Introductions
Why?
Kindergarteners were very distracted by this rainbow during our outdoor storytime.
Addressing Nature Deficit Disorder, or Being Stir Crazy during the Winter!

• Being cooped up all winter challenges our mental health
• Get outside to refresh and re-charge
• Learn more about mental health benefits of outdoor engagement during winter at [www.childrenandnature.org/resources/what-is-nature-deficit-disorder/](http://www.childrenandnature.org/resources/what-is-nature-deficit-disorder/)

Source: Philadelphia Flyers
Friluftsliv =>
The new hygge

Friluftsliv
“open-air living”

What is ‘friluftsliv’? How an idea of outdoor living could help us this winter...
Get outside, says this Norwegian concept that promises to make the pandemic’s colder months more bearable.

nationalgeographic.com
How?
Possibilities, Programs, Places, and Partnerships
1. Promote Possibilities
Library Corner: Outdoor recreation during a pandemic

The Fraser Valley Library is hosting two virtual programs designed to help you enjoy the backcountry safely during a pandemic. Both programs are free to attend and will be held via Zoom.

Program 1: "Uphill Skiing Policy for Outdoor Enthusiasts" by Jeff Green

Join Jeff virtually at 5:30 p.m. on Dec. 6 as he discusses the importance of maintaining safety during the pandemic and shares strategies for outdoor recreation.

Program 2: "Uphill Policy at the Winter Wonders" by Krista Plate

Join Krista virtually at 5:30 p.m. on Dec. 9 to learn about the new uphill policy at the Winter Wonders ski resort. Krista will also discuss details about the season and share insights about the resort.

Both programs will be recorded and available for viewing online. If you have any questions about the programs, please contact the library at info@fvlibrary.ca.
What books or magazines are already in your library that might promote outdoor activities?

https://www.reginalibrary.ca/blog/rpl-blog/5-ways-explore-nature-winter
Do you have a P&R Department in your city? What is it planning for winter? Also look to conservation groups, state parks, environmental orgs, etc.
The Nordic Center is open for the 20/21 winter season! We are open for Skiling, Snowshoeing and Rentals. The Ski Shop is open for Clothing, Ski Gear and Service. CLICK HERE for more information.

TRAIL CONDITIONS

Book a stay at Snow Mountain Ranch and take advantage of over 120 km of groomed Nordic trails!

2020-2021 Winter

Equipment Rental: Full Day & Half Day (Half Day begins at 1:00 pm)

Nordic Skis - Adult and Child Classic skis, Adult Skate skis, New Demo skis

Snowshoes

Support YMCA Of The Rockies

LEARN MORE
IOWA LIBRARIES ADVENTURE PASS PROGRAM

What is the Adventure Pass Program?

- A partnership between participating Iowa public libraries and museums, parks, and other attractions
- An avenue for libraries to expand access to knowledge, information, and learning for their patrons through an online reservation system
- A way for community partners to share what they have to offer with a broader audience

How does it work?

- Libraries sign up annually to participate in the Adventure Pass program. An annual fee pays for the online management system for all passes. The enrollment period is every April 1-30.
- Each library then purchases an annual pass (prices vary) to each location they wish to have a membership to.
- Pass information is loaded into the online management system for each library, and the printable passes become available for patrons to reserve.

What are the parameters?

- Library card holders 18 years old and over who are in good standing with their library are eligible to borrow an Adventure Pass through their library’s website. (Libraries must agree to only circulate passes to residents of their city and any contracting cities.)
- Patrons may only check out 1 pass for each venue per 365 days.
- The pass is valid for 2 adults and 2 children. The printed pass and a valid photo ID must be presented at the gates to be admitted to the venue.
- The online system blocks the pass from being used more than twice per week.
- Passes are available 24/7 through each library’s website.
- Reservations can be made up to 90 days in advance.
The library is partnering with the Royal Astronomical Society to help customers set up and use telescopes. The library will also be working with the city to offer outdoor programming in priority neighbourhoods during the winter.”
Library snowshoeing program radio spot

Snowshoes at libraries in Vermont are funded by the Vermont Department of Health’s 3-4-50 initiative or RiseVT

https://risevt.org/snowshoeing-vermont/
Citizen Science and Bird Watching in the City

December 16, 12:00 pm - 1:00 pm

Co-sponsored by the Linda Hall Library and Kansas City Public Library.
49 Fun Winter Activities You Can Still Enjoy (Even During a Pandemic)

You can make the most of the winter months with these pandemic-friendly things to do.

