



Fall/Winter 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 about layering: tinyurl.com/WinterLayers
 - * Assistance with warm clothing, visit: www.projectbundleup.org
 - * Coat drives, visit: 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



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**
pittsburghparks.org/parksonthego
pittsburghparks.org/rx
- **Allegheny County Parks at Home**
www.alleghenycounty.us/special-events/parks-at-home.aspx
- **Park Ranger Explorer's Guide**
explorerspgh.com



Winter outdoor programs

Frick Environmental Center

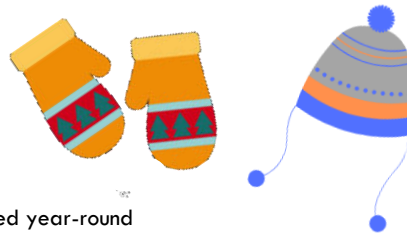
- * Free programming offered year-round
- www.pittsburghparks.org/events

Allegheny County Parks

- * Free and fee-based outdoor programs offered year-round
- www.alleghenycounty.us/parks

Venture Outdoors

- * Fee-based activities for all ages
- www.ventureoutdoors.org



Pittsburgh Park Rangers

- * Guided activities and Junior Ranger Book
- www.pittsburghpa.gov/publicsafety/park-rangers

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: tinyurl.com/FallSheet
- * Winter: tinyurl.com/WinterSheet

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, visit www.pittsburghparks.org/rx

