



Winter 2020

## Winter Wonderland

Welcome to winter, friend. Bears are known for hibernating in the winter. But since I'm a credit union bear, I love to play all year long.

In this newsletter, you will learn how to make your own penguin and discover a few new books.

Enjoy!

## BUDDY BEAR

Buddy Bear  
Cub Club President



## Cuddly Connect the Dots

Connect the dots then color this adorable winter creature.

## Winter Close Up

Do you know what these close-up items are?



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## Parents' Corner

### Getting Outside

Too much screen time has become something of an epidemic for everyone. But when it comes to kids, limiting screen time and helping them get outside more often can improve their health and wellbeing, according to the Office of Disease Prevention and Health Promotion.

### Kids and Teens Need 60 Minutes of Activity Every Day

Sure, that can include physical education and recess, but you can help increase their activity at home, too. Professionals suggest taking a 20-minute family walk after dinner. Other activities include outdoor play time after school, trips to the local park, and indoor play time (dance party, anyone?) when the weather is not cooperating.

**Fitness Focus Commercial Breaks**  
When the commercials come on during your favorite shows, get the whole family up to do some jumping jacks, pushups, or simply running in place.

### Be a Role Model

Studies show that when parents are active and fit, the kids in their lives are more likely to be active as well. All a child needs to see is that you are dedicated to health and enjoy being active.



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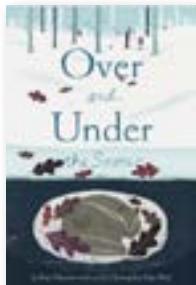
## Buddy's World Records

### Longest Chain of Sleds

According to Guinness Book of World Records, the longest chain of sleds ridden by people was 508 sleds long. The group of sleds went 600 meters down a slope in Austria in January 2017. That's one long chain of sleds.

## Buddy's Books

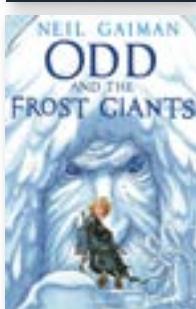
You'll find even more wonderful books at your local and school library.



**Ages 3-7**

### Over and Under the Snow

by Kate Messner and Christopher Silas Neal  
The winter world can be quite surprising, especially when you get to see how squirrels and other critters live when it gets cold outside.



**Ages 8-12**

### Odd and the Frost Giants

by Neil Gaiman  
When the Frost Giants invade Asgard, Odd is forced to go on a journey to try and save the mythical city. It takes every ounce of power the 12-year-old has to outwit some big enemies.

## Penguin Jokes

Q: What do penguins have for lunch?

A: Ice-burgers

Q: Where do penguins dance?

A: At the Snow Ball

Q: Why do penguins carry fish in their beaks?

A: Because they don't have pockets

## Winter Close Up

If you guessed icicles, mittens and penguins, you're right!

