

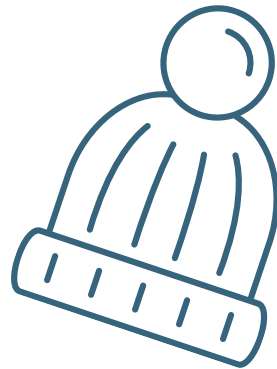
WINTER FUN CHECKLIST

Need inspiration for some winter fun?
Try checking these off your list.
Fun, guaranteed!



- WATCH THE SUNRISE
- GO FOR A WINTER HIKE
- HULA HOOP -
IN YOUR SNOWSUIT!
- WRITE YOUR NAME
IN THE SNOW WITH
YOUR BOOT PRINTS
- MAKE A SNOW ANGEL
- GO SLEDDING
- PLAY TIC-TAC-SNOW
- GO TUBING
- TAKE UP SNOWSHOEING
- BUILD A SNOWMAN

- TRY CROSS-COUNTRY
SKIING
- TAKE A DAILY
NOON-HOUR WALK
- WATCH THE SUNSET



Turn those blahs into ahhs!
thegreattrail.ca/wintermentalhealth



#Blahs2Ahhs

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