



# Winter wellness **activity book**



**England  
Rugby**

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PARTNER

Rugby Football Union. The RFU Rose and the words 'England Rugby' are official registered trademarks of the Rugby Football Union.

The arrival of the cold winter season doesn't mean the fun has to stop.

With a little bit of planning, you can make the most of the winter weather by filling your days with activities to help inspire your creativity, test your thinking and get cooking, as well as staying active, motivated and connected with others.

From checklist adventures to accompany you when exploring the great outdoors, to fun puzzles to relax and cosy up with on those wet wintry days. You'll find it all, and more inside this activity book.





## Winter wonderland

Take a picture of a wintery scene and stick it here



Caption your photo:

Share your photos with us on social media @SimplyhealthUK

# Get outdoors





## Treasure hunt

Can you find the below items on your winter walks?

Pinecone

Pebble

Conker

Acorn

Shell

Stick

Holly

Leaf



## Nature spotting

Keep your eyes peeled, can you spot the below on your winter walks?

Robin

Moss

Crow

Fallen leaves

Deer

Berry tree

Squirrel

Animal tracks

# Get **thinking**

## Winter wordsearch

Can you find our list of wintry words?

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

Snowflake

Cold

Sledging

Chilly

Stew

Mittens

Scarf

Blanket

Sleet

Gloves

Icicle

Frost

Jumper

Thermals

Blizzard





## W is for winter

Can you fill in the blanks for words beginning with the letter W?

Animal

Clothing item

Food

Occupation

Town or city

Sport

Tree

Something you use  
for cooking



## Winter word scramblers

ETILWNOGNL OTOSB

CARPLEEIF

NWOS LENASG

ANNWOSM

# Get **active**

## Stay safe

Remember to always follow the latest government guidance on social distancing.



## Bring a buddy

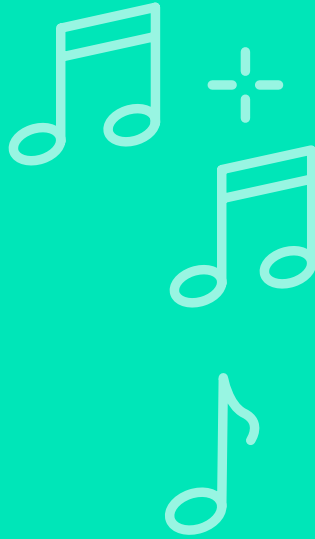
Whether you're enjoying a wintery dog walk, or a stroll with loved ones, take a photo and stick it here.



## Make an exercise playlist

What would be your top 10 songs to listen to?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10



## Keeping active indoors

Sometimes cold and miserable weather isn't the most inviting environment for exercise. However, the good thing is that there are plenty of things that you can do at home to help you keep active:

Floor based exercises  
such as planks and sit ups

Skipping

Attend a virtual class  
such as yoga or pilates

Walk around during  
phone calls

Purchase an exercise  
DVD

**Remember** - it is always best to consult your GP before commencing any new or more strenuous exercise.



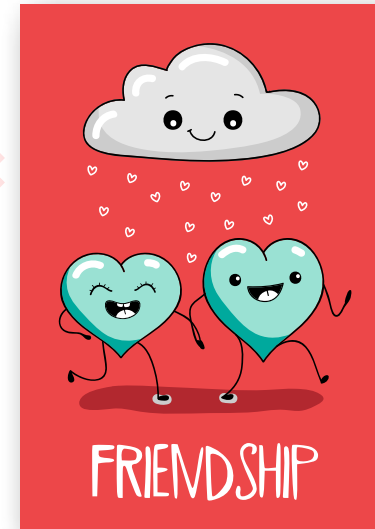


# Get **connected**



## Send a postcard

Send a postcard to a friend.  
Go to pages 29-30 to cut out  
a template.





## Do something charitable

Getting involved in a charitable cause is a great way to give back and connect with your community.

Which charity would you like to support?

How would you like to support this charity?



# Get **cooking**



## Tips for reducing food waste this winter

**Don't overbuy:** planning your meals ahead and checking what you have in the cupboards before you go shopping can help you to only buy what you need and help to reduce food waste.

