



CABIN FEVER

SURVIVAL GUIDE

FRIDGE PAGE



Here are some of our favorite ideas to stay active and well during winter—sorted by indoor, outdoor, and emotional/calming activities. This is an abbreviated, printer-friendly version of the full resource—including more details, resources and reflection activities—at healthykidsdane.org/cabinfever.

OUTDOOR FUN

- Ice Skating**
Head to a local park or pond to give it a try!
- Snow Art**
Snowpeople, snow angels, igloos, forts—create winter art with the snow!
- Scavenger Hunt**
Make a list of items to find around your neighborhood. Share the list with neighbors!



- Sledding Olympics**
Try all sorts of sledding styles and have your own sledding olympics!
- Animal Tracks**
Go on a walk and find three different animal tracks.

INDOOR FUN

- Circuits Challenge**
Do a sequence of exercises (sit-ups, jumping jacks, etc.).
- Obstacle Course**
Pick four things from inside your house. Build an obstacle course with them!



- Water Challenge**
Track how much water you drink each day for a whole week.
- Chopped**
Create a custom dish from mystery ingredients!
- Homemade Bird Feeder**
Save a milk carton or use an old bagel to make a homemade bird feeder.

- Stop Motion Video**
Start by making a storyboard of what you want the movie to include! Find a a stop-motion app to make your video.

EMOTIONAL WELLNESS

- Gratitude Journaling**
Write down at least one thing you are grateful for or happy about each day.
- Mindful Breathing**
Find a quiet place to sit. Close your eyes and breathe in slowly through your nose, saying "In". Then breathe out. Do 10 in/out breaths.
- Winter Poetry**
Use your senses to write a seasonal poem.
- Indoor Olympics**
Have each person in your home choose a board or card game to play for your family's first ever Indoor Winter Olympics!
- Workspace Makeover**
We've been learning and working at home for almost a year now! Give your work space a new look or a good tidy.



Looking for more details?
Full resource at:
healthykidsdane.org/cabinfever



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