

Curing Your Family's Cabin Fever

Whether it's rain, snow, or cold, bad weather can keep you and your kids inside longer than you'd like. With a little creativity and planning, there are many ways you can avoid cabin fever while bonding as a family.

Shared experiences

Snow days can be a ton of fun if you have time to spend together. Break out the board games and cards, or even play a video game tournament. As long as everyone's involved and having fun, it's all good and a great way to engage with each other.

If you're looking for something a little more relaxed, show your kids your favorite movies from when you were their age, or discover some new ones together. And with so many ways to access music nowadays, you can expose your little ones to some of your all-time greats.

Be productive and imaginative

Days in are also the perfect opportunity to teach your kids the skills and hobbies you want to pass along to them, like making classic family recipes, woodworking, or knitting. If they pick up one of your passions, it's something you can share together for many years to come. Plus, it's a great way to knock some things off of your to-do list.

Tap into your creative side by spending some time crafting and making art projects. It's just one of the many ways to encourage your kids to use their imagination, along with making up stories and inventing games like "The Floor Is Hot Lava."

Keeping it in the family

You can also use this time to teach your kids about the family history, with old photos and home movies, telling stories, or just answering their questions. And why not connect with the extended family by calling or video chatting with out-of-town relatives?

Don't just sit there

Even though you may be more confined during the winter months, there are still plenty of ways to stay active. There are more traditional ways, like using the treadmill or doing guided online workouts. To add a little fun into the mix, you could have an indoor dance party with the kids or partake in

games that don't require a lot of space, but still get everyone's blood pumping – like follow the leader.

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