

# SPRINGTIME ACTIVITIES KEEP YOU ACTIVE AND CONNECTED

The weather during March and April is always unpredictable. One day can be warm and sunny, the next can be rainy (or even snowy). Make the most of the changing seasons by embracing a variety of indoor and outdoor activities. It's the perfect time to reduce screen time and reinvigorate connections with friends and family.

## OUTDOOR ACTIVITIES

- 1 Stroll through your neighborhood
- 2 Go birdwatching – identify returning birds
- 3 Hike in a nearby park
- 4 Clean up parks and outdoor spaces



## INDOOR ACTIVITIES

- 1 Play board games and card games
- 2 Lead yoga and stretch sessions
- 3 Throw a dance party in your living room
- 4 Write and make cards for long-distance family
- 5 Try out a new art project



Shared time helps you stay connected, boosts your mood and leaves everyone feeling good!