



CUB CLUB

Winter 2020

INROADS
credit union

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?



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.



INROADS
credit union

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.

Egg Carton Penguins

Penguins are some of the most adorable creatures on the planet. Now you can make your own with this quick, easy, and somewhat messy wintertime craft.

Supplies:

- Egg Carton
- Black Paint
- Orange craft paper
- White Paper
- Googly eyes
- Glue



Instructions:

1. Trim out one of the egg carton cups.
2. Paint the outside of the cup black. Allow to dry.
3. Cut out a small triangle from the orange paper. This will be the beak. Attach it with glue.
4. Cut out the tummy from your white paper. Attach it with glue.
5. Affix two small googly eyes.

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!

