



# Your Cure to Cabin Fever Blues - **GET ACTIVE!**

## **INDOOR ACTIVITIES**

- Burn off energy regardless of the weather

## **OUTDOOR ACTIVITIES**

- Bundle up and go exploring all year long

## **AT HOME ACTIVITIES**

- Simple science experiments with items you already have at home

# INDOOR ACTIVITIES



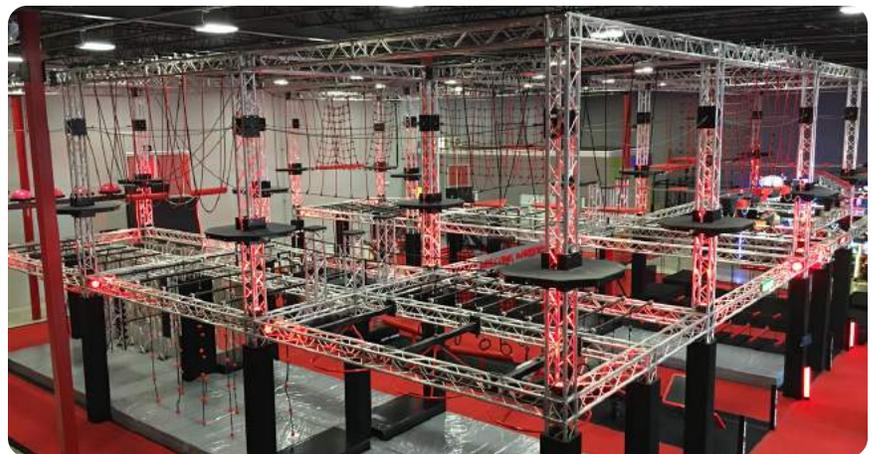
Cafe O'Play



## INDOOR PLAY CENTERS - [Find One Near You](#)

Indoor playgrounds are a great option anytime of the year. During the cold or rainy months, kids can burn off extra energy even when they can't go outside

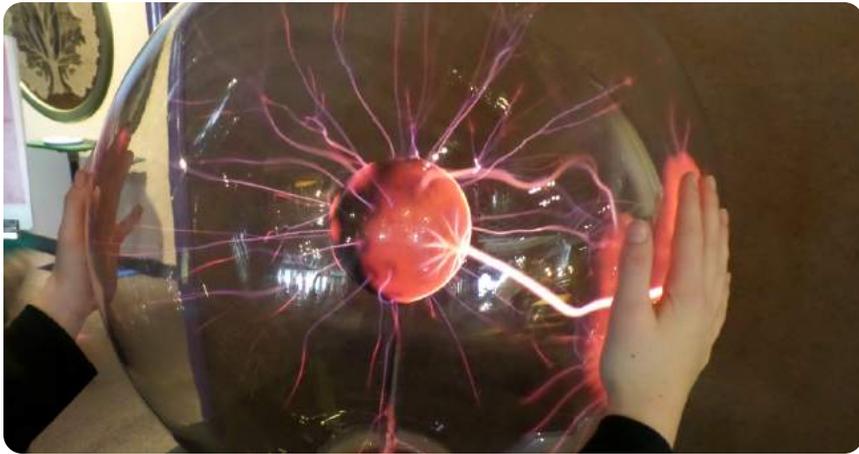
Adrenaline Monkey



## NINJA WARRIOR GYMS - [Find One Near You](#)

The unique gyms have special ninja equipment and obstacle courses that both adults and kids can try. S

# INDOOR ACTIVITIES



Great Lakes Science  
Center



## MUSEUMS & SCIENCE CENTERS - [Find One Near You](#)

There are many many unique, educational and hands on museums and science centers located in Northeast Ohio.

## OTHER FUN INDOOR OPTIONS - [Find Details Here](#)

- Visit Akron Art Museum (free Admission on Thursdays) or the Cleveland Art Museum (free admission every day)
- Check out the historic plans at MAPS Air Museum
- Tour of Harry London's Chocolate factory.
- Play a friendly game of Laser Tag!
- Lace up some skates and go to one of the Indoor Ice Skating Arenas
- Learn about money at the interactive and free Cleveland Money Museum.

# OUTDOOR ACTIVITIES



Tobogganing at  
Cleveland Metroparks



## **SLED RIDING & TOBOGGANING - [Find Out More](#)**

Head out to a local sled riding hill, go tobogganing at the Cleveland Metroparks or visit an area Ski Resort for Skiing, Snowmobiling or Tubing

## **MORE OUTDOOR OPTIONS - [Find Details Here](#)**

- Walk to see one of the amazing area waterfall
- Grab your smart phone, download the free geocaching app and head out on a Geocaching scavenger hunt
- Tour Stan Hywet Hall & Gardens or visit one of the many other Outdoor Gardens & Arboretums across Northeast Ohio.
- Visit your local Nature Center
- Go Hiking at the Metroparks

# TORNADO IN A BOTTLE SCIENCE EXPERIMENT



## ITEMS NEEDED

- Empty Glass Bottle with Lid
- 3-4 tablespoons Glitter
- Funnel
- Water

## INSTRUCTIONS

- Use the funnel to put 3-4 tablespoons of glitter in an empty glass jar.
- Next, fill the jar about 3/4 full of water.
- Put the lid back on the jar and make sure it is really tight.
- Turn the bottle upside down and quickly move the bottle in a circular motion for 10-15 seconds.
- Finally, set the bottle down on the table and observe the tornado that has formed.

# MAGIC RAINBOW MILK SCIENCE EXPERIMENT



## ITEMS NEEDED

- Milk (Must be either Whole or 2%)
- Food Coloring. The more colors the better
- Dish Soap
- Shallow Dish or Bowl

## INSTRUCTIONS

- Pour some milk into a shallow dish or bowl until the milk covers the bottom. Tip: Be sure to use either Whole or 2% Milk
- Add some drops of food coloring on the milk. You can use a variety of colors, just be sure to add 3-4 drops of each color.
- Add a drop of dish soap into the center of the milk
- Watch in amazement as the colors dances across the surface of the milk

# PAPERCLIP CHAIN SCIENCE EXPERIMENT



## ITEMS NEEDED

- 3-5 Paperclips (even more if you want to see how long of a chain you can make)
- Magnet (Ceramic Round Disc Magnets or Ceramic Bar Magnets work best)

## INSTRUCTIONS

- Take a magnet and place one paperclip on it.
- Next, slowly add a second paperclip to the bottom of the first one.
- Once you have two paperclips stick together, try to add another and then another, until you've formed a long paperclip chain.
- **BONUS** - remove the paperclip chain from the magnet. To do this, pinch and hold the first paperclip, then slowly pull the magnet away.

# WALKING WATER SCIENCE EXPERIMENT



## ITEMS NEEDED

- 3 Glasses of Equal Height
- Paper Towels
- Water
- Food Coloring (Blue & Yellow)

## INSTRUCTIONS

- Prepare two strips of paper towel between 1 and 2 inches wide.
- Position your three empty glasses about 2-3 inches apart.
- Pour water into the two outside glasses until they are halfway full. Leave the middle glass empty.
- Add a few drops of food coloring into the water. Use blue food coloring in one glass and yellow in the other.
- Place one end of the paper towel into the glass with the blue water. Then place the other end into the glass that is empty.
- Place one end of the paper towel into the glass with the yellow water. Then place the other end into the glass that is empty.
- Leave the glasses and return in a few hours to see what happened