



# JANUARY

Stay Active in the Winter

## Did you know?

Exercise increases aerobic fitness, strengthens muscles and bones, helps build immunity, makes weight control easier, and can improve sleep! Don't let the winter blues keep kids indoors!

## Enjoy the Outdoors

***There's no such thing as bad weather, only bad clothes!***

Make sure kids are properly bundled up and head outside for some active winter fun:

- Go sledding
- Build a snowman
- Go for a nature walk
- Make snow angels
- Visit the playground
- Build a snow fort
- Have a snow ball fight
- Do an outdoor scavenger hunt



## Indoor Activities

Is the weather outside frightful? Enjoy one of these indoor activities while you get warm inside and find more 5-2-1-0 ideas online!

- Rent a book from the library on the first day of break
- Host a board game tournament or complete a puzzle
- Build a tent camp in your living room
- Create a dance routine to your favorite song

