Here are some of our favorite ideas to stay active and well during winter—sorted by indoor, outdoor, and emotional/calming activities. This is an abbreviated, printer-friendly version of the full resource—including more details, resources and reflection activities—at healthykiddane.org/cabinfever.

**OUTDOOR FUN**

- **Ice Skating**
  Head to a local park or pond to give it a try!

- **Snow Art**
  Snowpeople, snow angels, igloos, forts—create winter art with the snow!

- **Scavenger Hunt**
  Make a list of items to find around your neighborhood. Share the list with neighbors!

- **Sledding Olympics**
  Try all sorts of sledding styles and have your own sledding olympics!

- **Animal Tracks**
  Go on a walk and find three different animal tracks.

**INDOOR FUN**

- **Circuits Challenge**
  Do a sequence of exercises (sit-ups, jumping jacks, etc.).

- **Obstacle Course**
  Pick four things from inside your house. Build an obstacle course with them!

- **Water Challenge**
  Track how much water you drink each day for a whole week.

- **Chopped**
  Create a custom dish from mystery ingredients!

- **Homemade Bird Feeder**
  Save a milk carton or use an old bagel to make a homemade bird feeder.

- **Stop Motion Video**
  Start by making a storyboard of what you want the movie to include! Find a stop-motion app to make your video.

**EMOTIONAL WELLNESS**

- **Gratitude Journaling**
  Write down at least one thing you are grateful for or happy about each day.

- **Mindful Breathing**
  Find a quiet place to sit. Close your eyes and breathe in slowly through your nose, saying “In”. Then breathe out. Do 10 in/out breaths.

- **Winter Poetry**
  Use your senses to write a seasonal poem.

- **Indoor Olympics**
  Have each person in your home choose a board or card game to play for your family’s first ever Indoor Winter Olympics!

- **Workspace Makeover**
  We’ve been learning and working at home for almost a year now! Give your work space a new look or a good tidy.

Looking for more details? Full resource at: healthykiddane.org/cabinfever