By Leo Milbrodt | October 30, 2020

Winter activities during coronavirus

Enjoy the outdoors (socially distanced)

- Have an epic snowball fight
- Go sledding
- Try friluftsliv
- Make a snowman or a snow fort with people in your household
- Go snowshoeing
- Make snow angels
- Go stargazing
- Take a wintry hike
- Try ice skating
2. Programming ideas
For a One-of-a-Kind Book Club Experience, Hop on a Kayak (via @ILoveLibraries) ow.ly/Nvk350BUHi7 #bookclubs

For a One-of-a-Kind Book Club Experience, Hop on a Kayak
Connecticut's Russell Library creatively social distanced this summer.  
@ilovelibraries.org

Program Model: Snowshoe in February
January 25, 2018
By Karin Schott, Library Director, New Vineyard (Maine) Public Library

Over three weeks, we offered a series of three programs about fitness during the winter.

For our first program, we had Doug Dunlap, a local author who writes hiking guides, visit the library. He talked about winter preparedness for hiking.

The following week, Jim Toner, director of the the University of Maine Farmington Fitness Center, discussed the Mainely Outdoors Program, which offers low-cost equipment rental and group activities like hikes.

For the final program, we led a group snowshoeing along some local snow mobile trails, followed by a potluck of soup and warm drinks back at the library.

AUDIENCE
Adult
Children / Family
Older Adults / Seniors

POPULAR TOPICS
Books and Authors
Health and Wellness

Advance Planning
I planned these programs a month before they were held. I began by contacting the author to arrange an evening visit. I then visited the local fitness center to get lists of the equipment they have available for rental and to schedule a day for the
Best winter storywalk books??

Winter StoryWalk®
Stadium Park

https://twitter.com/KawarthaConserv/status/1334920407728742402/photo/1
https://allevents.in/canton/winter-storywalk-over-the-river-and-through-the-wood/200020426606542
Welcome to StoryWalk!
Bienvenido a la Caminata de Cuentos!

Take a walk in downtown Longmont and read Samson in the Snow by Philip C. Stead.
Then, come to the Longmont Library (409 4th Avenue) and pick up a craft kit to go along with the story, beginning December 3 while supplies last.

SAMSON in the SNOW
PHILIP C. STEAD

Sansón en la Nieve
Philip C. Stead

Date un paseo por el centro de Longmont y lee Sansón en la Nieve por Philip C. Stead.
Luego, empezando el 3 de diciembre, ven a la Biblioteca Pública (409 4th Avenue) y llevate una manualidad relacionada al cuento para hacer en casa, mientras duran las reservas.

#2 616 Main
downtown. creativelongmont

"The StoryWalk® Project was created by Anne Ferguson of Vashon, WA and developed in collaboration with the Kellogg-Hubbard Library. Storywalk® is a registered service mark owned by Ms. Ferguson."

SMALL BUSINESS scavenger hunt

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<th>Activity</th>
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<tr>
<td>Download the library app</td>
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<td>Order a coffee to go</td>
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<td>Speakeasy Cafe</td>
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<td>Play mini golf</td>
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<td>Softy Harbor</td>
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<td>Use Curbside Click &amp; Go</td>
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<td>Rockie's Popcorn</td>
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<td>Grab a special flavor</td>
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<td>Pick up a Bag</td>
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<td>Blue Pineapple Creations</td>
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<td>Get a custom gift</td>
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<td>Check out a Holiday Movie Night Pack</td>
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<td>Get something to eat</td>
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<td>The Cat Shop</td>
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<td>Buy something natural</td>
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<td>Watch a library virtual program</td>
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<td>Read the library magazine</td>
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<td>EAT A SWEET TREAT</td>
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<td>Check out a Buzz Box</td>
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<td>Gina's Crete &amp; Go</td>
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<td>Grab a meal</td>
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<td>Get a customized reading list with Pocket Librarian</td>
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SALINE COUNTY LIBRARY
Valentine’s Day
Phantom Project
LILLIE M EVANS LIBRARY

DECORATE A PAPER TREE CONTEST!

Tree with the most votes wins!

