

# JANUARY

## ACTIVITY LIST

- Try ice fishing
- Visit the zoo
- Eat a snowman's nose
- Go sleigh riding
- Have a themed dinner
- Make a snow angel
- Catch a snowflake on your tongue
- Walk like a penguin and have a race
- Make a New Year's resolution
- Make alphabet soup
- Peel an orange in one long piece
- Play freeze tag
- Go ice skating
- Take a yoga class on YouTube
- Start a rule that nobody sits during commercials
- Party like it's 1999
- Play some basketball
- Shovel a neighbor's sidewalk

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**CREATE** BETTER HEALTH SNAP-ED

Created by Kerry Garvin

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