

# Slim Your Screen Time

Cool and snowy activities



## How to participate

- 1 Go to [mayoclinichealthsystem.org/wellness](https://www.mayoclinichealthsystem.org/wellness) to access program materials.
- 2 Complete 30 activities from the list in the next 60 days.
- 3 Choose the activities that work best for you, and complete them on your schedule.
- 4 Check activities off the list as you complete them.

# Cool and snowy activities

Print this checklist or save it to your computer to complete it electronically.  
Choose at least 30 activities to complete on your schedule.

- Assemble a jigsaw puzzle
- Attend an art show
- Attend a craft fair
- Attend a festival
- Attend a fitness class
- Attend a sporting event
- Attend a music concert
- Attend the theater or a local theater production
- Attend a winter parade
- Build an indoor fort
- Build something
- Build a snow fort
- Build a snowman
- Call a family member
- Carve pumpkins and roast the seeds
- Clean your bedroom
- Collect colorful leaves
- Complete a science project
- Compliment someone
- Cook a meal as a family
- Cross-country ski
- Donate to a charity
- Draw pictures and share them
- Enjoy a bonfire
- Exercise
- Floss your teeth
- Fly paper airplanes
- Go for a walk
- Go on a fall foliage tour
- Go on a hayride
- Go sightseeing in your community
- Go downhill skiing
- Go somewhere you've never been
- Go sledding
- Go snowboarding
- Go snowshoeing
- Go snow tubing
- Go swimming at an indoor pool
- Go to a corn maze
- Go to a pumpkin patch
- Hike a trail
- Ice fish
- Jump in a pile of leaves
- Learn a new language
- Learn a new recipe
- Learn a new skill
- Make a bird feeder
- Make bread
- Make cookies
- Make ice globe candles
- Make a craft
- Make a photo collage
- Make soup
- Make snow angels
- Make snow ice cream
- Organize a closet or cupboard
- Paint the snow
- Paint your nails
- Perform a random act of kindness
- Pick an activity you want to do
- Pick apples
- Pick up trash in your community
- Play a musical instrument
- Play board games
- Play cards
- Play some music and dance
- Rake leaves
- Read a book
- Run errands for someone in need
- Send a note to someone in a nursing home or who is homebound
- Start a collection
- Shovel snow
- Shovel snow for a neighbor
- Take a road trip
- Take a winter hike
- Take photos
- Tell stories
- Tour a museum
- Try a new food
- Try something new
- Volunteer
- Walk a dog
- Walk around your neighborhood
- Write a story
- Write a thank-you note