# THE LIVING ROOM WINTER GAMES PARTY

A simple way to watch, move, and play together at home





## ❄️ Hosted by you. Powered by play.

**No pressure. No perfection. Just movement, joy, and together time.**

## 🎉 What is a Living Room Winter Games Party?

A Winter Games Party is a one-day, at-home celebration where families turn watching winter sports into active, playful moments.

Think:

- **Cheering together**
- **Moving between events**
- **Friendly competition**
- **Lots of laughter**

No schedule to keep. No rules to get “right”. Just a reason to move and connect.

## HOW IT WORKS (THE FLOW)

You can follow this exactly... or not at all.

### 1. Watch together

Pick a winter sport and watch a few minutes.

### 2. Move together

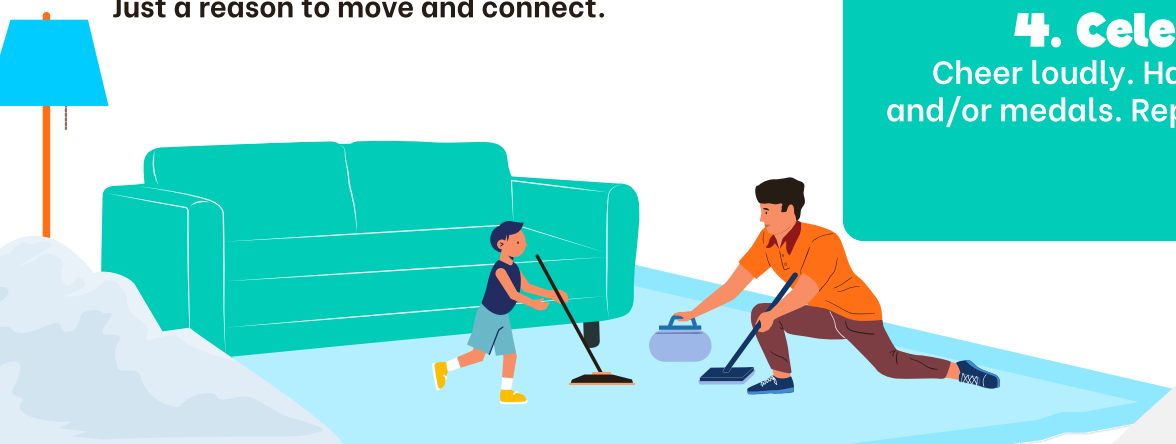
Pause and try a movement break inspired by what you watched.

### 3. Play together

Jump into a game, race, or challenge (with or without a Nex Playground).

### 4. Celebrate

Cheer loudly. Hand out snacks and/or medals. Repeat if you want.



# WINTER SPORTS → PLAY IDEAS

**Figure Skating**
- Flowy dancing
- Balance challenges
- Starri on Nex Playground

**Hockey**
- Fast footwork
- Side-to-side shuffles
- Sock-sliding
- NHL Puck Rush on Nex Playground

**Skiing / Snowboarding**
- Obstacle courses
- Speed skater jumps
- Jump squats
- Luminous on Nex Playground

**Curling**
- Target toss (soft items only)
- Gentle slides
- Aim + balance games
- Cookie Monster's Cookie Factory on Nex Playground

**No Nex Playground? No problem! Simple movement works just as well.**

## 🏡 Easy Party Setup Ideas

You don't need much – just a little intention.

- ✳ Clear a safe play space
- ✳ Turn on a fun playlist (like music that matches the country you're representing)
- ✳ Set out medals or paper badges
- ✳ Let kids "represent" a country or team

## 🛒 Simple Shopping List

- ☐ Gold paper plates and string to make medals!
- ☐ Blue + white snacks to match the winter theme (Yogurt covered pretzels, blueberries yogurt parfait, frozen grapes, turkey & cheese pinwheels, popcorn, crackers & hummus, blueberry mint-infused water)
- ☐ Face paint or stickers
- ☐ Hot cocoa or juice boxes

Optional extras:

- ☐ Blue & white decor
- ☐ Flags (real or hand-drawn)
- ☐ Labels for snacks like "Gold Medal Bites" or "Speed Skater Fuel"

## 💬 Join the Fun

Hosting your own Living Room Winter Games Party? Share your moments with us: **#LivingRoomWinterGames**

We love seeing families play, move, and celebrate together.



## About Nex Playground

Nex Playground helps families move, play, and connect through active, motion-powered games designed for shared joy and together time.

**@nexplayground**

