



WINTER WELL NL FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2022 #WINTERWELLNL		1 START THE WINTER WALK CHALLENGE Challenge your household to get on the move. Snap & Share.	2 GO ON A NATURE HUNT Click here to view a winter scavenger hunt .	3 BUILD A SNOW FORT Challenge your household to make a snow fort! Share your creations!	4 EXPLORE A LOCAL TRAIL Visit your favorite local spot! Snap & Share.	5 ROLL & MOVE Challenge your household to this winter active game! Click here .
6 MAKE SNOW ANGELS Find some fresh snow & have fun.	7 SPEND TIME IN NATURE Notice how good it makes you feel.	8 WATCH THE BIRDS Which birds will you spot in winter?	9 WALK THE DOG Dog walking is good for you & the dog. Borrow a dog if needed.	10 TRY X-COUNTRY SKIING Bring a family member or a friend.	11 SHOVEL THE DRIVEWAY Help someone you know.	12 GO ANIMAL TRACKING Look for tracks or signs of animals.
13 TAKE A WINTER PICNIC Enjoy a healthy lunch outdoors.	14 ENJOY STAR GAZING Or take a star walk with someone special. 	15 CREATE SNOW PERSONS Get outside to roll up some snow.	16 WINTER WALK CHALLENGE Keep walking or choose your own healthy activity!	17 LET'S GO SNOWSHOEING Get out & make some tracks!	18 TRY WINTER PHOTOGRAPHY Take pics of landscapes & share with us.	19 GO ICE SKATING Get a winter workout with skating.
20 BUILD A SNOW SCULPTURE Snap & Share your best snow creations.	21 TAKE A HIKE Hiking in nature is one of the best spots to get active.	22 DEEP BREATHE in the winter air & feel the cold on your face.	23 FLY A KITE OR WINDSOCK Check out the speed of the wind in winter.	24 CREATE A WINTER JOY LIST Try something on the list!	25 ENJOY A MUG UP Warm up with a winter mug up, boil up, or bonfire.	26 GO SLEDDING tobogganing, tubing, or sliding this winter.
27 GO ICE FISHING Make sure the ice is safe!	28 LET'S STROLL A brisk winter stroll is a great way to get moving.	<h1>ACTIVE CALENDAR</h1> <p>Participate & ENJOY the best of NL Winter! Snap & Share #WINTERWELLNL</p>				

