

How can you overcome the gloom of a long winter as a family?

Winter is also the occasion to spend quality time with your family!

Here are some ideas for staying active this winter while having fun:

Ideas for having fun outside:

- Dress warmly and go outside to play... Snowman, fort building and snowball wars, there's nothing better for family fun!
- Go for a walk in a park near your home or in the forest.
- Skate near you: Depending on the weather, choose the place that suits you. Put on your skates, let yourself slide on the ice and... breathe!
- Go see an exhibition, by looking a little, several are free!
- Go slide. There's nothing better than coming home after a few hours spent sliding outside and enjoying a good hot chocolate together! Everyone can put the toppings of their choice on their hot chocolate: whipped cream, marshmallows, cinnamon, cocoa, orange peel, pieces of candy cane... Then, we savor it well wrapped up in a blanket.

Ideas of « What to do at home ? » :

- Plan a cooking day. Get the whole family involved! Everyone chooses a recipe of their choice, make the grocery list together, the shopping and cook as a family.
- Listen to lively music!
- Host a board game night. If you want to try new ones you can borrow some from the library!
- Have an evening without electricity. Light a fire and candles and just enjoy being together!

From our team, we wish you plenty of good times as a family this winter!
Take the opportunity to have fun, but also to rest!