



# winter safety!

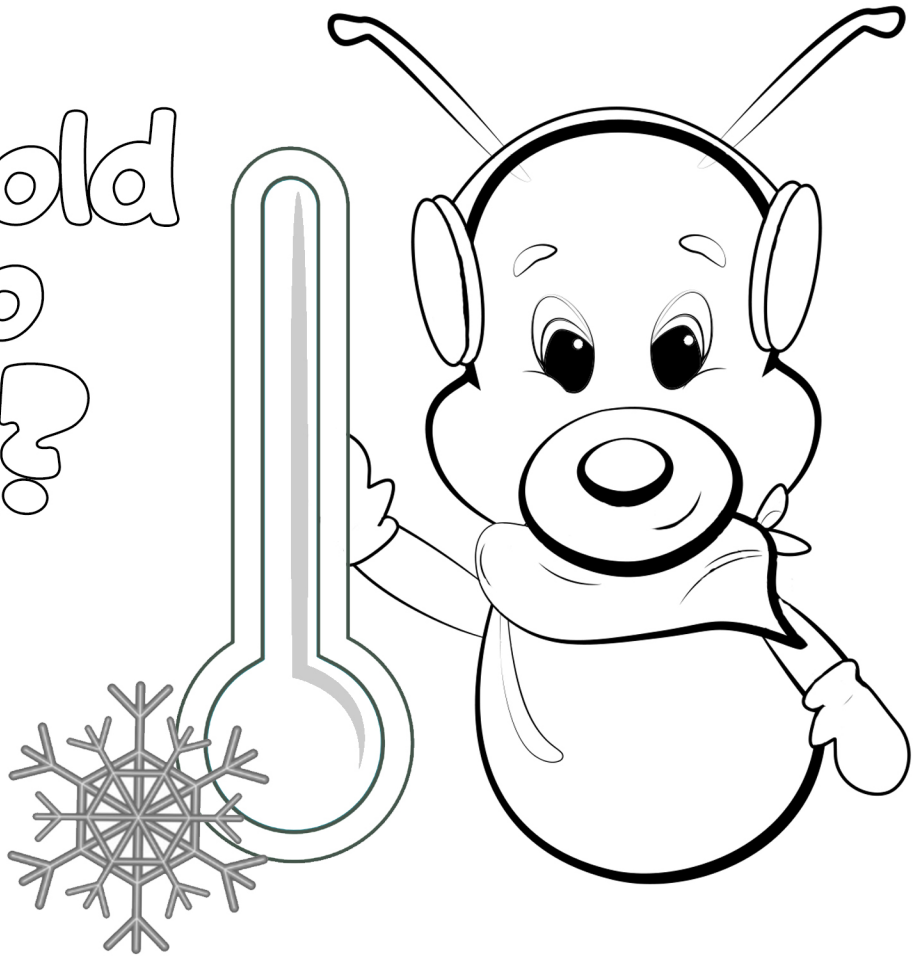


coloring activity  
book



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# How Cold Is Too Cold?



**When windchills are between  $13^{\circ}\text{F}$  and  $31^{\circ}\text{F}$  make sure to take breaks every 20-30 minutes. Go inside, make sure to stay hydrated and warm up before going outside again.**

