**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[[1]](#footnote-1).

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.

**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 |  |

1. <https://d10k7k7mywg42z.cloudfront.net/assets/5931e127d4c96144e2325932/bffl_bucketlist_final.pdf> [↑](#footnote-ref-1)