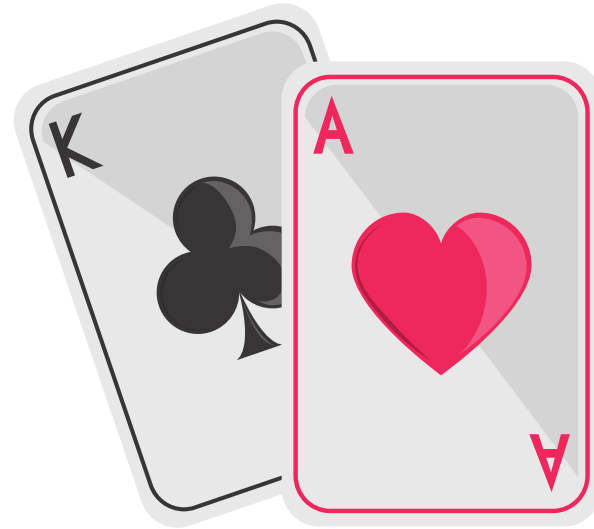
Equipment needed: Deck of cards.

Have everyone stand in a circle.

1. Everyone stands in a circle holding 1 playing card/person.
2. On the leader's cue, everyone passes the playing card to their left (each person should only ever have 1 card in their hand at a time).
3. When the leader calls out "freeze", look at the card in your hand and perform the # of repetitions indicated on the card and performs a functional fitness skill indicated by the leader.
4. Resume activity once all fitness skills have been completed.

Variations/Challenges:

- Have the leaders call out "left", "right", "clockwise", or "counter-clockwise" throughout the game.
- Assign a fitness skill to each suit (ex. Hearts = crunches, Spades = push-ups, Clubs = squats, Diamonds = lunges).
- Add Jokers to the deck & they = 5 burpees.
- Try starting in a yoga pose (tree pose) or by holding a squat position.



Group Burst Activities

Calming Active Breaks

To respect the physical distancing policies, these activities are meant to be for for the same members of a household.

Partner Tree Pose

Stand next to your partner (shoulder to shoulder). They should have a little space in between them.

1. Partners should hold hands (partner 1 uses their right hand, partner 2 uses their left hand).
2. Partners take a big inhale and raise their hands up above their heads. Exhale.
3. Partner 1 takes a big inhale and lifts up their left leg and places the left foot on the inside of their right thigh or calf (not the knee) and hold. Exhale to relax and put foot back down on the ground.
4. Partner 2 takes a big inhale and lifts up their right leg and places the right foot on the inside of their left thigh or calf (not the knee) and hold. Exhale to relax and put foot back down on the ground.
5. Now both partners do it together at the same time.
6. See how long you can hold the pose.
7. Repeat.

Elevator

Stand tall (Mountain Pose) in front of your partner and hold onto each other's wrists. Partners then lean away so that partners are holding each other up. While leaning away, both partners bend their knees and squat back, with hips no lower than the knees. Leaning away, straighten legs to standing in order to exit.

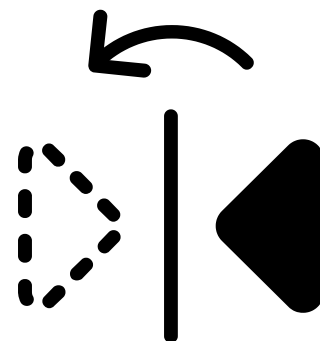


Group Burst Activities

Indoor Energy Burners

Mirror Image YouTube

1. Stand face to face, 6 feet (2 metres) apart.
2. One kid is the "leader" and the other kid follows exact movements by mimicking them as if they were a mirror image (no verbal communication at all).
3. Kids can practice different skills such as squatting, jumping jacks and mountain climbers as well as yoga poses/balances.
4. Leader leads for 30-45 seconds then switches roles.



Hints: Put a list of skills on a poster or board.

Variation/Challenge: Have someone try to figure out who the leader is for each pair as they perform their movements.

Colors in the Room YouTube

To respect the physical distancing policies, this activity is meant to be for for the same members of a household.

1. Someone calls out a color and a body part.
2. Kid(s) must find an object in the room of the designated colour and go touch it with the body part that is named then return to the base.



Variations/Challenges:

- Begin and end in a specific pose/balance.
- Use a variety of modes of locomotion to get to the object in the home (hop, tip-toe, skip, shuffle, etc.).
- Kids may not touch the same object more than once each.

