

# Fun ideas for enjoying spring with your family!

The sun begins to point its nose and the first buds are announcing the arrival of the beautiful season!

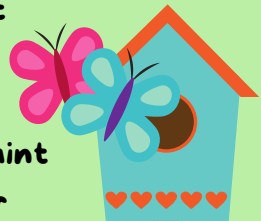
Here are some ideas to replenish your energy!

1. Get your bikes out! Take advantage of an afternoon to discover the neighborhoods or new trails. You can take the opportunity to teach your children to ride a bike!



2. Go together to a large open space and fly a kite. You may have chosen your kite together at the store or watched a video on YouTube to make it yourself.

3. Prepare a birdhouse. For example, you can either buy it at the store, paint it and hang it together, or build it from upcycled things found around your house.



4. Take a walk together and admire the flowers, the birds, the animals, the sky and the life around you. You can take a moment to listen to the sounds, observe the colors. Close your eyes and feel the sensations that go through your body and the thoughts that come to your mind. Become aware of the nature's beauty!



Take a deep breath in then a deep breath out and say thank you life!

5. Visit a local market. This is a great opportunity to introduce your children to seasonal products! Involve them in choosing the fruits and vegetables you want to bring home.



6. Participate in berry picking (e.g.: strawberries, blueberries). You can organize a small competition of who will pick the most berries, trying not to eat everything!

7. Visit a Zoo or a farm and enjoy learning about the animals or feeding them when permitted.



8. Go to a park or in nature and give your kids a list of objects to find (e.g.: a bird feather, an acorn, a flower, a small pebble, twigs or even pine cones). You can then collect all these small objects and create an original work of art together!