

Stay Active During Winter Break

Overview

Is it too cold or snowy to go outside and play during winter break? Get creative with these indoor activities that will get students and families moving and having fun!

Activity Ideas

- Play indoor hopscotch: Use painter's tape to create squares on the floor.
- Play *Hot Lava*: Put several pillows on the floor and space them apart. Instruct kids to jump from pillow to pillow. If they fall off the pillows, they will be falling off into hot lava.
- Go bowling.
- Purchase an aerobic exercise DVD or stream a fitness video to get your heart pumping!
- Play Red Light, Green Light or other small group games that children pick and lead.
- Shovel snow.
- Walk the mall. Make it fun by turning it into a scavenger hunt.
- Play Simon Says.
- Build an indoor fort out of pillows and blankets.
- Have a jump rope challenge in the garage. Who can do the most in a minute?
- Start each morning with a 10-minute stretch and wake session before breakfast.
- Play charades.
- Practice yoga.
- Go ice-skating or roller-skating.
- Visit the zoo or aquarium.
- Bundle up and take a hike or a neighborhood walk.

Tips



Kids should have two hours or less of screen time each day. Pledge to minimize screen time during winter break!



Pledge and make a commitment to limit screen time. Find pledge forms, activity logs and other resources and post it so the whole family can see.



Designate one or two days as no TV days.



If you do watch TV, make it active. Who can do the most push-ups or jumping jacks during a commercial break?



Organize a Parent Pow-Wow, a networking session where parent volunteers can get together and share their best ideas on keeping kids active and healthy during the break. It's also a great way to recognize your volunteers during the holidays!



Ask a trainer or yoga instructor to come in and teach some simple indoor exercises that kids can do over break.

Related Activities

Healthy School Vacations

Whether it's visiting relatives or friends, sightseeing popular destinations, or just unplugging from daily demands, make sure to keep health and wellness, physical activity and good nutrition a priority.

Staying Healthy on Spring Break

Don't let a break from school mean a break from eating better and moving more. Being healthy as a family sets a good example for your children to live a healthy and active lifestyle and is a great way to spend quality time together.

