

Be a Sport This Winter



Mini Fact:
The word “ski” comes from the Old Norse word “skio,” meaning a split piece of wood.

Do you live in an area where it snows? If you do, you probably know how much fun it can be outside during the winter.

This week, The Mini Page looks at some winter sports that can keep you active even when winter winds blow.

Ice skating

For hundreds of years, people have eagerly awaited cold weather, when rivers and ponds finally freeze solid enough to skate on.

Today, your community might have outdoor and indoor skating rinks. But you may be able to skate on a country pond just as people used to do.

Don’t know how to ice skate? Take a lesson! And make sure you’re skating safely:

- Be sure to wear a helmet and mittens, which will protect your head and hands if you fall on the ice.
- If you are skating on naturally frozen water, be sure the ice is thick enough all over. Lakes, rivers and ponds could have areas with thin ice. Always check with adults before skating. Do not skate by yourself.



Kids take skating lessons at a rink behind Yellowstone Park School in Yellowstone National Park in Wyoming.

Take a hike

One of the most pleasant winter outdoor activities is walking or hiking. This gives you a chance to enjoy the nature surrounding you. The sparkly snow and ice can make the scenery especially beautiful in the winter.

If there is a lot of snow, snowshoes can make your hike much easier. Experts say it’s easy to learn to snowshoe. You just need to walk with your legs spread apart a little wider.

The wide, flat snowshoes help walkers balance on top of the snow rather than sinking. Poles may help snowshoers keep their balance.

Sledding and tubing

It’s a thrill to ride down a big hill on a sled or inner tube, and you don’t need much special equipment. But it’s still important to be safe.

Be aware of the land under the snow. Injuries can happen when people run into a tree near the path or over rocks or other obstacles. Creeks and roads can be at the bottom of many sledding hills.



This family is snowshoeing on trails along the Cascade River, near the North Shore of Lake Superior in Minnesota.

Winter sport safety

If you are going to be outside in the cold, dress in layers. This will keep you warmer than one big heavy coat or snowsuit. Also, you can take off a top layer if you are exercising enough to grow warm. Layer with:



- warm socks. Wear several pairs, especially if you are on the ice;
- thermal, or long, underwear;
- regular warm clothes such as jeans, sweatpants, long-sleeved warm shirts, sweatshirts and sweaters;
- a winter coat;
- a warm hat;
- warm mittens or gloves.
- Wear sunscreen. You might not think you need sunscreen in the winter, but snow reflects, or bounces back, sunlight. Sunscreen is especially important in high-elevation areas, such as mountains. So are goggles.
- Wear protective gear. For sports such as skating, skiing and snowboarding, padding and helmets are especially important for beginners and young kids.
- Go inside often to warm up. Frostbite occurs when the skin gets frozen. If you notice your fingers, toes or ears becoming numb, it’s probably time for an indoor break.

Resources



On the Web:

- bit.ly/MPwintersports

At the library:

- “The Wildlife Winter Games” by Richard Turner
- “When Winter Comes: Discovering Wildlife in Our Snowy Woods” by Aimee M. Bissonette

Try ‘n’ Find

Words that remind us of winter sports are hidden in this puzzle. Some words are hidden backward or diagonally, and some letters are used twice. See if you can find:



ACTIVE, FROSTBITE, FUN, GEAR, HELMET, HILL, ICE, KIDS, OUTDOORS, POND, REFLECT, RINK, SKATE, SKI, SLED, SNOWSHOE, SUNSCREEN, THERMAL, WEATHER, WINTER.

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

Cook’s Corner

Sugar and Spice Nuts

You’ll need:

- 1 egg white
- 1 tablespoon water
- 1 pound walnuts or pecans
- 1/2 cup brown sugar

- 1/2 cup white sugar
- 1 teaspoon salt
- 3 teaspoons ground cinnamon



What to do:

1. Separate egg white from yolk into a medium-size bowl.
2. Add 1 tablespoon water. Whisk until frothy. Add nuts and coat with mixture.
3. Combine sugars, salt and cinnamon in a large plastic bag. Add nuts to the bag and shake thoroughly to coat.
4. Spray a large rimmed cooking sheet with cooking spray. Spread the nuts out and bake at 250 degrees for 30 minutes.
5. Allow to cool. Eat as a snack, on salads, or on ice cream.

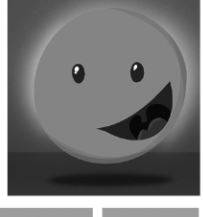
* You'll need an adult's help with this recipe.

7 Little Words for Kids

Use the letters in the boxes to make a word with the same meaning as the clue. The numbers in parentheses represent the number of letters in the solution. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.

1. what you wear (7) _____
2. snapping or box (6) _____
3. it makes you shiver (5) _____
4. citrus eaten at breakfast (10) _____
5. song for two people (4) _____
6. person working on a boat (6) _____
7. common pizza topping (9) _____

CH	PER	HES	ET
SAI	PEFR	GRA	TUR
TLE	DU	LOR	PEP
UIT	CLOT	ONI	ILL



Answers: clothes, turtle, chill, grapefruit, duet, sailor, pepperoni!

Mini Jokes



Sarah: What do snowmen call their offspring?
Steve: Chill-dren!

Eco Note



The population of humpback whales in the South Atlantic has made a sharp recovery in recent years, with an estimated 24,543 of the marine mammals feeding there each southern summer. More than that number were hunted by whalers there between 1900 and the 1950s. The species was rarely seen in the three decades after whaling ended in the 1960s. But scientists say the whales are increasingly feeding in the South Georgia and South Sandwich Islands during summertime.

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For later:

Look in your newspaper for articles about winter outdoor activities.

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