



# Prairie Rose Winter Challenge

**Program Tie-Ins: Experiment and Create, Connect and Question, Take Action, Into the Outdoors, Build Skills**

Winter in Alberta Canada can be a chilly time of year, but also a wonderful time to get outdoors and enjoy the fresh air. When you need to warm up we have included activities to help with that and keep you interested while having fun.

**Sparks** - complete at least 3 of the outdoor challenges as well as one challenge from Winter Stem, 1 from Games and/or In the Kitchen and 1 from Crafts

**Embers** - complete at least 4 of the outdoor challenges as well as two challenges from Winter Stem, 2 from Games and/or In the Kitchen and 2 from Crafts

**Guides** - complete at least 5 of the outdoor challenges, as well as three challenges from Winter Stem, 3 from Games and/or In the Kitchen and 3 from Crafts

**Pathfinders** - complete at least 6 of the outdoor challenges, as well as 3 challenges from Winter Stem, 4 from Games and/or In the Kitchen and 4 from Crafts

**Rangers** - complete at least 8 of the outdoor challenges, as well as 4 challenges from Winter Stem, 5 from Games and/or In the Kitchen and 4 from Crafts

*\*\*Refer to the Resources on page 6-7 for help bringing the challenge to life!*

*\*\*Once all activities are completed use the challenge order form on page 8 to order your 'cool' crests\*\**

## Fun Outside

**Program Area: Into the Outdoors**  
**Program Area: Connect and Question**

**Theme: Nature Discoveries**  
**Theme: Local Communities**

- ❖ Go skating, sledding, snowshoeing, skiing or snowboarding make sure to protect your head (know which helmet is best for the activity)
- ❖ Know how to use, maintain, store, wear and carry your equipment safely for any winter activity you try
- ❖ Look for animal tracks
- ❖ Make a snow angel
- ❖ Take a picture of a snowy scene
- ❖ Make a snow family

- ❖ Make giant colored marbles
- ❖ Take a winter nature walk in your community
- ❖ Feed the birds
- ❖ Go on a sleigh ride
- ❖ Build a snow fort
- ❖ Shovel a sidewalk for family, friend or neighbour
- ❖ Catch snowflakes on your tongue
- ❖ Do an outdoor winter photo shoot
- ❖ Make a picture in the snow with food coloring
- ❖ Have a winter picnic (snacks, hot chocolate, chairs and sun)
- ❖ Our sisters in winter countries enjoy the outdoors - doing things like going on a winter sight seeing tour, our enjoying the northern lights see if you can participate in one of these activities or do something else from one of our other sister countries
- ❖ Or any other activity to get you outside!

## Winter STEM Fun

**Program Area: Experiment and Create**

**Theme: Science Lab**

- ❖ Make frozen bubbles
- ❖ Make a snowstorm in a jar
- ❖ Make snow slime
- ❖ Build a marshmallow snowman
- ❖ Make a snow gauge
- ❖ Make a snow volcano
- ❖ Make colored icicles
- ❖ Build a marshmallow igloo
- ❖ Make borax snowflakes
- ❖ Grow a crystal garden
- ❖ Learn how to dress properly for winter camping and why
- ❖ Discover how arctic animals stay warm in icy water
- ❖ Learn how to prevent and deal with frost bite, skin on cold metal, falling through the ice, and hypothermia
- ❖ Or any other STEM activity that can relate to the winter season

## Games

**Program Area: Into the Outdoors**

**Theme: Nature Discoveries**

- ❖ Do the Penguin Walk game
- ❖ Play a game of Freeze Tag
- ❖ Play a game of Freeze Dance
- ❖ Play the snowball transfer game
- ❖ Four Seasons games
- ❖ Snowball fight with balled up paper
- ❖ Throw balled up paper snowballs at a target ❖ Do a bucket toss with paper snowballs

- ❖ Make a snowball tower with paper snowballs
- ❖ Go on a winter scavenger hunt
- ❖ Snowman bingo
- ❖ Roll a Snowman Game
- ❖ Play a board game or cards
- ❖ Or any other winter fun game you can think of!

