

# Beat the Winter Blues Patch Program



Get ready to shake off the winter blues! Packed with engaging activities, this program encourages creativity, connection, and joy during the colder months. Whether you're looking to stay active, spark your imagination, or simply have fun, this patch program offers the perfect opportunity to embrace the season and keep spirits high.

## Steps to earn your patch:

- [Order your patch](#) (available while supplies last)!
- Complete the required activities.
- Complete at least 2 additional activities of your choice from each section.

Activities in [green](#) are linked to online resources.

## Required

- ☐ One of the biggest contributors to the winter blues is not getting enough sleep. [Research how many hours of sleep you should be getting a night](#) and make a plan with your family on how to achieve this.
- ☐ Start a gratitude journal. This can be any notebook that you have. To start, write 3 things that you are grateful for that happened that day. It could be something small like a person smiling at you when you walked past them. Or it could be something big like getting an award at school.



## Stay Active

Exercise boosts your feel-good brain chemicals. Do something you love or try a new activity.

- Build a snowperson
- Go ice skating
- Go sledding
- Shovel yours or someone else's driveway
- Build a snow fort
- Have a friendly snowball fight
- Play ice hockey
- Go snowshoeing
- Go ice fishing
- Take a walk
- Practice yoga

## Make Healthy Choices

- Get enough sleep – lack of sleep can take a toll on your mood. Make sure to get the recommended amount of restful sleep each night.
- Maintain a healthy daily routine – keep track of your daily activities for a week and develop a pattern for a healthy daily routine.
- Open up about your feelings. If you are struggling, reach out to a family member, friend or someone at your school to talk through what you are experiencing.
- Eat a balanced diet including fruits, vegetables, whole grains, lean proteins and drinking water.
- Research and try out a new recipe.

## Stay Social

- Pair up with a friend or your troop to go for a walk or winter hike.
- Invite friends over for a game or movie night.
- Join a sport through your school, park district, or city.
- Plan an outing with your troop for a fun day trip.
- Go bowling with friends or your troop.
- Volunteer at a local food bank or shelter.

## Self-Care

- Read a book
- Put together a puzzle
- Meditation
- Listen to music
- Take a bubble bath
- Create an art project
- Start a new hobby
- Learn how to play an instrument
- Keep a daily journal
- Brighten up your space. With the days being shorter, you can add your own light to your room/space to brighten things up.