

# WINTER WELL NL 2025

Participate in the **February** Active Calendar & Enjoy the Best of NL Winter!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1</b> <b>START A WALKING CHALLENGE</b>
<b>2</b> <b>MAKE SNOW ANGELS</b> Find some fresh snow & have fun.	<b>3</b> <b>SNOW PAINTING</b> Fill spray bottles with water and food colouring to share some color.	<b>4</b> <b>WATCH THE BIRDS</b> Which birds will you spot?	<b>5</b> <b>WALK THE DOG</b> Dog walking is good for you & the dog. Borrow a dog if needed.	<b>6</b> <b>TRY CROSS-COUNTRY SKIING</b> Bring a friend.	<b>7</b> <b>SHOVEL THE DRIVEWAY</b> Help someone you know.	<b>8</b> <b>GO ANIMAL TRACKING</b> Look for tracks or signs of animals.
<b>9</b> <b>HAVE A WINTER PICNIC</b> Enjoy a healthy lunch outdoors.	<b>10</b> <b>TRY WINTER PHOTOGRAPHY</b> In your backyard or local park.	<b>11</b> <b>CREATE SNOW PEOPLE</b> Get outside to roll up some snow.	<b>12</b> <b>MAKE A SPLASH</b> Visit a local swimming pool.	<b>13</b> <b>LET'S GO SNOWSHOEING</b> Bring a couple friends.	<b>14</b> <b>ENJOY STAR GAZING</b> Or take a star walk with someone special.	<b>15</b> <b>GO ICE SKATING</b> Don't forget your helmet and make sure the ice is safe.
<b>16</b> <b>BUILD A SNOW SCULPTURE</b> Challenge a friend to make a snow creation.	<b>17</b> <b>TAKE A HIKE</b> Explore a local trail.	<b>18</b> <b>DEEP BREATHE</b> in the winter air & feel the cold on your face.	<b>19</b> <b>FLY A KITE OR WINDSOCK</b> Check out the speed of the wind.	<b>20</b> <b>SPOTLIGHT</b> Grab some friends and flashlights for an evening game.	<b>21</b> <b>ENJOY A MUG UP</b> Enjoy your favorite hot beverage in the great outdoors.	<b>22</b> <b>GO SLEDDING</b> tobogganing, tubing, or sliding this winter.
<b>23</b> <b>GO ICE FISHING</b> Make sure the ice is safe!	<b>24</b> <b>LET'S STROLL</b> A brisk stroll is a great way to get moving.	<b>25</b> <b>GO ON A NATURE HUNT</b> Listing the things you find or complete a scavenger hunt.	<b>26</b> <b>BUILD A SNOW FORT</b> Challenge friends to make a snow fort!	<b>27</b> <b>EXPLORE A LOCAL TRAIL</b> Visit your favorite local spot, how does it change with the seasons?	<b>28</b> <b>ROLL &amp; MOVE</b> Challenge your friends to an active game, inside or outside. (bowling, pickleball, etc.)	Share your activity using <a href="https://www.instagram.com/WinterWellNL">#WinterWellNL</a>



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