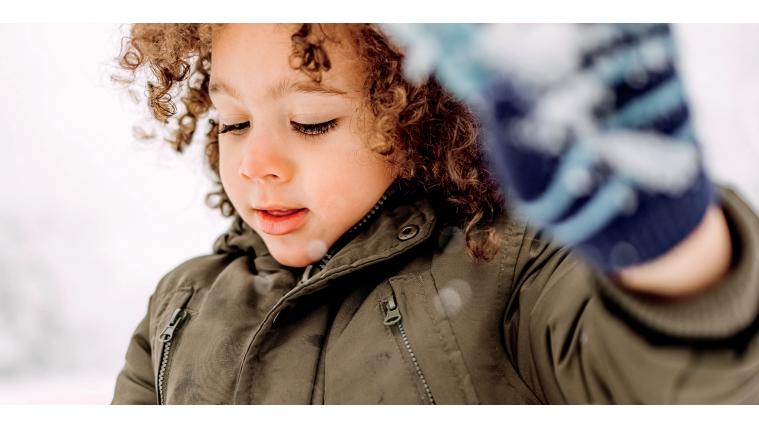


Slim Your Screen Time

Cool and snowy activities



How to participate

- 1 Go to 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
- \Box 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
- $\hfill\square$ 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
- \Box Try a new food
- □ Try something new
- Volunteer
- □ Walk a dog
- □ Walk around your neighborhood
- □ Write a story
- Write a thank-you note

mayoclinichealthsystem.org

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