Group Burst Activities

Outdoor Energy Burners

Snowball Relay

This game is a great way to burn off some extra energy!

1. Make two or more teams of equal numbers to play.
2. Start off by making a "track" in your yard or in a safe spot in a driveway or on a sidewalk by tamping snow down in a large oval shape.
3. Have each team make a snowball to use as their relay stick.
4. To play, each kid runs around the track, and passes their snowball onto the next player.
5. Continue this until each team member has run around the track.
6. The first team to finish the replay wins.

Variation/Challenge:

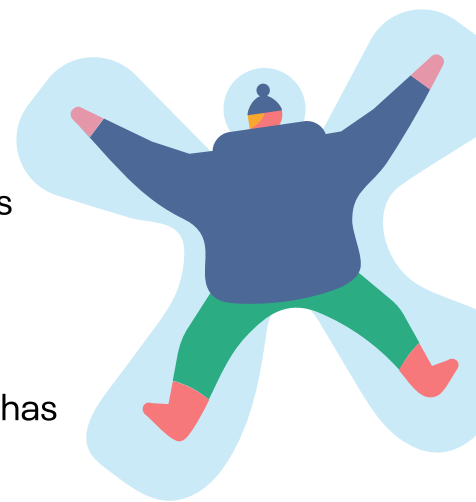
- Make this burst a little more challenging, try making hurdles along your track by packing mounds of snow for the players to jump over.

Snow-Boot Two Step

1. This outdoor winter burst version of "Follow the leader" requires 2 or more players.
2. The leader makes a path in freshly fallen snow.
3. Other kids must try to step in exactly the same spots.
4. The object of this burst is to make it seem as if only one person has taken a walk through the snow. Use your balance and agility!
5. If a kid steps out of the track, they must do 5 jumping jacks and return back to the start.

Variations/Challenges:

- Begin and end in a specific pose/balance.
- Try it with one foot only.



THINK #OutsidetheBOKS

Let's add some creativity!

With some creativity we can always spice up a game or activity by adapting the equipment, the rules or even the environment it is played in.



1

Take an activity and have the kids create their own version of it.

2

Change up walks or jogs around the neighbourhood by creating fun rules. Here are just a few examples:

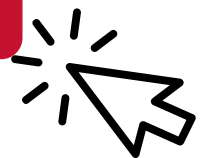
- At every stop sign complete 5 squats.
- Do two jumping jacks each time you pass a light post.
- Do six walking lunges every time you see a dog.

3

Use items from nature for your equipment. Here are some ideas for you:

- Use the snow as your canvas for drawing the board and then get creative with the game pieces.
- Use pinecones or a hat as the letter "O" and two branches crisscrossed for the letter "X" for a game of Tic Tac Toe.

Read this blog for more ideas



Share your pictures/videos with us on our social media with #BoksKids or #OutsidetheBOKS



Crafts

DIY chalk paint

Materials: Cornstarch, water, food coloring, paint brushes, bowls and small containers to hold the paint.

1. Mix 1 cup of cornstarch with 1 cup of water in a bowl.
2. Once the contents are mixed well, pour into individual containers.
3. Add 10 drops of food coloring of your choice into each of the individual containers and mix well.
4. Now you are ready to paint.

Colour the snow activity

Materials: DIY chalk paint.

1. Try making pathways in the snow using your DIY chalk paint.
2. Place objects along the pathways you create, for kids to travel over and around, like cones.

Cardboard Hockey Stick

Materials: Cardboard from a shipping box, pencil or marker, scissors, craft paint.

Note: Adult help will be needed with the scissors.

1. Draw a simple hockey stick shape on your cardboard (check out the model at the right).
2. Cut out the shape.
3. Once you have your hockey stick cut out, paint the entire surface in the color of your choice.
4. Let your paint dry before you use the stick.
5. Let's play hockey!



Healthy Learning

Rainbow Fruit & Vegetable Game

It's important to eat fruits and vegetables every day. Did you know a fruit is the part of the plant that contains the seed or seeds? If the seeds find their way into the soil, they can eventually grow into new plants! Some fruits might surprise you like tomatoes, cucumbers and avocados.

Draw a rainbow and color it in. Try and identify a fruit for every color of the rainbow and do the movement that is associated with it.



RAINBOW FRUIT



Red = 10 squats

Orange = say 1 thing that makes you happy

Yellow = 10 jumps jacks

Green = deep breath for 10 seconds

Blue = 10 push ups

Purple = 1 thing you are grateful for

Some suggested fruits are: Acorn squash, apples, apricots, bananas, berries, butternut squash, cherries, grapes, guava, kiwis, . . . and more!



