



December Family Challenge Calendar

Plan out some family activities on the calendar and challenge yourselves to complete them before the holidays are over.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

Indoor Ideas

- Have a holiday song and dance party
- Play active video games
- Cook or bake together
- Set up a treasure hunt
- Play games like:
 - * Indoor bowling
 - * Simon Says
 - * Charades
 - * Pass the Clementine
 - * Hopscotch
 - * Wacky Hockey (with pool noodles & lightweight ball)
- Put on a holiday play
- Do a home workout video (yoga, Pilates)
- Set up an indoor obstacle course
- Action TV: do sit-ups, push-ups, etc. during commercials

Outdoor Ideas

- Play snow baseball, soccer, bowling, or frisbee
- Shovel the neighbour's walkway
- Make snow castles, sculptures, forts, or snowmen
- Go tobogganing, skating, skiing, tubing, or snowshoeing
- Set up a scavenger hunt
- Play ice or boot hockey
- Go for a winter walk and look at lights
- Decorate trees for the birds (popcorn chains)
- Play hopscotch (use food colouring)
- Make a snow maze
- Play snowball games
- Make snow angels

