

# Winter Break Health Challenge: One Healthy Activity Each Day

12/24

## Day 1: Snowflake Workout

Roll a die:

- 1-2: Jumping jacks
- 3-4: Wall sits
- 5-6: March in place

Do each for 20 seconds.



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## Day 5: Follow-the-Leader Fitness

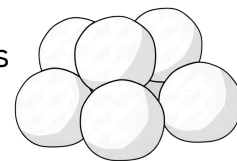
- Each family member leads for 30 seconds with their own movement.



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## Day 9: Snowball Toss

- Toss rolled-up socks into a basket from different distances.



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## Day 2: Kindness Countdown

Each day of break, do one kind act for a family member (help clean, give a compliment, write a note).



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## Day 6: Gratitude Snowflakes

- Write or draw one thing you're thankful for on paper snowflakes and hang them up.



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## Day 10: Calm Music & Coloring

- Put on soft music and color or draw together.



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## Day 3: Stretch & Breathe

Do 5 stretches together and take 5 slow "hot cocoa" breaths (inhale through nose, exhale through mouth) Use this link below!

<https://www.youtube.com/watch?v=RcHeyILMZDs>



12/30

## Day 7: Game Night Challenge

Play a board or card game.

Practice:

- Taking turns
- Using kind words
- Being a good winner/loser



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## Day 11: 5-Minute Family Fitness

Set a timer and do:

- 1 minute marching
- 1 minute jumping jacks
- 1 minute squats
- 1 minute stretching
- 1 minute deep breathing



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## Day 4: Winter Walk Challenge

Take a family walk and look for:

- Something red
- Something round
- Something blue
- An animal or animal tracks



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## Day 8: Dance-Off Freeze

- Put on music and dance. When the music stops, freeze like a snowman!



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## Day 12: Family Team Challenge

- Work together to clean a room, cook a meal, or build something—talk about teamwork after.

