

# Get Playful!

Here are some great ideas to keep your community moving during the challenge.

1. **Sweeten the deal:** Have your mayor challenge another participating community's mayor with a friendly wager. The mayor of the losing community has to wear the other community's hockey jersey or school uniform for a day.
2. **Get s'more minutes:** Have an open skating or skiing night at the local outdoor rink or trail and get the community active together! Warm up afterwards with hot chocolate and s'mores!
3. **Have a happy trails day:** Encourage community members to get outside by hosting a community walk. You can even include furry family members in the event (but you can't log their minutes – trust us, people have tried).
4. **Open your gym at night/early morning:** Create opportunities for families to get active indoors by opening the school gym for a wide range of activities.
5. **Start up a try-it night:** Encourage local sport organizations and recreation groups to invite community members to give a new sport or activity a try. Pickleball, yoga, snowshoeing anyone?
6. **Play with the pros:** Let the kids play hockey or skate with the local junior/senior hockey team.
7. **Walk, slide, skip, dance, skate, jump, or hop to school:** Walking to school is an easy way for kids to be active. Let them walk and watch the minutes pile up!
8. **Family events:** host a winter carnival in the community with a variety of winter activities such as snow sculpture contest, street hockey tournament or relay races.
9. **Re:activate family time:** Go for a family walk, make snow angels, shovel, build a snowman, or go on a scavenger hunt.

Every minute counts! Make sure everyone logs their minutes **EVERY DAY**  
March 1 - 10, 2019 at [challenge.saskatchewaninmotion.ca](http://challenge.saskatchewaninmotion.ca).

