

fun for kids!

carvin' the course

Joey, Andrea, and Dave want to be Snowboard Cross medal winners, so they signed up for snowboard lessons. But now they're nervous! Help them find the right path to their instructor, Mr. Moose, at the bottom of the run.

P.S.: Can you find 10 bunnies along the way?



Hey Mom! This activity will help your kids develop reasoning and fine motor skills, says teacher and coach Steve Connaughton. Plus, they'll learn a thing or two about the newest Olympic event. Promote artistic creativity by having them create mazes of their own and challenge other family members to complete them.



Support a passion

"Parents can be the facilitators of a healthy lifestyle, sparking an interest in some sort of activity that might catch fire with a youngster," says Steve Connaughton, a coach and member of the *Very Best Kids™* Advisory Panel. "The goal is to make activity and movement an everyday part of living a healthy life." Here's how to build the passion and discipline that will keep your kids moving:

simply stretch

ages 2 to 5

Limbering exercises teach coordination, Connaughton says. Try "Simon Says" and "London Bridge" to show little kids how much fun it is to move and stretch.

goooooals! are good

ages 6 to 8

"At this age," Connaughton says, "kids have enough sustained energy to do something every day." Create a fun chart that shows your child's time in motion or celebrate her get-up-and-go by joining her on a bike or skates.

different strokes for different folks

ages 9 to 12

Older kids have the maturity to develop a passion. Be open to variety as your kids explore their options, supporting their progress in any sport that sparks their interest, from street hockey to tae kwon do.

fun facts!

Know more about the newest and coolest winter competition—the Snowboard Cross.

1. Snowboarding is like surfing, skateboarding, and skiing combined. It's fast, fun, and takes a lot of practice.
2. Up to four snowboarders race at the same time on a narrow course that has sharp curves, huge jumps, sudden drops, and long ledges.
3. Racers can reach speeds of 55 miles per hour. That's as fast as a car on the highway!

For the maze answer key, and to enjoy more fun facts and learn snowboard lingo, go to verybestkids.com/wintergames.



Good Food. Good Life.