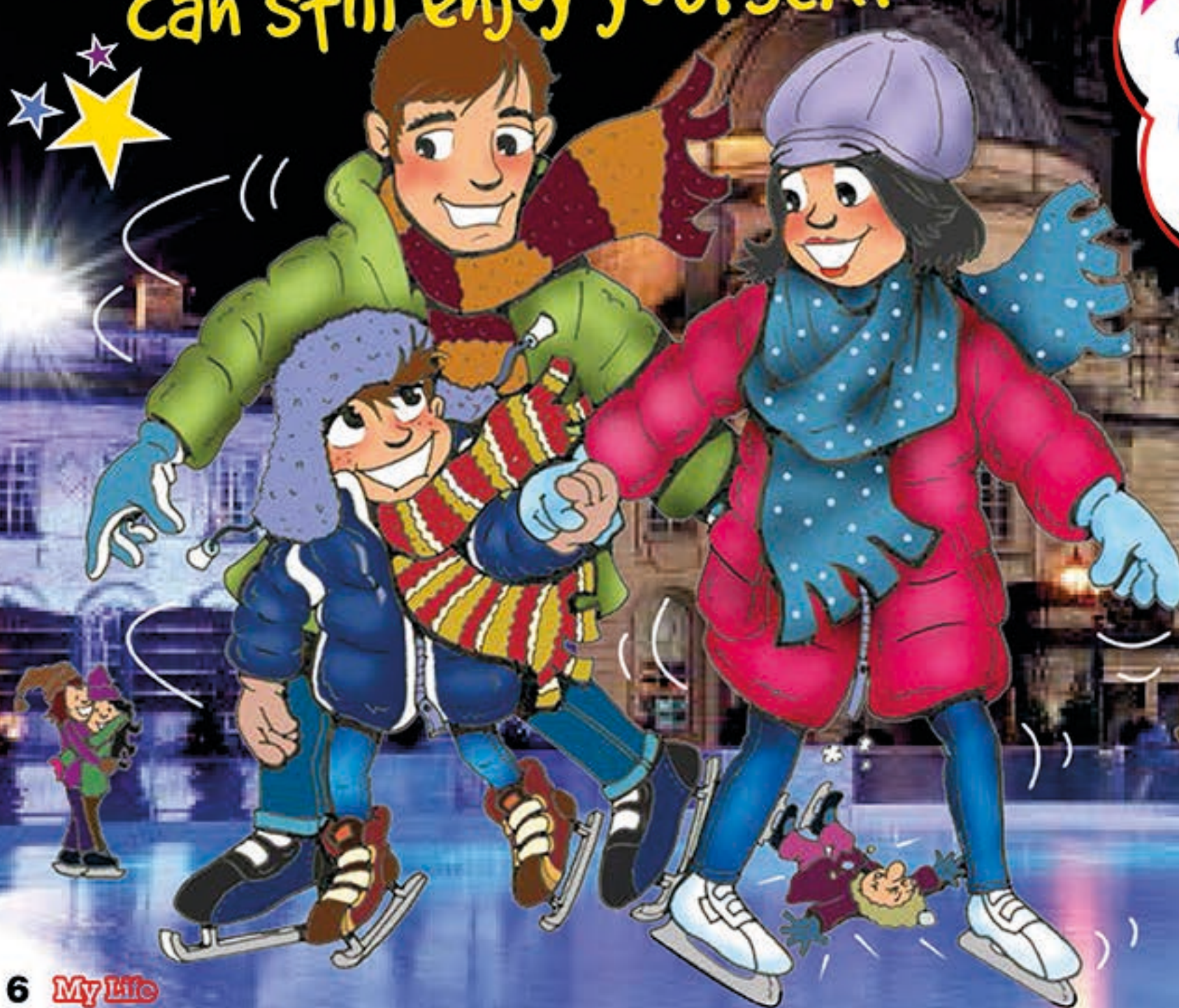




# WINTER WARMER

## It's cold outside, but you can still enjoy yourself!



**Fun fact**  
 It's thought people first started to ice skate around 5,000 years ago! Ice skating is now used in different sports like ice hockey.

### Winter activities



There are lots of things you can do in colder months. If there's snow, you could try:

- ✦ sledging
- ✦ skiing
- ✦ winter walks
- ✦ tobogganing.

You could also do indoor activities, eg roller discos and street dance...

### Here are some things you can do to stay safe...

✓ Take a blood test to check your levels before you start. If you're lower than usual, eat a snack before starting. If you're higher than usual, check with the adult in charge.



✓ It's always important to remember to tell the person in charge that you have diabetes.

✓ Keep jelly beans or something sugary nearby, and make sure you have a bottle of water with you.



✓ Wrap up warm! Hat, scarf, gloves and woolly socks are perfect for keeping you snug on the ice rink!