

Winter Outdoor Play

A simple play in the outdoors can do wonders for **relieving anxiety, stress, and depression**. Countless studies have proven that nature has a positive effect on your mental health. ... Nature also boosts endorphin levels and dopamine production, which promotes happiness. What you see, hear, and experience in nature can improve your mood in a moment. <https://www.ontarioparks.com/>

Snow Shoveling

<https://www.takethemoutside.com/>

Toddlers love to imitate and help out. Purchase a kid-sized snow shovel that will slide and push the snow. Help a neighbour by shoveling their sidewalk or driveway!



Make a Garland for birds

<https://runwildmychild.com/>

String popcorn, cheerios, cranberries, pretzels, or dried fruits. You could also dip pinecones in peanut butter and roll them in birdseed and hang those on the string.



Check out the website <https://www.1000hoursoutside.com/> to get your **FREE** 2022 kick-off pack to begin your challenge of getting outside for 1000 hours this year. 1000 Hours Outside is a global movement with families participating all over the world.

The pack contains the following:

- 62 Hiking Prompts
- Year-round Outside Adventure Prompts
- Corresponding Year-Round Outside Adventure Book Lists



City of Kawartha Lakes and Haliburton County