

# Winter Family Fun!

*by Michelle "Shelly" Vicari*

Winter has arrived! Don't allow the chilly and damp weather to confine you indoors, making you feel bored or stuck in front of the TV, binge-watching Netflix™. Instead, explore these fun ideas that will keep your family's winter days lively and filled with laughter.



## Indoor Snowball Battle

Who says you need real snow for a snowball battle? Grab some soft Nerf™ balls or make your own “snowballs” from rolled-up mismatched socks. Divide into teams, build couch cushion forts to hide behind and let the epic battle begin!



## Winter-themed Cooking

Put on your chef hats and aprons! Grab a cookbook or search online to find a new recipe to try. Make a big pot of chili or soup and share it with an older neighbor. Each week, experiment with different types of winter squashes, such as acorn, butternut, delicata, kabocha, banana and spaghetti squash. You'll have plenty to explore before the arrival of spring.

## Winter Fashion Show

Unleash your inner fashionista! Gather colorful scarves, hats, mittens, boots and jackets – let your creativity run wild. The wackier and more mismatched, the better! Once everyone's decked out in their fashionable creations, kick off the family fashion show. Strut your stuff and showcase your unique winter style.



## Balloon Tennis

Start by crafting tennis rackets using paper plates and attaching popsicle sticks for handles. Once you've created your rackets, make a line on the floor with an outstretched scarf or a piece of tape. Blow up the balloon, and it's time to start playing! Hit the balloon back and forth between players, trying to keep a rally going. Blow up several balloons and see who can keep a rally going the longest.

## Indoor Mini Bowling

Transform your hallway into a mini bowling alley with homemade pins (plastic water bottles work great) and a soft ball. Roll your way to strikes and spares as you keep score. It's a fantastic way to blend fun with a little friendly competition. Create a coveted bowling trophy out of a decorated plastic cup, or find an old trophy at a thrift store.



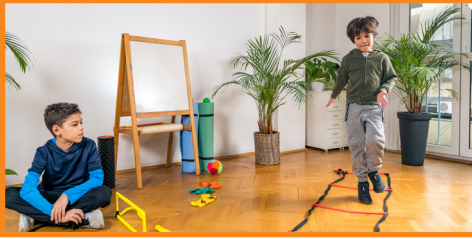
## Family Yoga Challenge

Enter the zen zone with a family yoga session. Try simple poses that promote flexibility and relaxation. It's a great way to stay active and find some inner peace together. Discover free yoga classes on the Insight Timer™ app or YouTube™.

## Dance Off

Turn up the music and have a family dance-off! Create a playlist with your favorite tunes and take turns showcasing your best dance moves. Choose a specific decade or era for a round, and have participants dance to songs from that time. For a twist, blindfold participants and have them dance to a chosen song, adding an element of surprise. Record the dance on your phone and let the laughter begin.





## Indoor Obstacle Course

Design an indoor obstacle course using household items like cushions, chairs and pillows. Add a hula hoop and a jump rope. Time each family member as they navigate through the course, attempting to beat their own time.

## Winter Charades

Play a winter-themed game of charades, where family members take turns acting out winter activities, animals and objects without speaking while others guess what they're representing. Need some ideas? Check out our list on this page!



These winter activities are not only a ton of fun but also bring your family closer together. So, when the rain and snow are falling, and the wind is howling outside, you'll be having fun inside, making memories that will last a lifetime.

## Winter Charades Ideas



- Ice skating
- Building a snowman
- Squirrel gathering nuts
- Sledding down a hill
- Shoveling snow
- Making snow angels
- Caroling
- Curling
- Ice fishing

- Drinking hot cocoa
- Decorating a Christmas tree
- Bobsledding
- Wrapping presents
- Hibernating bear
- Slippery sidewalk
- Skiing
- Shivering
- Walking in snowshoes



Have fun acting out these winter-themed activities and guessing what each other is portraying!

### **About the Author:**

*Michelle "Shelly" Vicari, OAC Senior Program Manager and Past OAC Chair, majored in Child Development and Family Studies as well as Political Science at San Diego State University. She was formerly the Curriculum Director at the largest Child Care Centers accredited by the National Association for the Education of Young Children (NAEYC) in Southern California. She has authored numerous curriculum guides for teachers working with young children and was lucky enough to once meet Mr. Fred Rogers!*



# ABOUT THE OBESITY ACTION COALITION (OAC)

The Obesity Action Coalition (OAC) is a National non-profit organization dedicated to giving a voice to individuals affected by obesity and helping them along their journey toward better health. Our core focuses are to elevate the conversation of weight and its impact on health, improve access to obesity care, provide science-based education on obesity and its treatments, and fight to eliminate weight bias and discrimination.



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## LEARN, CONNECT, ENGAGE

The OAC knows that the journey with weight can be challenging but we also know that great things happen when we learn, connect and engage. That is why the OAC Community exists. Our Community is designed to provide quality education, ongoing support programs, an opportunity to connect, and a place to take action on important issues.

### Through the OAC Community, you can get access to:

- Weight & Health Education • Community Blogs
  - Community Discussion Forum
  - Ongoing Support • Meaningful Connections
- AND MUCH MORE**



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