






Daily Physical Activity

What Parents and Students Can Do At Home

Ideas for your Newsletter and School Calendar

February 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Toss a Frisbee in the snow	Take a moonlight or flashlight walk in the evening. Go star gazing
	Have a ball in the snow: throw, catch, kick or roll!		Take the blankets off the bed and play parachute games			
Take a sneak peak at spring. Visit an indoor garden at the Conservatory			Bundle up and go bird watching		Play snowman tag	
Try a new winter activity, such as curling or broomball		Action TV: Do sit ups or jumping jacks and climb stairs during commercials		Pull on your boots and walk to school	Put a new spin on tobogganing: try snow tubing	
			Run through the snow		Remember! Be sure to wear the proper safety gear. Helmets are required for snowboarding and recommended for tobogganing and skating.	

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