



# Fall/Winter 2020-21 Tip Sheet

Fall and winter weather can bring their own set of fun! There are good reasons to make that extra effort to get outdoors in all seasons, such as:

- Staying physically active
- Boosting your immune system
- Being exposed to fresh air
- Getting healthy doses of vitamin D from sunlight

**Kids who play outside year-round are shown to be more positive, more creative and more adaptable!**

## Tips for playing outdoors in fall and winter:

- Bring snacks and water
- Keep moving: think about some activity ideas that will keep kids active and engaged
- Set time limits and take breaks indoors to warm up
  - \* Find a park with an indoor facility or play outside close to home
- Dress children in multiple loose layers so they stay dry and warm, and never let them play in extreme cold
  - \* Check out this video from Active Kids Club about layering: [www.youtube.com/watch?v=McUKYXGLHfs](http://www.youtube.com/watch?v=McUKYXGLHfs)
  - \* Looking for assistance with warm clothing, visit: [www.projectbundleup.org](http://www.projectbundleup.org)
  - \* Looking for a nearby coat drive, visit [www.pa211sw.org](http://www.pa211sw.org) or text 211
- Use protective gear for winter sports such as sledding, skating and skiing
  - \* Injury prevention resources: [www.chp.edu/injury-prevention](http://www.chp.edu/injury-prevention)



## Parks Rx fall activity idea:

Go outside to enjoy the fall leaves. Can you match the fallen leaves to the tree they grew on? Have you ever tried to catch a leaf as it falls to the ground?

## Connecting to Parks from Home

### • Pittsburgh Parks on the Go

[www.pittsburghparks.org/parksonthego](http://www.pittsburghparks.org/parksonthego)  
[www.pittsburghparks.org/rx](http://www.pittsburghparks.org/rx)

### • Citiparks KidSMART Club @ Home

[www.pittsburghpa.gov/citiparks/kidsmart-club](http://www.pittsburghpa.gov/citiparks/kidsmart-club)



## Winter outdoor programs

### Nature programs

Frick Environmental Center

- \* Free programming offered year-round
- [www.pittsburghparks.org/events](http://www.pittsburghparks.org/events)

### Outdoor recreation programs

Allegheny County Parks

- \* Free and fee-based outdoor programs offered year-round
- <https://www.alleghenycounty.us/parks/index.aspx>

City Park Rangers

- \* Guided activities and Junior Ranger Book
- <https://pittsburghpa.gov/publicsafety/park-rangers>

Venture Outdoors

- \* Fee-based activities for all ages
- <https://www.ventureoutdoors.org/activities/>



## Fall and winter activity sheets:

Not sure of what to do once you get to the park? Check out our fall and winter activity sheets:

- \* Fall: <https://cdn2.hubspot.net/hubfs/415693/RxInsertFall.pdf>
- \* Winter: <https://cdn2.hubspot.net/hubfs/415693/RxInsertWinter.pdf>

Test your nature knowledge:

## Why do leaves change colors in the fall?

Answer: Because plant chloroplasts stop producing chlorophyll. As chlorophyll breaks down, the green color disappears and allows yellow and red pigments to be seen!



**Parks Rx winter activity idea:** Winter may seem grey but there are so many colors in nature! Take a winter walk and count how many different colors you can find.

For more tips like these, text **ParksRx** to **1-866-216-7543**. Standard data and text charges may apply. Text STOP to unsubscribe.

