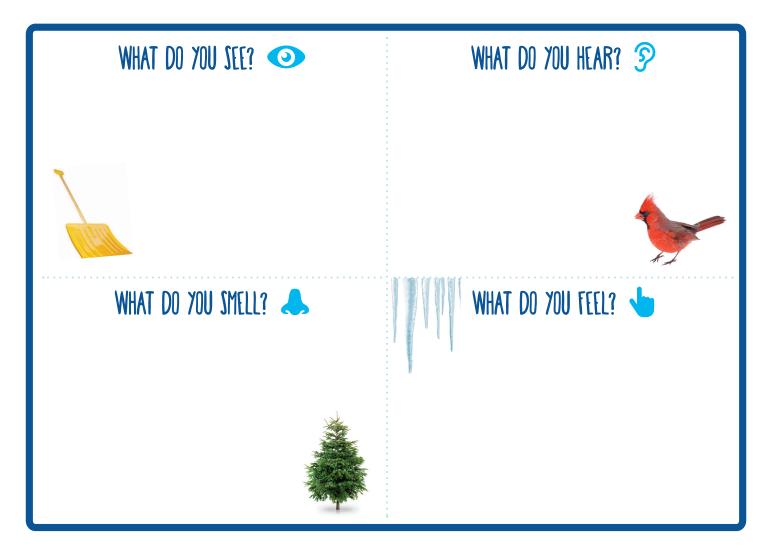
## WELCOME, WINTER!

Winter is in the air! Head outdoors and explore. Take a wintertime walk and use your senses to notice how nature is changing.



## WRITE OR DRAW WHAT YOUR SENSES ARE TELLING YOU





For more fun ways to PowerUp this winter, check out the **Cool Fun for Everyone PowerUp Family Magazine** at **powerup4kids.org/familymagazine** or scan the QR code with the camera on your smartphone.



HealthPartners