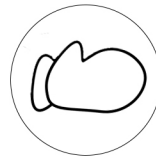
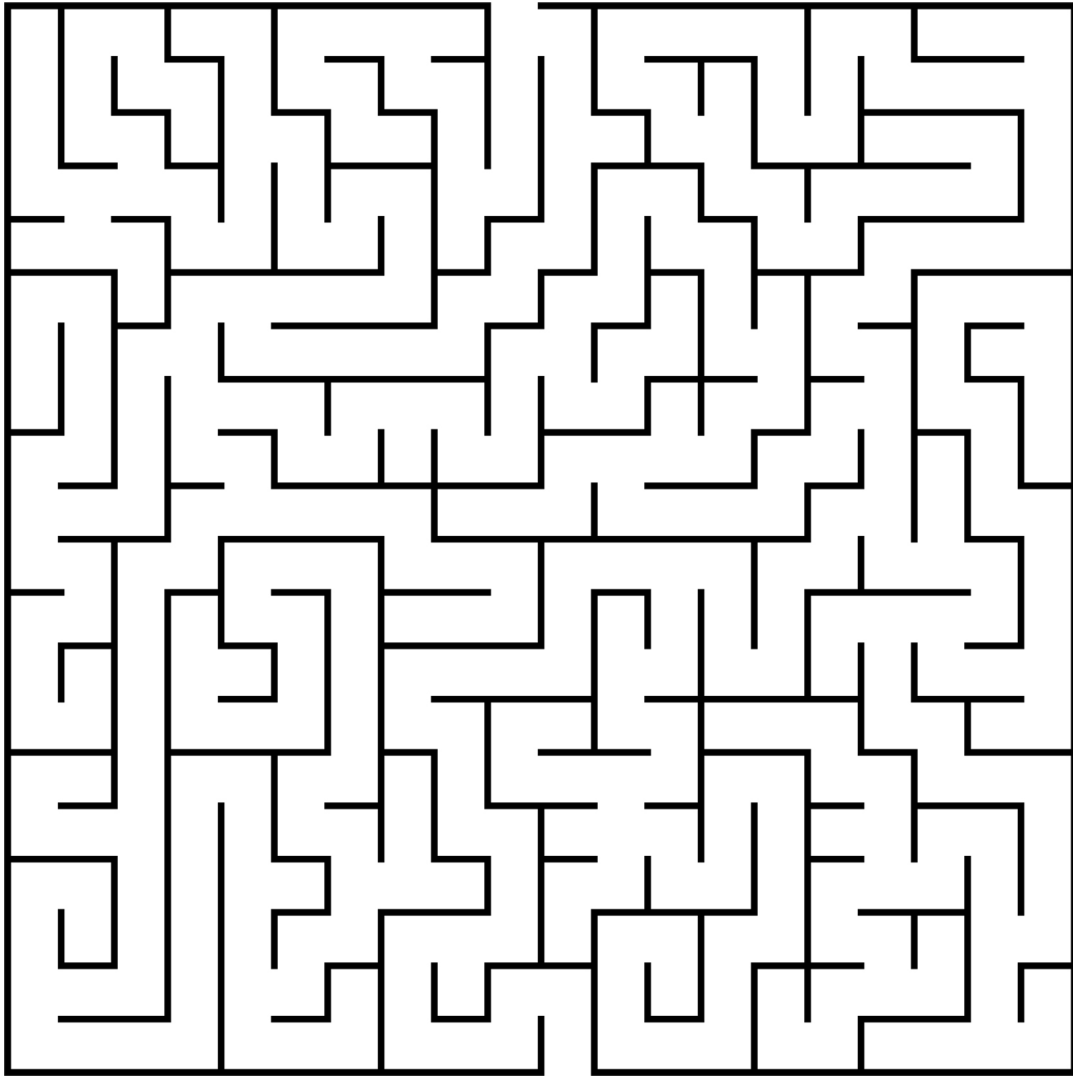
**Stay inside when windchills drop below  $13^{\circ}\text{F}$ !**



