



# HOME CHALLENGES

## Don't Hibernate – Participate!

Dear Parent/Guardian,

Staying active during the cold winter months can be a difficult task!

The *Don't Hibernate – Participate!* challenge presents a fun way to embrace the cold and participate in fun outdoor activities regardless of the weather outside. The goal is to complete an adapted Active Family Bucket List of fun winter activities from Be Fit For Life<sup>1</sup>.

Encourage your child to lead this activity for the family. Embrace this challenge to get you and your family moving during the cold winter months!

### Here is how you and your family can participate:

1. The "*Don't Hibernate – Participate!*" **tracking sheet** (attached) has 10 outdoor active winter activities to complete. Every time you and your family complete an activity, indicate roughly how many people participated by circling the correct option for you.
2. Initial next to the activity to indicate that it has been completed. Try to complete all the activities listed!
3. At the end of the 2 weeks your child must bring the signed tracking sheet to school to give to their teacher.

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<sup>1</sup> [https://d10k7k7mywg42z.cloudfront.net/assets/5931e127d4c96144e2325932/bffl\\_bucketlist\\_final.pdf](https://d10k7k7mywg42z.cloudfront.net/assets/5931e127d4c96144e2325932/bffl_bucketlist_final.pdf)

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## Don't Hibernate — Participate! Tracking Sheet

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Activity	Circle how many people participated	Initial
Build a snowman	All   Most   Some	
Go tobogganing	All   Most   Some	
Go skating at an outdoor rink	All   Most   Some	
Go for a walk with the whole family	All   Most   Some	
Catch snowflakes on your tongue	All   Most   Some	
Build an outdoor snow fort	All   Most   Some	
Make snow angels	All   Most   Some	
Go for a hike in a park	All   Most   Some	
Shovel snow and jump in the snow piles	All   Most   Some	
Shovel a neighbour's driveway	All   Most   Some	