RAINBOW VEGETABLE



Red = 10 jump squats

Orange = say 1 thing that you are grateful for

Yellow = 10 mountain climbers

Green = deep breath for 10 seconds

Blue = 10 burpees

Purple = high five a member of your family

Some suggested vegetable are: celery, endive, fennel, bean sprouts, eggplant, lettuce, mushrooms, onions, peppers, carrot . . . and more!



Healthy Learning

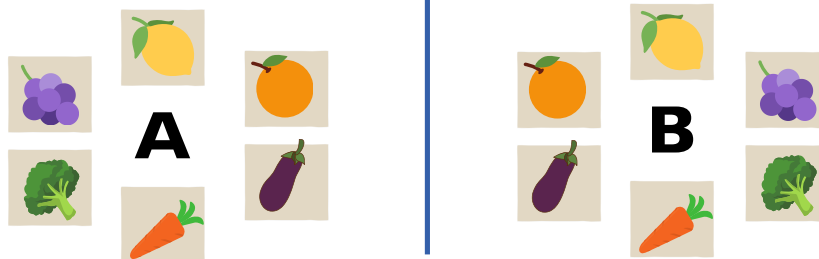
Healthy Food Card Burst

Equipment needed: deck of cards - separate all face cards from the rest of the deck.

1. Create 2 piles of cards - one with all the face cards, and one with the rest of the deck.
2. Have kids pick 4 of their favorite fruits/vegetables, and match it with an activity they think might represent it (eg. Tree pose for broccoli or cauliflower, plank for carrot and celery sticks, jumping jacks for apples), assign each fruit/vegetable to a card suit. It's a good idea to write these down somewhere for easy reference.
3. Ask kids to pull 2 cards: one from each pile:
 - a. Face card suit= fruit/vegetable activity
 - b. Number on card= number of repetitions/seconds to hold
4. Complete activities, and then draw again! Change activities every few minutes.

Copy Cat Food Burst

1. Create 2 identical food item platforms.
2. Platform should have a white piece of paper in the middle and 4-7 different food items around the edges of the board.
3. To play the game assign one person as the leader to start.
4. Leader taps a pattern consisting of a series of food items, of their choice, with their foot or hand, for the other to follow.
5. Partner attempts to mimic the pattern the leader created.
6. Start with one food item, then progress to 2,3,4 etc...
7. Keep track of how many you can do in a row and try to see who can repeat the longest pattern.



Healthy Learning

Cooking activity (with supervision)

This Black Bean Brownie recipe is definitely worth a try!



Black Bean Brownie



PREP TIME
15 MIN



BAKE TIME
20-25 MIN



YIELD
1 DOZEN

INGREDIENTS

- 1 can (15 ounces) black beans, rinsed and drained
- 3 large eggs
- 2/3 cup packed brown sugar
- 1/2 cup baking cocoa
- 1/2 cup semisweet chocolate chips, divided
- 3 tablespoons canola oil
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking powder
- 1/8 teaspoon salt

RECIPE

- Place the beans, 1/4 cup chocolate chips and oil in a food processor; cover and process until blended. Add eggs, brown sugar, cocoa, vanilla, baking powder and salt; cover and process until smooth.
- Transfer to a parchment paper-lined 8-in. square baking pan. Sprinkle with remaining chocolate chips. Bake at 350° for 20-25 minutes or until a toothpick inserted in center comes out clean. Cool on a wire rack. Cut into bars.

NUTRITION FACTS

1 brownie: 167 calories, 7g fat (2g saturated fat), 53mg cholesterol, 131mg sodium, 24g carbohydrate (16g sugars, 2g fiber), 4g protein. Diabetic Exchanges: 1-1/2 starch, 1 fat.

Credits/Resources: <https://www.tasteofhome.com/recipes/black-bean-brownies/>

Games

Winter Scavenger Hunt

Using our winter scavenger hunt as a guide (and perhaps adding more items of your own), consider what you're likely to encounter on your adventure. You can even bring your camera/phone along to take pictures of the items for a discussion later when the hunt ends.