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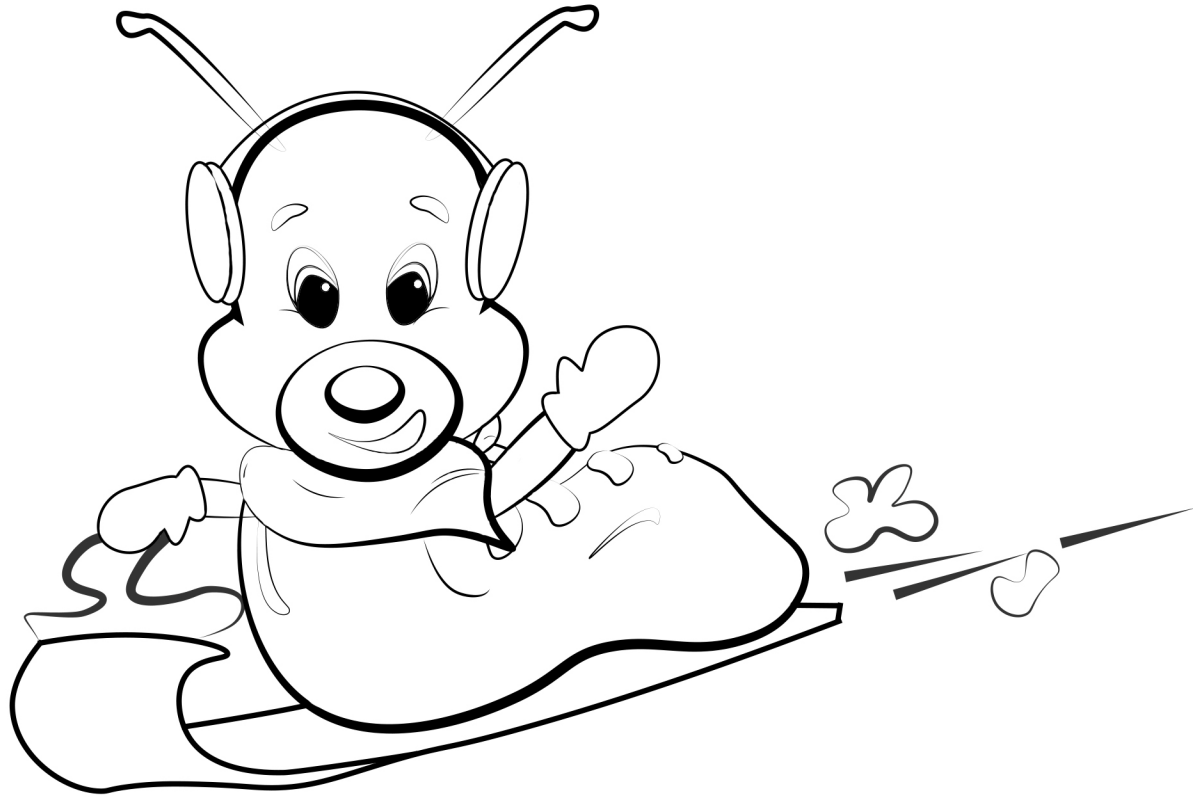


# Safety Sammy's Maze!



**Help Sammy find his lost mitten to protect his hand from the cold!**

# Sammy's Sledding Tips!



## What to bring:

- **A safe sled:** Pick a sled that is in good condition and has handles, rope, or a cord to hold on to.
- **Warm clothing:** Wear a hat, gloves or mittens, snow pants, winter jacket, and snow boots. Don't wear a scarf, though, as it can get caught in a sled.



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## Where to sled:

- Find a hill that is not too steep and has a long flat area at the bottom so there is a place to glide to a stop.
- Avoid hills that end near a street or parking lot.
- Avoid hills that end near ponds, trees, fences, or other hazards.
- Make sure the hill does not have bumps, rocks, poles, or trees in the sledding path.
- It is best to sled during the day. For sledding at night, make sure the path is well lit.

## How to sled safely:

- Have a responsible adult there incase someone gets hurt.
- Young kids should sled with an adult.
- Everyone should sit face-forward on their sleds with their feet downhill. Never stand on a sled.
- Everyone should go down the hill one at a time.
- Walk up the side of the hill and leave the middle open for other sledders.

