



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 from Active Kids Club about layering: www.youtube.com/watch?v=McUKYXGLHfs
 - * Looking for assistance with warm clothing, visit: www.projectbundleup.org
 - * Looking for a nearby coat drive, 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?

Winter outdoor programs

Nature programs

Frick Environmental Center

* Free programming offered year-round

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>

Ice skating

Schenley Park Rink, Oakland

* skate lessons offered; 2-hour public sessions (with skate rental: \$8/adult; \$6/under 17)

www.pittsburghpa.gov/Schenley/rink?&title=Schenley-skating-rink

Parks with indoor facilities

To warm up, get a drink, find a restroom!

- **Citiparks Recreation Centers**, various locations
www.pittsburghpa.gov/citiparks/rec-centers-info
- **Frick Environmental Center**, Squirrel Hill
www.pittsburghparks.org/frick-environmental-center
- **Riverview Park Visitors Center**, Perry North/Northside
- **Schenley Park Visitors Center**, Oakland
www.pittsburghparks.org/schenley-park-cafe-visitor-



Remember to check operating hours before you go!

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.