**Freeze leftovers** and save them for lunch or dinner another day.

**Make the most of what you have in the cupboards** such as dried goods and tinned vegetables.

**Feed your garden:** composting is a great way to recycle certain types of food waste. For example, vegetable kitchen waste.\*

\*Source: [www.rhs.org.uk](http://www.rhs.org.uk)

If you don't have the space for composting, or don't have a garden, why not see if you can donate your food waste to a local community garden?



## Cookie cutters

It's time to get creative and bake some winter themed cookies. See pages 31-32 to cut out our cookie cutter template and make some snowflake shaped cookies!



## Cookies: how did they turn out?

Take a picture of your cookie creation and stick it here.

**Caption your photo:**

Share your photos with us on social media [@SimplyhealthUK](#)

# Get **motivated**



## Setting goals

Setting goals is a great way to help keep you motivated and inspired.

### Short-term wellbeing goal

What would you like to achieve in the next month?

What do you need to do to help you achieve it?

### Long-term wellbeing goal

What would you like to achieve in the next year?

What do you need to do to help you achieve it?





## My 'hooray' moments

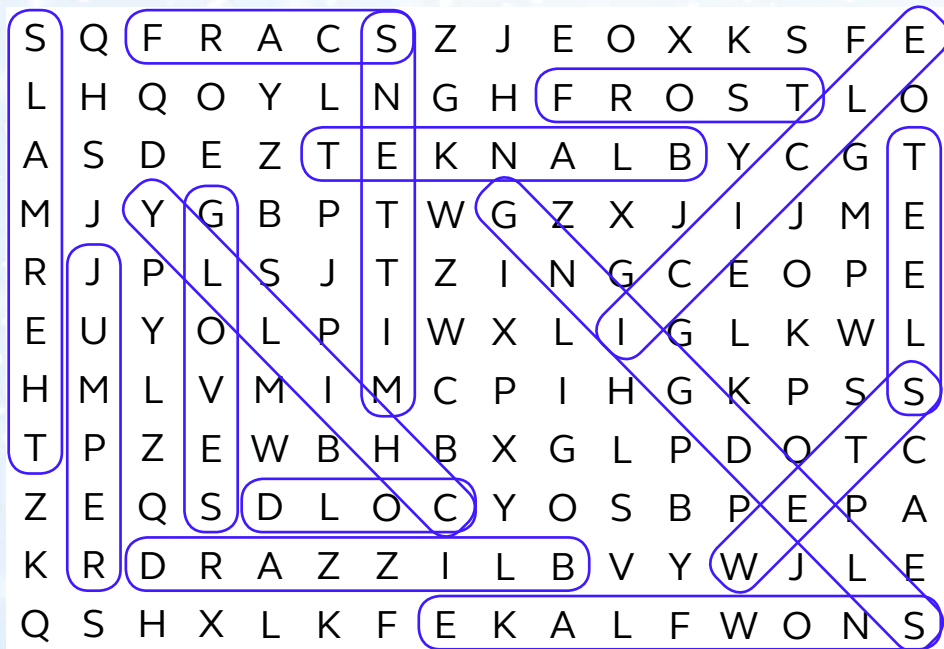
Take a moment to pause and reflect on your achievements.  
What have been your 'hooray' moments?

## My favourite quotes

What are your favourite quotes that make you feel  
motivated and inspired?

## Winter wordsearch answers

Can you find our list of wintry words?