U K V W I N T E R S  
 M I M F R O Z E N N  
 I I C O F B Z Y K O  
 S H T E G S L E D W  
 N O G T S W X B E B  
 O C E L E K A O I O  
 W K I F O N A O Z A  
 M E M P K V S T L R  
 A Y L I W E E S E D  
 N K W V Y Z O S O S



snowboard

snowman

hockey

mittens

winter

iceskates

frozen

boots

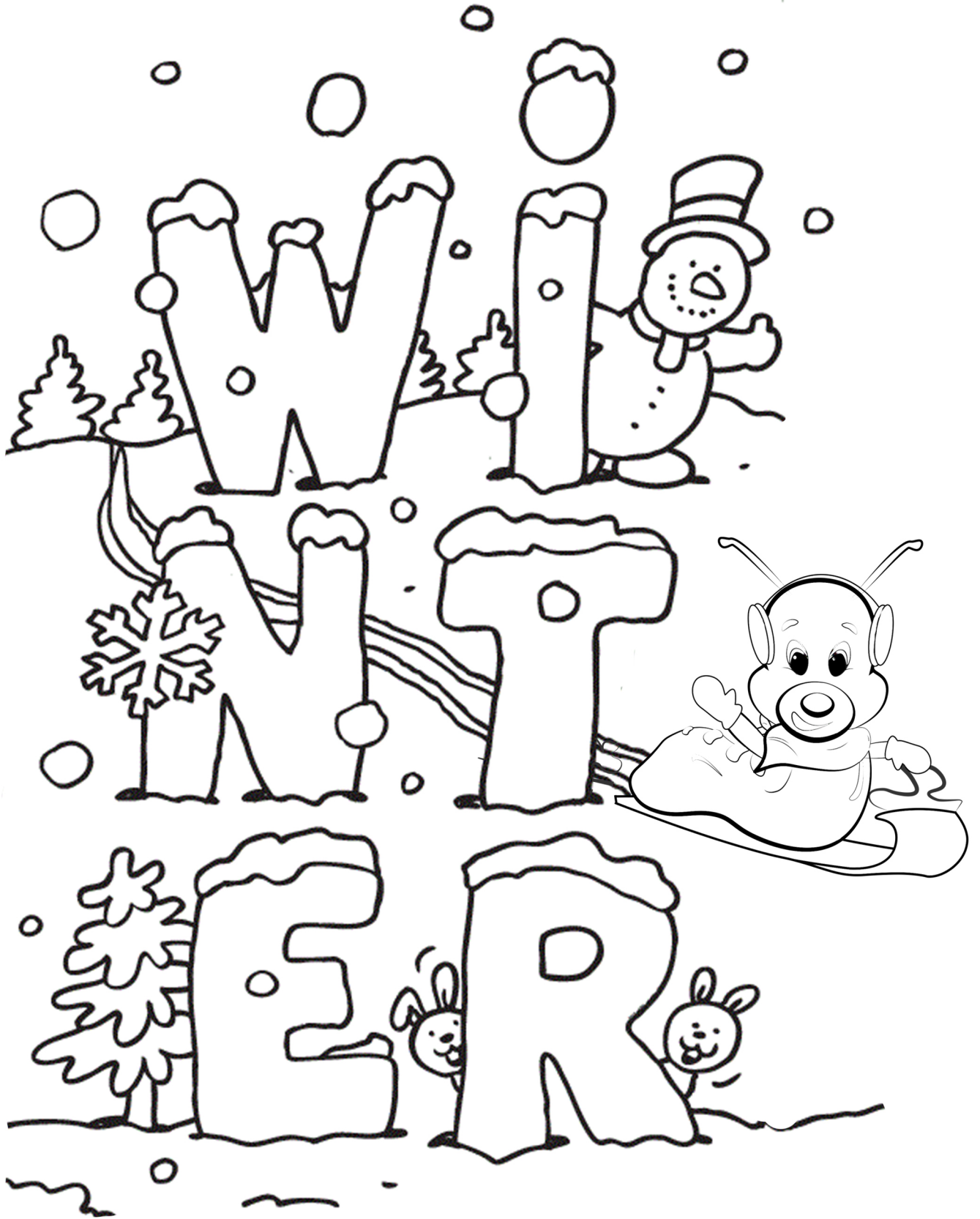
gloves

sled



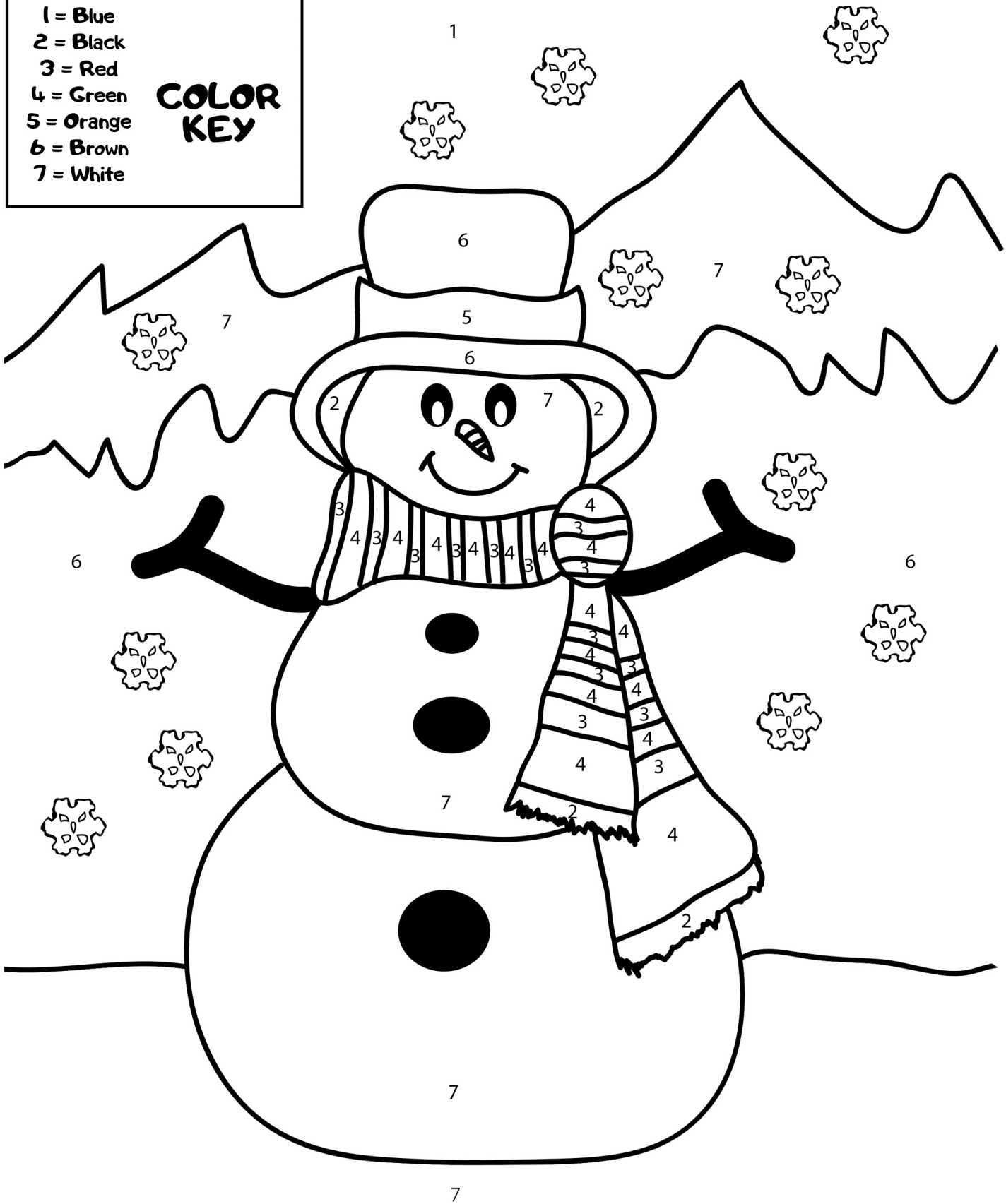
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1 = Blue  
 2 = Black  
 3 = Red  
 4 = Green  
 5 = Orange  
 6 = Brown  
 7 = White

