

FUN ACTIVITIES TO HELP KICKSTART SPRING

Have you and your family felt cooped up from the long winter months? As spring slowly but surely starts to set in, it can be fun to get outside and get moving to help boost your mood and your energy.

Here's a helpful list of activities that you and your kids can do to make the most out of springtime:

- **Make a Snow Sculpture** – Unfortunately, snow is still a regular occurrence during spring. Why not take snowman making to another level and let your creative juices flow! For example, try spray-painting the snow using water and food coloring in a spray bottle. This is a fun and creative way to make your yard or community feel more cheery and bright. By making something different, you will be more engaged and excited to be outdoors.
- **Invite the neighbor kids to play outside** – By helping someone else out, you will feel more responsible and motivated to have fun with them.
- **Go for a walk** – Fresh air and exercise will boost your mood and make you feel refreshed.
- **Join the Snow Angels Program through FCSS** – As mentioned, the snow isn't completely gone yet, so why not help volunteer in the meantime? By becoming a Snow Angel, you can help a senior in your community by shoveling their snow. Connect with Cindy Lauwen, FCSS's Volunteer Coordinator for more information: 403-915-7063 and cindy.lauwen@fcass.ca.
- **Do a spring themed scavenger hunt with your family or friends** – This is a great way to get outdoors, have fun, and get connected with your community!

Sometimes, even if the activity you want to do is fun, it can be difficult to motivate yourself to go out and do it. It can be helpful to schedule some time each day or week to get outside. It can also be motivating to help someone out, for instance shoveling snow for your neighbors!

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Visit www.fcass.ca for more information.

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