To look for

- ☐ A pine or leaf tree
 - ☐ Berries on a branch
 - ☐ A snowman
 - ☐ Animal tracks
 - ☐ A pinecone
 - ☐ Smoke from a chimney
 - ☐ Icicles
-

To listen for

- ☐ Birds
- ☐ The wind
- ☐ Footsteps in the snow or leaves
- ☐ Water dripping

To feel

- ☐ Touch some snow or ice
 - ☐ Feel the wind push against you
 - ☐ Touch a pine cone
 - ☐ Feel how heavy a piece of ice is
 - ☐
-

To smell

- ☐ Smell a special winter food cooking
- ☐ Pine needles
- ☐ The smoke from someone's fireplace or wood stove
- ☐ Fallen leaves

Games

BOKS Bingo

- Using the Bingo templates, have the leader call out an action and kids can cross it off once it is complete.
- The first one to achieve a pre-determined arrangement (i.e. four corners, straight line, full card etc.) wins.

How many rows can you complete in 5 minutes?

Player 1

boks BINGO

Complete 4 exercises in a row to get BINGO!

| | | | |
|-------------------------|------------------------------|--------------------------------|------------------------|
| 20 Jumping Jacks | 10 Push Ups | 12 Burpees | 15 High Knees |
| 20 Walking Lunges | 7 Tuck Jumps | 30 Second Dance Party | 10 Jumping Jacks |
| 18 Squats | 20 Crunches or sit ups | 5 Push Ups | 12 Burpees |
| 8 Donkey Kicks | 25 Jumping Jacks | 10 Squats | 30 Second Plank |

Player 2

boks BINGO

Complete 4 exercises in a row to get BINGO!

| | | | |
|-------------------------|--------------------------------|-----------------------|------------------------------|
| 15 Jumping Jacks | 10 Donkey Kicks | 9 Tuck Jumps | 15 Squats |
| 20 Walking Lunges | 7 Burpees | 20 Second Plank | 10 Jumping Jacks |
| 15 Burpees | 30 Second Dance Party | 5 Push Ups | 18 Crunches or sit ups |
| 8 Push Ups | 25 Jumping Jacks | 10 Squats | 30 Second Wall Sit |



Games

100 points challenge

Accumulate as many points as possible within the set time limit.

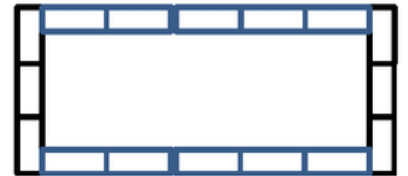
| | CHALLENGES | POINTS | POINTS earned |
|--------------|--|------------|---------------|
| 1 | Hop up and down on right foot 10 times. | 2 | |
| 2 | Hop up and down on left foot 10 times. | 2 | |
| 3 | Raise heels off the floor 10 times, balancing on toes. | 2 | |
| 4 | Do 10 Crunches. | 2 | |
| 5 | Do 10 Push Ups. | 4 | |
| 6 | Do 10 Burpees. | 4 | |
| 7 | Do 20 Hip Lifts. | 4 | |
| 8 | Balance in Tree Pose for 20 seconds each leg. | 4 | |
| 9 | Do 20 Donkey Kicks. | 4 | |
| 10 | Hold Superman pose for 1 minute. | 4 | |
| 11 | Do 30 Lunges. | 6 | |
| 12 | Do 40 Step Ups. | 6 | |
| 13 | Do 40 Squats. | 6 | |
| 14 | Do 40 High Knees. | 6 | |
| 15 | Hold a plank for 1 minute. | 6 | |
| 16 | Jump 50 times, try to touch the sky. | 6 | |
| 17 | Do Fast Feet for 2 minutes. | 6 | |
| 18 | Do 30 Star Jumps. | 7 | |
| 19 | Jump Rope 50 times. | 9 | |
| 20 | Run in place for 5 minutes without stopping. | 10 | |
| TOTAL | | 100 | |

Games

BOKS Dominoes (part 1)

Players will divide the dominoes equally amongst the group (i.e. if four are in the group, each person would have four dominoes, if there is an odd number, you can leave the extra dominoes in a "draw" pile.)

1. To start, place the domino containing the BOKS logo and the skill "Mountain Climbers" on the table.
2. The first player must lay a domino on either side (i.e. matching picture to word).
3. If they are successful, the group must perform either 5 repetitions, or 5 seconds of the matched activity.
4. If they are not successful, the player may choose a domino from the draw pile if available, or pass to the next person.
Matches MUST be made in the shape of a rectangle.
5. The game ends when all the dominoes are matched!