**COLOR KEY**



**Color the snowman using the color key above!**



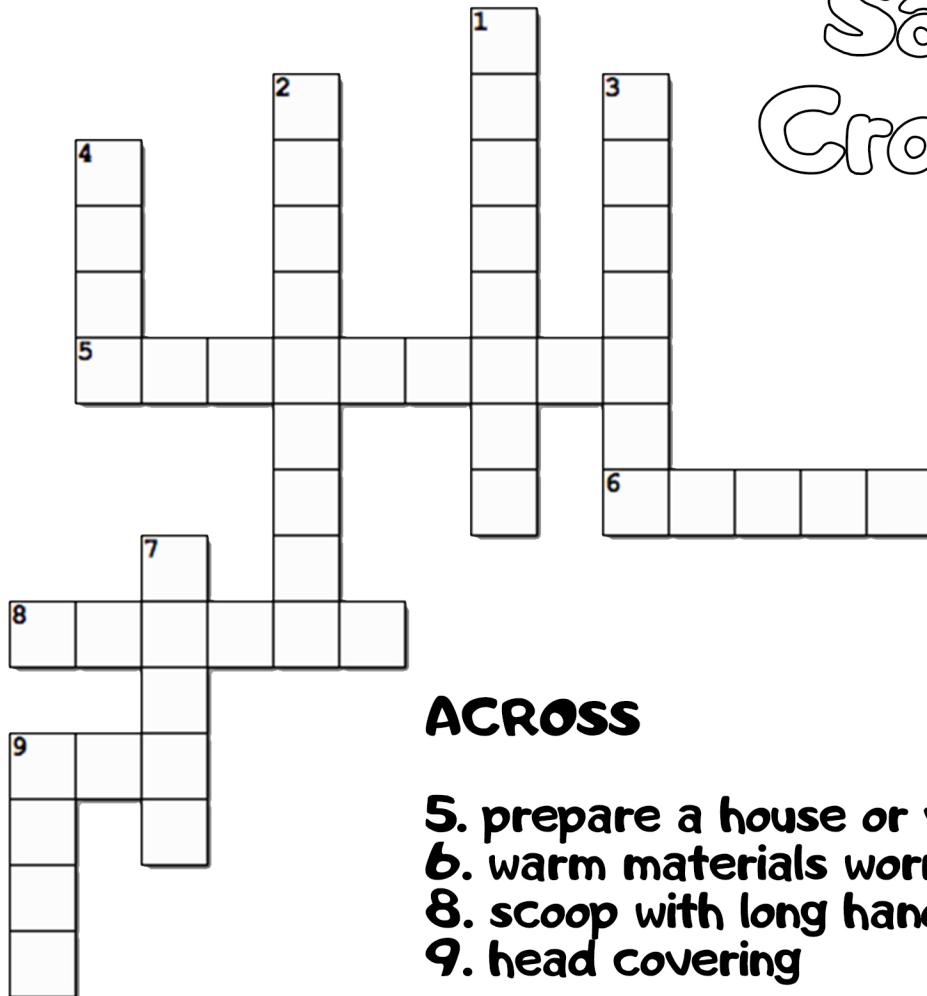
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# Safety, Sammy's Snowman!



**Help Sammy finish building his snowman!**

# Safety Sammy's Crossword!



## ACROSS

- 5. prepare a house or vehicle for winter
- 6. warm materials worn around neck
- 8. scoop with long handle to remove snow
- 9. head covering

## DOWN

- 1. layer this for warmth
- 2. damage to skin by freezing
- 3. hand covering
- 4. flakes of ice that fall from the sky
- 7. covering for feet
- 9. place where a person lives



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# Iceskating Safety



**Only skate on approved ice. Ice that looks and seems strong may not be able to hold a child's weight.**

**Never skate alone when skating on a lake or a pond.**

**Always skate in control and with the flow of traffic on the rink.**



Name:



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