

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.
Bundle up and go sledding.	Hula Hoop.	Strap on your skis or snowshoes and get moving.
Go fishing and berry picking.	Build a snowman.	Rake leaves and jump in!
Bury some goodies in the snow in a cooler and send your kids on a treasure hunt.		Skip rocks.
Ice skate at a local rink.	Go fly a kite.	Make a snow angel, or two, or three.
Kick a soccer ball.	Jump rope!	Dance, dance, dance!
Walk your dog.	Build a fort out of snow blocks.	Take a walk and learn how to identify Alaska's beautiful wildflowers.
Play basketball.	Roller skate.	Play a friendly game of hockey in your driveway, or head to a rink.
Race to see who can get dressed in snow gear first!	Go bowling or roller skating.	Invite your kids to join you while you do your workout or exercise video.
Toss a Frisbee, football, or baseball.	Participate in Healthy Futures events.	Pretend you are an Arctic explorer and make some important outdoor discoveries.
Go on a nature walk.	Go ice fishing.	Race your kids to your favorite park.
Create an indoor treasure hunt.	Make winter chores fun. Shovel the driveway as a family.	Hike.
Take your kids jogging and challenge them to a race.	Play hide and seek.	Strap on your helmets and go for a bike ride.
		Create an obstacle course.



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

