



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