## In the Kitchen

**Program Area: Build Skills**

**Theme: How To**

- ❖ Make a hearty soup or stew
- ❖ Make snow cones
- ❖ Make your own hot chocolate and enjoy with some marshmallows
- ❖ Prepare a special winter meal and snacks to keep you warm,
- ❖ Design a gingerbread person
- ❖ Make snowman cupcakes
- ❖ Make a winter wonderland snack mix
- ❖ Make white chocolate popcorn to snack on
- ❖ Make polar bear hot chocolate marshmallows for fun and yum
- ❖ Make snowman snacks perfect to help you build one
- ❖ Make snowman donuts out of princess donuts
- ❖ Enjoy making a dessert from one of our sister counties ❖ Make maple syrup taffy in the snow
- ❖ Have a campfire and roast marshmallows or make smores
- ❖ Or have fun making any other wintery or comfort food to try!

## Crafts

**Program Area: Experiment and Create**

**Theme: Art Studio**

- ❖ Make a mural of winter outdoor clothing designs
- ❖ Make a tin can or ice lantern
- ❖ Learn how to sculpt ice or snow and take pictures of your project a various stages
- ❖ Do paper plate snowflake yarn art
- ❖ Do a marbled paper snow globe
- ❖ Make bird seed ornaments
- ❖ Do snow painting
- ❖ Make snowmen coffee creamers ❖ Paper bag luminaries
- ❖ Have a winter fashion show
- ❖ Make salt dough ornaments
- ❖ Have a coloring contest ❖ DIY Snow globes ❖ Draw Snowflakes
- ❖ Cut out paper snowflakes
- ❖ Make a stain glass window out of tissue paper
- ❖ Send Christmas cards to soldiers overseas ❖ Make a handmade gift for someone

- ❖ Do a Northern Lights Igloo Art Project
- ❖ Do a Northern Lights Painting
- ❖ Or any other wintery craft!

## Extra Fun

- ❖ Have a Winter Movie Marathon - Here are some ideas:
  - Happy Feet
  - Jack Frost
  - The Polar Express
  - Home Alone
  - Ice Princess
- ❖ Serve food at a homeless shelter
- ❖ Write a Welcome to Spring Letter
- ❖ Celebrate the Winter Solstice
- ❖ Read a Book some choices could be:
  - Sun, Moon, Ice and Snow by Jessica Day George
  - The Shortest Day: Celebrating the Winter Solstice by Wendy Pfeffer
  - The Big Dark by John Prater
  - Winter: The Lunar Chronicles by Marissa Meyer
- Have a winter Theme Sing A Long some examples may be:
  - Winter
  - Snowkey Pokey
  - Hot Chocolate Song
  - If You Want to be A Polar Animal
  - I'm a Little Penguin
- ❖ Or any other winter fun activities that you can think of!

## RESOURCES

If you haven't done some of these activities before Pinterest is the perfect place to start. Key in the description and voila

If the links don't work properly just copy and paste the address into your browser

Giant Colored Marbles - fill balloons with water and add food coloring, once frozen cut the balloons off and they look like giant marbles

Frozen Bubbles - A cold winter's day is the perfect time to go outdoors and blow bubbles! All you need is bubble solution, a bubble wand, and really cold (well-below freezing) temperatures. It helps if you blow the bubbles close to a cold surface, so they don't freeze in the air and break upon landing. You can catch bubbles on mittens/gloves or on snow or ice. A frost pattern forms on the bubble surface. The bubbles will eventually pop, but with a bit of practice you should be able to pick them up and examine them first. Any bubble solution will work. You can make your own detergent and water solution or make stronger bubbles using glycerin or corn syrup.

