Winter doesn't have to mean chilly afternoons huddled indoors. Instead, bundle up the kids for some fun outdoor winter activities (and exercise!) that will get their hearts pumping and their bodies moving. However, Dr. Khan does say that if someone has been exposed to the cold virus, then being in the cold weather can make the cold come on faster. Stay hydrated. Just like any other time of the year, it's important that you and your kids drink enough. Don’t forget to bring water, even when the weather is chilly, McNamee says. My kids have just come to learn that this is what we do as a family, after they get back from school and on the weekends, McGurk says. She recommends giving kids a choice of what to do—hike or playground or neighborhood walk?—and inviting friends with kids along, whenever it’s COVID-safe to do so. For years, I tried to tell myself that the thin fleece ones I used for running were enough for a couple of hours in the snow with my kid. They were not. There was a problem loading your book clubs. Please try again. Not in a club? Learn more. Join or create book clubs. Choose books together. Track your books. Bring your club to Amazon Book Clubs, start a new book club and invite your friends to join, or find a club that’s right for you for free. Explore Amazon Book Clubs. Flip to back Flip to front. Listen Playing Paused You're listening to a sample of the Audible audio edition. Learn more. See this image. Follow the Author. Dorothy Chlad. + Follow. Similar authors to follow. + + + See more recommendations. Winter is coming and these fun things to do in the snow will come in handy for playing outside! Which snowy activities will you try first? Whether we like it or not, snow will eventually fall. At least for us up north! Here in Iowa, so it’s bound to happen. It always seems hard to get outside in the cold with young kids. My second son gets terrible red dry skin in the winter. He loves playing outdoors, but hates how his skin hurts when he comes back in. This would be great to help ease the discomfort! I would love to win— we can definitely use this after all our winter outdoor activities. to Michelle. reply to this comment. Diana Hatch. reply to this comment. To Tori says. Find fun winter activities for the slopes, trails, ice rink, and backyard for children of all ages. Remember to brush up on winter sports safety. Have the hot cocoa ready when everyone comes back inside! Too snowy to go outside? Check our favorite indoor activities for toddlers! Have a ball battling with your kids in a snowball fight. By joining in the fun, you can help your younger child or underdog while also supervising to make sure it doesn’t turn into bullying. Avoid injuries by making sure the snow isn’t too icy. Snow on super-cold days will be too light and airy to form a ball.