

Get Playful!

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

1. **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!
2. **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).
3. **Open your gym at night or early in the morning:** Create opportunities for families to get active indoors by opening the school gym for a wide range of activities.
4. **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, or snowshoeing anyone?
5. **Play with the pros:** Let the kids play hockey or skate with the local junior/senior hockey team.
6. **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!
7. **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.
8. **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, 2020 at challenge.saskatchewaninmotion.ca.