

Take a walk with your kids and teach them the animal prints in the snow.	Take the Healthy Futures Challenge!	Go swimming.
Bundle up and go sledding.	Hula Hoop.	Strap on your skis, snowshoes or ice skates and get moving.
Go fishing, hunting, and berry picking.	Build a snowman and see who can be first in knocking his hat off with a snowball.	Rake leaves and jump in!
Bury some goodies in the snow in a cooler and send your kids on a treasure hunt.	Skip rocks.	Go fly a kite.
Play King or Queen of the Snow Mountain.	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 snow shelter, igloo, or snow cave.
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 tag while staying in your tracks in the snow.
Play basketball or swim at an indoor gym.	Roller skate.	Pretend you are an Arctic explorer and make some important outdoor discoveries.
Make a race. See who can get dressed in all of their snow gear first!	Go bowling or roller skating at an indoor rink.	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.
Go on a nature walk.	Create an indoor treasure hunt.	Play hide and seek.
Take your kids jogging and challenge them to a race.	Create an obstacle course.	



[www.healthyfuturesak.org/](http://www.healthyfuturesak.org/) Need activity ideas? Go to [www.playeveryday.alaska.gov](http://www.playeveryday.alaska.gov)

