

Cabin Fever Challenge

Keep your family entertained & engaged in the final stretch of winter with a different way to play bingo! Do an activity with your family (check the back for ideas), then write in a square below. Complete a row of filled squares to get BINGO - and a chance to win a family gift basket! Get BINGO up to five times for up to 5 chances to win!

To submit your game board:

1. Mail to United Way at: 351 Oak St., Wisconsin Rapids, WI 54494
2. Email a scan or photo to Ben at: ben@uwsvac.org
3. Fill out an online bingo card at: www.uwsvac.org
4. Drop off at your child's school (Wisconsin Rapids, Nekoosa, and Port Edwards School Districts)

*Submissions must be received by United Way or your child's school March 1, 2023 to be entered in drawing.

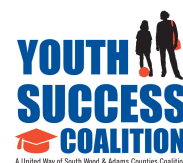
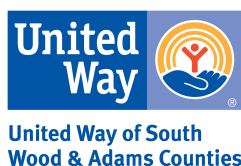
C Caring for Community	A Activity	B Building Skills	I Interests & Hobbies	N Try Something "New"

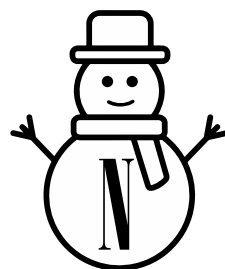
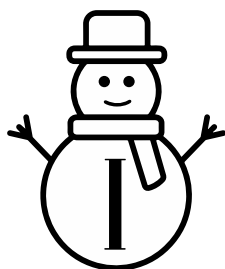
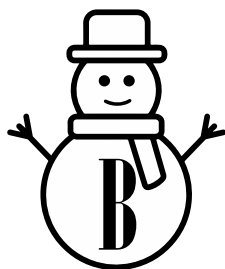
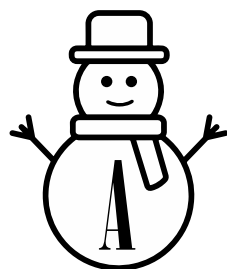
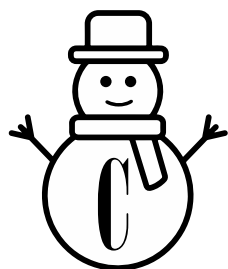
Name _____

Email: _____

Address _____

Phone: _____





Get Little Ones Involved:

Caring for Community

- Go to unitedforalice.org to learn more about what poverty looks like in your community.
- Adopt a driveway or fire hydrant! Help your neighborhood by clearing snow from hydrants, or help an elderly or disabled neighbor who can't do it themselves.
- Go to uwsnac.org and as a family, review the list of United Way's local partner programs. Write three of them on your Cabin Fever board.
- Log in to volunteerunitedway.org and check out the latest volunteer needs, or call United Way to get involved in volunteering.
- Become a pen-pal with a local nursing home.
- Donate a non-perishable item to a local food program. Find a list here: uwsnac.org/donate-food
- Do some early spring cleaning & donate unused clothes or other items.
- Teach others your skills - become a mentor! Connect with the Wood County Human Services Youth Justice team or the Boys & Girls Club to get started.
- Show appreciation to a role model or mentor in your life, or a community helper like law enforcement, first responders, teachers, or volunteers, by baking a treat or writing a thank you note.

Activity

- Get outside - build a snowman or snow fort, go sledding, or even just shovel snow!
- Play a winter sport like hockey or ice skating. Check out the South Wood County Recreation Center or Robinson Park.
- Join or participate in a group activity outside of the school day to stay socially active! Check out offerings at McMillan Library or the YMCA.
- Flex your creative muscles by finding household objects you can safely use for games like bowling, tennis, or basketball.
- Slow things down - try stretching, calisthenics, or yoga right at home.
- Create a playlist of your family's favorite music, then have dance party! You can even try different styles of dance to match different types of music.
- Hit the trails! See how many local parks you can explore while hiking!
- Enter a local event or activity like a walk/run that benefits a cause you believe in.
- Escape winter by taking advantage of open swim hours at WRPS.
- Visit the YMCA - check out monthly family night activities free to the community.

Building Skills

- Learn the 9 components of healthy communication at www.dsaspeakyourpeace.org
- Spend 10 minutes brainstorming a skill you want to learn or improve. Write down a small goal you can achieve in one week & 3 things you will do to reach it.
- Check out a book at your local library.
- Do a word puzzle like a word search, crossword, or rebus puzzle. For extra fun, try creating your own puzzle for a family member to try.
- Make a family budget - review spending habits, talk about family & individual savings goals, and make plans for achieving those goals. Mark the calendar to follow up in a month to see how it's going.
- Read a book together - take turns being the reader. Make some guesses about what might happen, then afterwards see how close you were!
- Have fun with a science experiment. Make home-made play dough, grow a crystal, or try writing with invisible ink. Safety first!
- Debate a topic - pick something silly like whether a hot dog is a sandwich, or something more serious, but remember to have fun and be respectful.
- Plan & cook a meal for your family. Find a new recipe, or use a family favorite!
- Learn a new life skill like changing a tire, doing laundry, resetting a fuse, etc.

Interests & Hobbies

- Write an original song, poem, or story. Researching different styles and structures can help you get started.
- Check out a board game from the library to play with family or friends.
- Repurpose an old, broken, or unused item into something new.
- Take turns trying your family members' favorite hobbies!
- Try a craft project - sewing, knitting, paper crafts, painting, drawing, pottery, etc.
- Learn about the things outside your window - what types of trees or birds can you identify?
- Create an indoor garden. Pick seeds, then learn how to germinate and grow them.
- Pick a historical topic you're interested in and use 3 different mediums to learn about it (book, website, video, podcast, newspaper, interview, etc.).
- Complete a puzzle as a family.
- Set your sights on the stars - research constellations that are visible this time of year, then look for them in the night sky!

Try Something "New"

- Keep a gratefulness journal by writing down something you're grateful every day for a week.
- Create a new game or sport and play it with family or friends.
- Try a food or dish you've never tasted. What was your reaction?
- Learn phrases in a new language - don't forget American Sign Language!
- Create a plan for starting a new healthy habit or changing a bad one. Include a friend or family member for extra support, and believe in yourself - change is hard!
- Surprise your family by doing someone else's chore, or another unexpected act of kindness.
- Find & attend an upcoming local event you've never done before. Check out McMillan Library's community calendar for ideas.
- Have a conversation with someone you don't know.
- Start a group or club for connecting with others over a topic of shared interest that you're passionate about.
- Create an emergency plan for your household and practice drills with your family. Consider different scenarios like fire, severe weather, or a medical emergency.

Early Years/School Preparedness

- Identify your child's pediatrician & date of next well-child visit.
- Download CDC's free milestone tracker app, or go to cdc.gov Learn the Signs. Act Early. & identify which milestones to work on before your child's next birthday.
- Register for Bright By Text on uwsnac.org or by texting BADGER to 274448.
- Identify the school your child will attend for 3k/4k/5k & find out what resources the school/district has to help you prepare your child.
- List 3 things you can do to help prepare your child for school. Create a plan for how you will achieve each one.

