**Title**

Snowball Fight

**Time**

Pre-session preparation for learners: 5 minutes

Session:  25 to 55 minutes

**Materials Checklist**

Snowball Fight Handout

White Socks

Music

**Objectives**

Learn how to make snowballs from socks

Learn how to do have a snowball fight with socks for physical activity

**Learners will be able to:**

Make a snowball from socks

Have a snowball fight with socks for physical activity

**Exercises and Activities to Complete Before and During the Session**

Make snowballs from socks

**Pre-session Preparation**

**Read (5 minutes)**

Snowball Fight Handout

**During the session**

**Present/Review (5 minutes)**

Provide Participants with white socks.

Instruct Participants how to tightly roll a sock up on itself into a ball.

**Discuss (15 to 45 minutes)**

Guide the Participants through different activities treating the socks like a basketball (over the head catch, under leg) or throwing and catching the socks like snowballs.

Encourage Participants to recreate the snowballs with socks at home.

Remind Participants: they can freeze winter snowballs in their freezer at home and have snowball fights in the summer!