**Don’t Hibernate - Participate!**

Monthly Campaign Announcements:

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| Day 1 | It’s cold outside, but that shouldn’t stop us from getting up, getting out and getting winter active! Can you think of ways to stay active in the cold? Be sure to stop by the bulletin board this month to see different ideas on how to stay active during the cold months. Remember – don’t hibernate – participate! |
| Day 2 | Thinking of ways to stay active in the winter? Why not pull on your boots and winter wear and walk to work or school! Remember, don’t hibernate, participate! |
| Day 3 | Trying to stay active in the cold weather can be challenging. Why not try a game of Snoccer with your friends? It’s just like regular soccer, but it’s played in the snow on the fields. Maybe try it today at recess! Let’s all remember to not hibernate, but participate! |
| Day 4 | Don’t hibernate - participate! Have you made any snow angels with your friends this season? Try it out at recess! (if there is snow on the ground)  Be sure to check out the bulletin board INSERT LOCATION to see different ways to stay active in the winter months! |
| Day 5 | Can you think of ways to get active in the winter, even when the weather won’t cooperate? Check out the local recreation centre to see if you can try basketball, volleyball or badminton with your family or friends! Remember – don’t hibernate – participate! |
| Day 6 | Don’t hibernate – participate! Staying active in the winter time can be fun! Try building a snowman with family or friends. Why not have contests to see who can build the biggest or smallest snowman? |
| Day 7 | Winter is a great time to try some new activities outside. Have you ever tried cross-country skiing or snowshoeing? Ask your teacher about snowshoeing at school. Maybe you can try it in physical education class. |
| Day 8 | Cold weather sometimes gives us a great excuse to stay indoors and try a fun indoor activity. Try bowling with family or friends for a fun way to stay active during the cold months. |

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| Day 9 | Don’t hibernate – participate! Have you ever tried skating? Head out to the local outdoor rink and strap on some blades for fun with your friends or family. Maybe even try hockey or ringette as a new way to stay active in the winter. |
| Day 10 | Winter is a great time to try something new. Have you ever tried dancing? Check out local clubs or recreation facilities and see if there is something you’d like to try. Maybe hip-hop, salsa or tap dancing will become your new favorite activity. Remember – don’t hibernate – participate! |
| Day 11 | Sometimes it can be tough to get up off the sofa in the winter. Try going swimming at a local recreation centre. Swimming is a great way to get winter active and is a very valuable skill to learn. Get up, get out and get winter active! |
| Day 12 | There are plenty of ways to get active in the winter. Why not try some of your favorite summer activities in the snow. Take out a Frisbee and throw it around with friends. Don’t hibernate – participate! |
| Day 13 | Dressing up in many layers will help you stay warm when you’re outside getting Winter Active. Put on your toque, mittens, scarf, jacket and boots and head outside for a heart-pumping walk. Swing your arms to increase activity and help keep warm! |
| Day 14 | All the snow in the fields and the parks provides a great chance to make a snow path or maze. Stomp out a path with your boots and then race along the path with your friends or family. See how many times you can run through the path during one recess.  Remember to check out the bulletin boar by INSERT LOCATION to see some different ways to get active this winter! |
| Day 15 | Don’t hibernate – participate! Have you gone tobogganing this season? Why not take out a crazy carpet or sled and try it this weekend! Make sure to remember your helmet. Safety is very important!! |
| Day 16 | Have you been to the public library lately? Why not see if you and your family can go for a walk to find a new book. Walking is a great way to stay active in the winter and books can teach you something new and exciting! Remember – don’t hibernate – participate! |
| Day 17 | Have you ever heard of the sports “curling” or “broom ball?” Both sports are played on sheets of ice. Check out these new ways to stay winter active, or ask your teacher about researching them during computer time. Remember – don’t hibernate – participate! |
| Day 18 | Don’t hibernate – participate! The snow can seem like a pain, but it gives us all a great chance to get some exercise when the walk way or drive way needs to be shoveled. |

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| Day 19 | Shoveling isn’t all that fun, but the snow banks that result can be really cool! Be sure to only play in snow banks away from the road. Try climbing up and sliding down the banks. They’re a special treat that’s only around in the winter season. |
| Day 20 | Don’t hibernate – participate! Downhill skiing and snowboarding are special activities that can only be done in the winter months. What a great way to get outside and be active through the winter! |
| Day 21 | Have you learned 20 ways to get winter active this month? Time to get outside and try one of the fun activities that you learned about. Remember – don’t hibernate – participate! |