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Day 3: Let Winter Bring Out the Playful Child in You

 Set the intention to do some playful things to celebrate the joys of winter by yourself or with friends. Playing around enables us to express ourselves, to savor pleasure and the lightness of being, and to imitate the Giver of life who created the world in play. Try one of these:

* Catch a snowflake with your tongue
* Go for a sleigh ride
* Ice skate
* Make a snowman
* Make snow angels
* Take a walk and look for animal tracks
* Sit in a sunny place outside and feel the sun on your face
* Drink a cup of hot chocolate outside
* Take photos of trees with bare branches
* Go sledding down a hill