How to Enter:
1. Pick up a Christmas tree cut-out from us and decorate it.
2. Return before Sat, Dec. 5.
4. Vote for your favorite online by QR code or Bit.ly
Impromptu Snowman Contest

Next time a good snow storm is predicted for your community, put out an impromptu snowman challenge. Have them submit their “best” snow creation photos to the library.

Snowman Hunt

* Distribute snowman kits
* Families assemble and place in their windows
* Everyone goes hunting for snowmen in the community

Source: https://nhlibraries.org/youthservices/2020/12/01/winter-programs-and-engagement-ideas-slides/
Hey, families—it’s the time of year when the weather is getting cold and food for animals is becoming scarce, so let’s get together and build bird feeders! Keep your feathered friends fed and attract new ones to your yard with this cool build. We’ll use recycled items to make the seed holders, then we’ll decorate them and add birdseed.

We will continue to social distance and wear masks. Don’t forget to dress for the weather, as we will be outside. Tables will be available, but feel free to bring your own camping chairs. This program will be held at Welsh Park in DeKalb.

This free event is family-friendly—all ages are welcome to attend.

Because of new Covid-19 restrictions in place, we are limited to 10 people in attendance at a time. We have split this program up into four time slots. A maximum of two families can register for each time slot. Families can include up to four participants. Please register below for the time slot that you would like to attend.
OUTDOOR ADVENTURES PROGRAM
AGES 8 TO 12

- ANIMAL TRACKING
- MAP READING SKILLS
- WATERSHED EXPLORATION
- SLEDDING
- AND MORE!!

SPACE IS LIMITED
REGISTRATION NOW OPEN!
CONTACT THE LIBRARY
970-533-7600

OCTOBER 2ND TO MAY 14TH
FRIDAYS 1-3PM

Building a snow shelter
3. Programming Places
Your library!!!

Holiday lights display comes to Kaukauna library

“Thanks to funding from Kaukauna Utilities, a light display has been put up in the library's garden.”
It might be wintery, but the sun is out, and the chalk is bright! 🌞❄️ Take a walk or drive to explore our outdoor chalk obstacle at Maumee Branch.
Snow art fest, anyone?

Scarecrow Festival
OCT 17 - 30, 2020

Gather your family! Visit the Library's front lawn to enjoy all the creative scarecrows made by local organizations!
4. Hitch your sleigh… Partnerships!
Winter Wheels Series

3 FREE SEMINARS.
One great time.

GOATFEST
Social and Support Groups

Winter Cycling

What's on your mind, Maryann?

Photo/Video  Tag People  Feeling/Activity

Unread Announcements - 9

See All

Winter Cycling shared a link.
November 10 at 10:30 AM

If you are new to winter cycling, one of the first challenges is how to dress. This is a good article to get you started.

Winter Hiking

@WinterHiking  Sports & Recreation

Send Message
BRR (Bike Ride to Rippey)
The 19th Annual Cold Turkey Plunge is Virtual, meaning you can #PlungeDayYourWay this November!

Registration is LIVE so click on our link to read the rules for this year’s event (and new prize categories!). Then sign up, form a team, start fundraising, and take the plunge!

https://www.nantucketatheneum.org/support/fundraising-events/turkey-plunge/
What kind of annual winter events occur in your area? How can your library join as a participant? How could you start such an event?
Wintermission Leadville is a bold initiative to make it easier for people of all ages and backgrounds to connect with one another, visit public spaces, and be active in winter.
WHY
HOW
YOU
WHY
WEIGHING RISK

THINGS TO CONSIDER BEFORE TAKING PART IN ACTIVITIES

HOW MANY?

EXTRA RISK?
PEOPLE WITH EXTRA RISKS OF SERIOUS ILLNESS FROM COVID-19 SHOULD AIM TO LIMIT SOCIAL INTERACTIONS AS MUCH AS THEY CAN.

IS IT WORTH IT?
IF SOMETHING DOESN'T ADD VALUE BUT DOES ADD RISK, RECONSIDER.

INSIDE OR OUT?
OUTDOOR ACTIVITIES POSE LESS RISK THAN THE SAME ACTIVITIES INDOORS.
Discussion: Challenges, Ideas, Resources?
Learn more

- Winter Places
- Wintermission
- Canadian Public Health Association
- Cold Weather Recess Planning Guide

- Embracing Cold Weather
- Move & Play Through Winter, Eh?
- Get more guidance from local parks, schools, and health departments
- What resources have you drawn upon?