

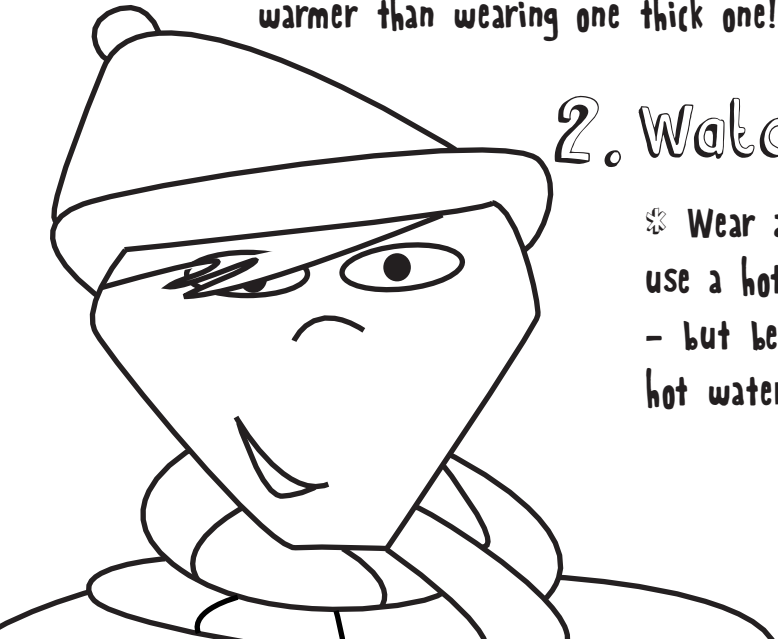
# Stay warm this winter!

Keep your fingers moving by colouring in this leaflet!

Mum and Dad turning the heating down to save money or to help save the planet? Still cold? Here's our top 5 tips for staying warm this winter!

## 1. Wear the right clothes!

- \* At home wear big warm jumpers, socks and slippers
- \* Outside wear a coat, but don't forget your hat, gloves and scarf
- \* Star Tip: Wearing lots of thin layers of clothing is warmer than wearing one thick one!



## 2. Watching TV

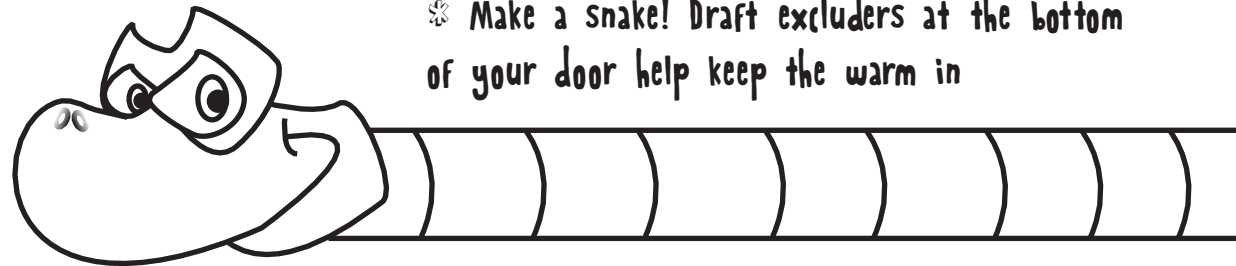
- \* Wear a blanket or use a hot water bottle - but be careful of hot water!

## 3. Heat from the inside

- \* Try warm porridge for your breakfast or heat up the milk on your cereal!
- \* For dinner, warm up last night's leftover pasta instead of having a sandwich
- \* Star Tip: Try hot water in your squash instead of cold!

## 4. Snakes keep you warm!

- \* Make a snake! Draft excluders at the bottom of your door help keep the warm in



## 5. Keep busy

- \* Keeping busy and moving makes you warm! Run to the shops instead of walk or help your parents with the housework!