Snowflake

Cold

Sledging

Chilly

Stew

Mittens

Scarf

Blanket

Sleet

Gloves

Icicle

Frost

Jumper

Thermals

Blizzard



## Winter word scramblers answers

ETILWNOGNL OTOSB

WELLINGTON BOOTS

CARPLEEIF

FIREPLACE

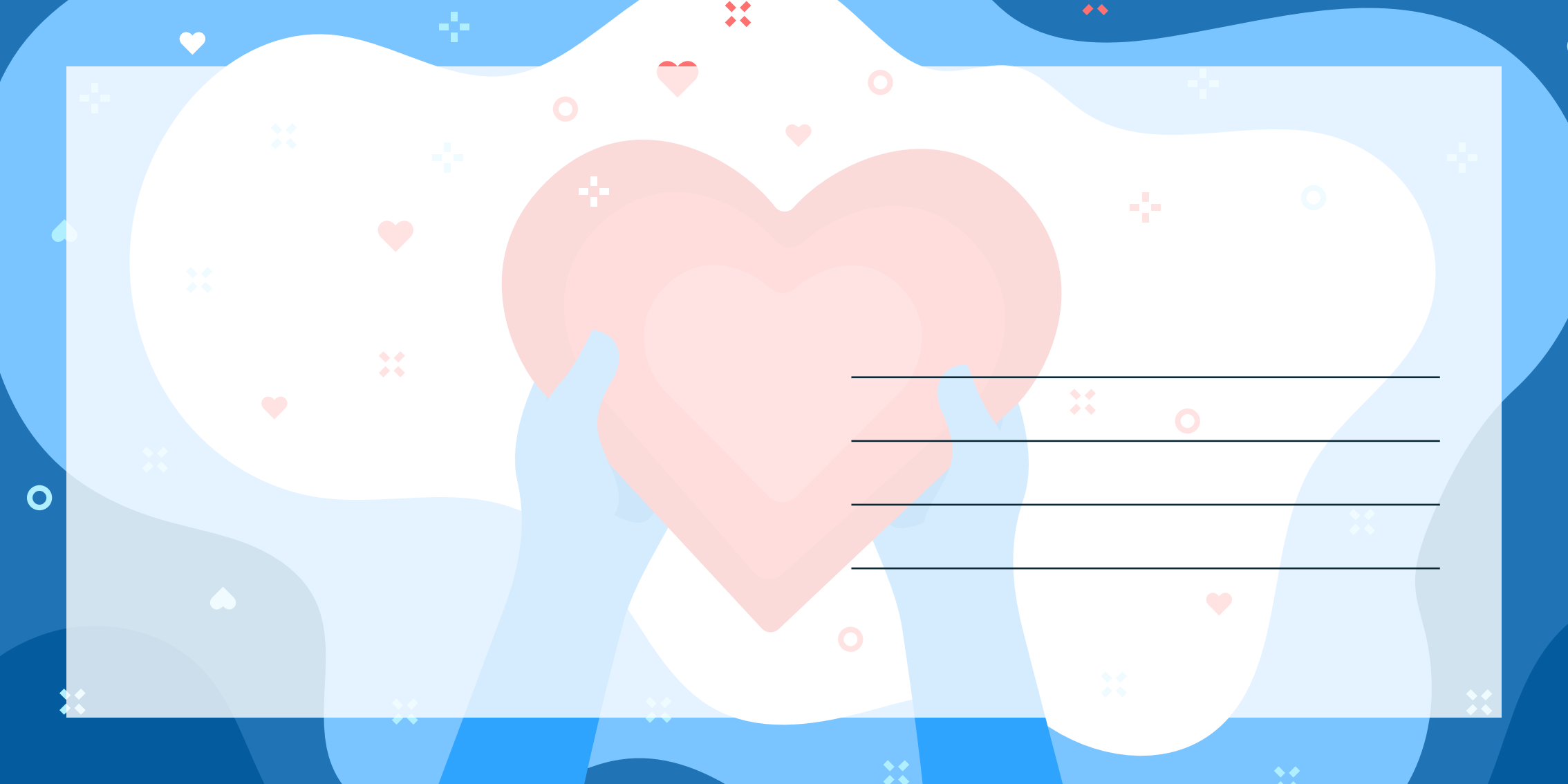
NWOS LENASG

SNOW ANGELS

ANNWOSM

SNOWMAN











## Supporting your everyday health and wellbeing

Our Healthy Living Hub is packed full of useful articles, top tips and expert views to help you look after your health and wellbeing.

From home-working sets ups and how to sleep better, to dealing with change and coping with anxiety, we've got something for everyone.

Visit  
[simplyhealth.co.uk/healthy-living](https://simplyhealth.co.uk/healthy-living)  
to find out more



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