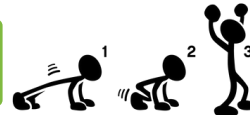
Answer sheet



Tuck Jump



Running



Broad Jump



Squat



Plank



Superman



Squat Jump



Mountain Climber



Push-up



Speed Skater



Donkey Kick



Lunge



Spiderman



Crunch



BOKS Cheer

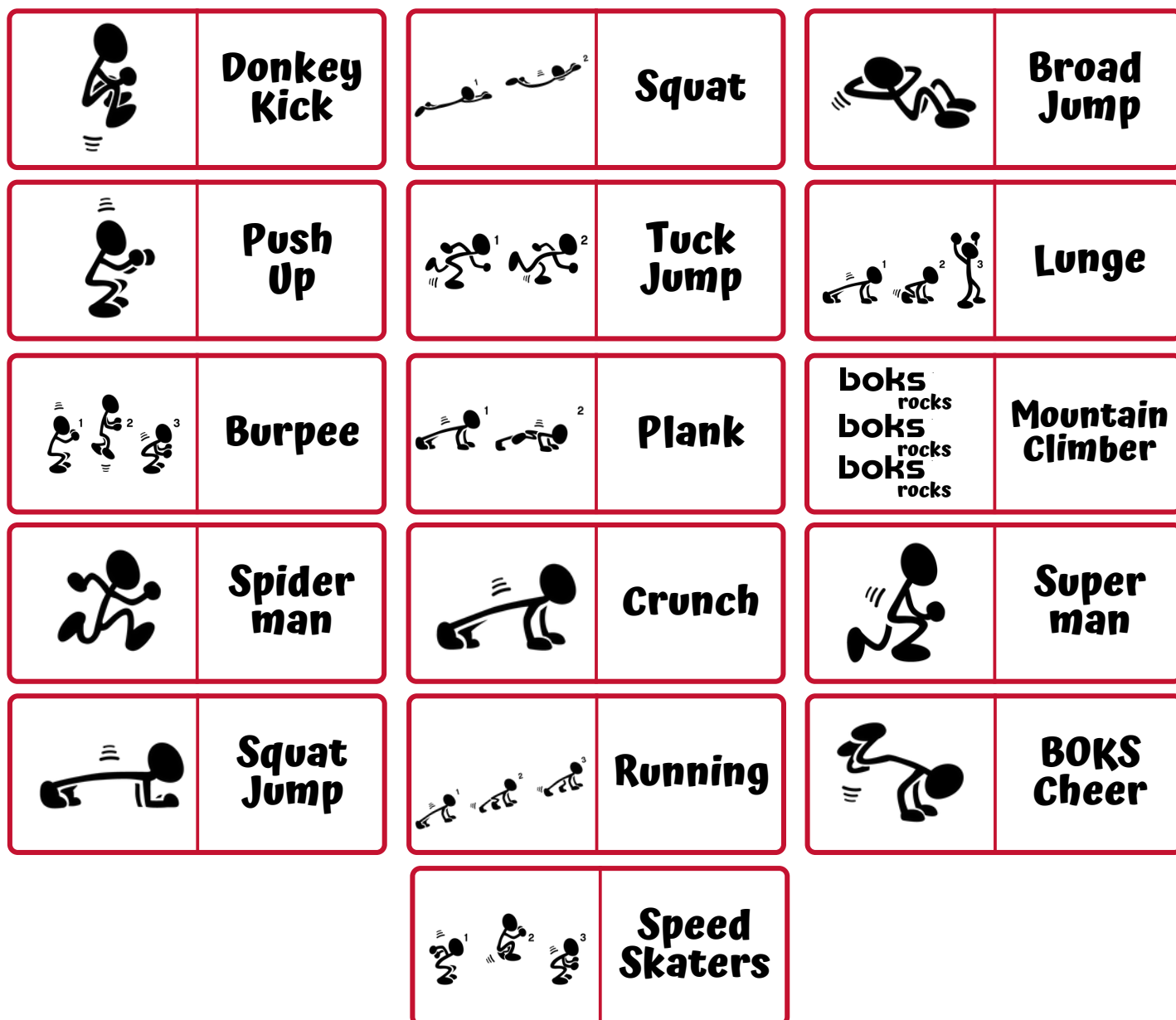
Games

BOKS Dominoes (part 2)

Dominoes

Print off these dominoes, cut them and play!

Note: Adult help will be needed with the scissors.





Have fun!



**Share your
pictures/videos of you
doing the activities on
social media!**



boks 

www.bokskids.org