Snow Slime - <http://www.growingajeweledrose.com/2012/12/slime28.html>

Colored Icicles - <http://www.housingaforest.com/creating-colorful-icicles/>

Marshmallow Igloo - [https://lemonlimeadventures.com/engineering-for-kids-buildingigloos-with-marshmallows/#\\_a5y\\_p=5039645](https://lemonlimeadventures.com/engineering-for-kids-buildingigloos-with-marshmallows/#_a5y_p=5039645)

Borax Snowflakes - <https://thesecretyuniverse.wonderhowto.com/how-to/make-boraxcrystal-snowflake-0158869/>

Crystal Garden - <https://babbledabledo.com/science-for-kids-crystal-garden/>

Paper plate Snowflake Yarn Art - <https://iheartcraftythings.com/paper-plate-snowflakeyarn-art.html>

Freeze Tag – 2 or 3 players picked to be ‘IT’. When players are tagged, they remain ‘frozen’ with hands on hips until 2 other players link both arms, (on either side), with the frozen player (these players are not able to be tagged while ‘defrosting’ players and can be given a few seconds get away).

Roll a Snowman Game - Print one copy of Roll a Snowman per player.

- Take turns in a clockwise order rolling a single dice. Whatever number you roll is the snowman part you can add to your snowman game card.
- Players can either cut and glue on each body part or color in their own creations with crayons.
- If a number is rolled that you have previously rolled, you will not get to add anything new to your snowman this turn, and play continues to the next player.
- The winner is the first person to complete their snowman by rolling one of each of the 6 numbers.

Winter Wonderland Snack Mix - White Pretzels, white chocolate chips, miniature marshmallows and kettle corn – this can be adjusted as needed to accommodate allergies.

Northern Lights Igloo Project

Step 1 - Cut out your igloo template a glue lightly to your art paper.

Step 2 - Cut your bleeding tissue paper into thin strips.

Step 3 - Using water and a paintbrush, begin to wet your paper and lay down strips of tissue paper. Wet the top of the tissue paper as well.

Step 4 - Layer your tissue paper to blend the colors. Continue to wet the paper as you go.

Step 5 - Fill your paper with tissue paper strips. Allow to dry.

Step 6 - When dry, carefully peel back your tissue strips to reveal the color patterns below.

Step 7 - Use Watercolour Crayons (or simple watercolour paints) to add some color to your igloo if you like

Northern Lights Painting - you can even make your own watercolours for this project at [pinterestparent.com](http://pinterestparent.com)

Sending Cards to Canadian Soldiers - **Family and friends of Canadian Armed Forces members deployed on overseas missions can send letters up to 500 grams to deployed troops free of charge until 31 Dec 2018.**

**The above is applicable to letters being sent to any of the PO Box Stn Forces, Belleville Ontario addresses and to any deployed Her Majesty's Canadian Ships.**

It is important to note that the letters must be addressed to a specific soldier, and include rank and mission information. They must be deposited at a Canada Post retail outlet as mail deposited in street letter boxes bearing no postage will not be delivered.

Schools, groups, businesses and associations may send cards and letters bulked in a parcel to 'Any Canadian Armed Forces Member'. The parcel is not to contain any other item other than correspondence and requires postage. Parcels found to contain items other than correspondence will be returned to the sender at the sender's expense.

#### Addressing

All letters and parcels containing letters/cards are to be addressed to "Any Canadian Armed Forces Member" including mission address. Please refer to our "[Operational Addresses](#)" to obtain the address information. Note that the lines "Rank/Initials/Name" and "Unit/Section" of the operational address are to be replaced with "Any Canadian Armed Forces member".

#### SONG - [Sung to the Tune "This Old Man"](#)

Feel the Chill

In the Air

It is getting cold out there

With a Windy Woosh,

The leaves are on the ground

Soon we'll see snow coming down

**Contact the Alberta Provincial Office to obtain Your crests once you complete the challenge**