



Make Family Playtime your Real Happy Hour



Challenge!

- Take a family walk around the neighborhood once a week.
- Visit a local park and play tag with family and friends.
- On a windy day, go to the local baseball field and fly a kite.
- Stop and have a picnic lunch with your family while listening to music at **Shattuck Park in Neenah, Houdini Plaza in Appleton or the Opera House Square in Oshkosh.**
- Design your own hopscotch course with chalk and see who can hop through it the most times.
- On a warm day go play at a splash pad at **Wanick Park or South Park!**
- Take a walk around your **local farmers market**, and let each family member pick out a new fruit or vegetable to try.
- Take a scenic river walk along **Shattuck Park – Neenah Riverwalk.** Don't forget to stop at the library!
- Bike or Walk the trails in **High Cliff State Park** in Sherwood. Make sure to bring a picnic lunch and your swimsuits so you can go for a swim!
(fee)
- Visit **Plamann Park** in Appleton and spend an afternoon climbing around on the playground or checking out all this park has to offer! (fee)
- Go for a nature hike at **Bubolz, Heckrodt or Mosquito Hill Nature Preserves.** Look out for deer and wildlife.
- Spend a day taking a family bike ride on the **Wiouwash Trail**, which you can access in Oshkosh or Hortonville.