

## Lake Oswego School District Winter Break Activity Guide

Lake Oswego Parks & Rec Winter/Spring 2022 classes/activities:

<https://www.ci.oswego.or.us/parksrec/parks-recreation-winterspring-2022-catalog> Can register online or call, info provided in the link. On the website you can click “2022 Winter/Spring catalogue” to see full course options, also attached as PDF in email. If you need help with funding a class, please reach out to me ([goertz@loswego.k12.or.us](mailto:goertz@loswego.k12.or.us)) as we might have opportunities to request for funding.

### Crafts

- Article with ideas of crafts to make from dollar tree supplies:  
<https://modpodgerocksblog.com/dollar-tree-crafts/>

### Exercise

- On youtube look up “Go noodle” (also is a free app) videos or “Just dance” videos for some mindfulness and exercise
- Go for a swim
  - Tigard Tualatin Swimming Pool: <http://www.ttadpools.com/fees.html>
    - Tigard Pool: 503-431-5455
    - Tualatin Pool: 503-431-5655
  - LOSD Swim pool: <https://www.losdschools.org/domain/82>
    - 503-534-2330
- Community Youth Sports Organizations:  
<https://www.ci.oswego.or.us/parksrec/community-youth-sports-organizations>
- Go for a walk
  - LO has many free trails, here is a website to explore them  
<https://www.ci.oswego.or.us/parksrec/trails-and-pathways>
  - Christmas trees will be lit downtown LO at the Safeway Parking lot
  - Sculpture walk around downtown LO, website & PDF of map click [here](#)

### Local Attractions

- Oregon Zoo (some may be eligible for \$12 tickets-see more here  
<https://www.oregonzoo.org/discounts>)
- Museums/Children’s museum
- Public Libraries- <https://www.ci.oswego.or.us/library>
- Movie Theaters
- Travel to Oregon City to see the Willamette Falls and ride the municipal elevator
- LO Teen Lounge: <https://www.ci.oswego.or.us/parksrec/lo-teen-lounge> and  
<https://www.ci.oswego.or.us/parksrec/teen-scene>

### Science Experiments to do at Home

- <https://www.weareteachers.com/easy-science-experiments/>

- <https://www.sciencefun.org/kidszone/experiments/>

### **Other Activities**

- Create and do a scavenger hunt
- Baking/Cooking
- Reading
- Writing
- Drawing/painting/art projects
- Fort building
- Movie nights in
- Play dates with other friends/family approved by parent/guardian