

Get out and play. Every day!

Take a walk with your kids and teach them the animal prints in the snow.

Take the Healthy Futures Challenge!

Go swimming.

Strap on your skis or snowshoes and get moving.

Bundle up and go sledding.

Hula Hoop.

Go fishing and berry picking.

Bury some goodies in the snow in a cooler and send your kids on a treasure hunt.

Skip rocks.

Build a snowman.

Rake leaves and jump in!

Ice skate at a local rink.

Go fly a kite.

Make a snow angel, or two, or three.

Toss or kick a hackey sack!

Kick a soccer ball.

Jump rope!

Dance, dance, dance!

Take a walk and learn how to identify Alaska's beautiful wildflowers.

Walk your dog.

Build a fort out of snow blocks.

Play tag while staying in your tracks in the snow.

Play a friendly game of hockey in your driveway, or head to a rink.

Invite your kids to join you while you do your workout or exercise video.

Play basketball.

Roller skate.

Pretend you are an Arctic explorer and make some important outdoor discoveries.

Race to see who can get dressed in snow gear first!

Go bowling or roller skating.

Race your kids to your favorite park.

Toss a Frisbee, football, or baseball.

Participate in Healthy Futures events.

Go ice fishing.

Make winter chores fun. Shovel the driveway as a family.

Hike.

Strap on your helmets and go for a bike ride.

Play hide and seek.

Go on a nature walk.

Create an indoor treasure hunt.

Take your kids jogging and challenge them to a race.

Create an obstacle course.



www.healthyfuturesak.org/ Need activity ideas? Go to www.playeveryday.alaska.gov

