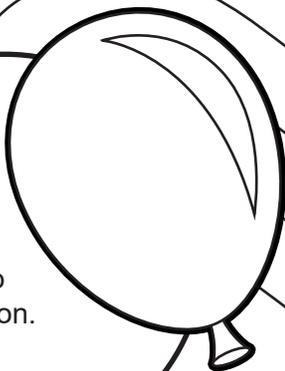


# Keeping Cool: Heat and Wildfire Smoke Safety

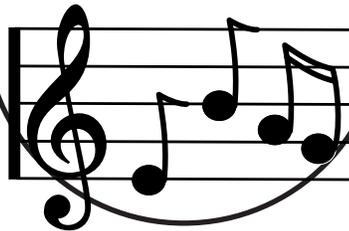
When the weather gets too hot, or smoke from wildfires makes it dangerous to play outside, there are ways kids can still be active while staying indoors. To learn more about heat safety, visit [www.snoco.org/cooling](http://www.snoco.org/cooling). For information about wildfire smoke, visit [www.snoco.org/smoke](http://www.snoco.org/smoke).

## 5 Ideas to keep kids active indoors

**Keep a balloon in the air:** Use gentle taps to pass a balloon. Don't let it hit the floor.

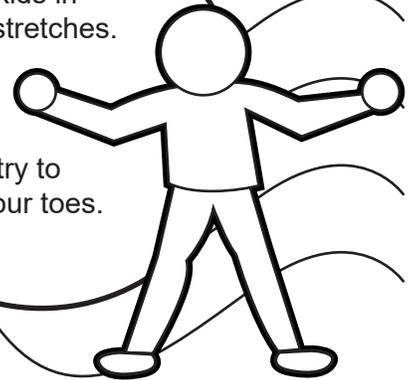


**Dance party:** Turn up some tunes and move.



**Stretch:**

Join kids in simple stretches. Reach up high, bend to the side, try to touch your toes.



**Follow the leader:**

Take turns being the leader around your home. Walk, spin, crawl, jump—the follower mimics the leader.



**Balance challenge:**

Who can stand longest or do the most hops on one foot?

