



Daily Physical Activity

What Parents and Students Can Do At Home

Ideas for your Newsletter and School Calendar



February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Hit the slopes! Go skiing, snowboarding or tubing.</p> 	<p>Have a ball in the snow: throw, catch, kick or roll!</p> 		<p>Check out the public skating times at your local arena or outdoor rink</p> 			<p>Take a moonlight or flashlight walk in the evening. Go star gazing</p> 	
<p>Take a sneak peak at spring. Visit an indoor garden at the Conservatory</p> 			<p>Bundle up and walk to school for WinterWalk Day</p> 		<p>Play hockey</p> 		
<p>Try a new winter activity, such as curling or broomball</p> 			<p>Bundle up and go bird watching</p> 	<p>Remember! Be sure to wear the proper safety gear. Helmets are required for snowboarding and recommended for tobogganing and skating.</p>			

To view the monthly calendar, visit www.tbdhu.com, click on school & workplace tab, click on Parent Resources scroll down to “Daily Physical Activity Calendar”