

IDEAS TO MAKE YOUR HOLIDAYS MEANINGFUL

FEELING CONNECTED



If you are excited and make activities fun, your children will have fun too. Get creative and maybe invent some new traditions for your family.
Happy Holidays!



MAKE THE DAY SPECIAL

- **Dress up** – either in a theme, ugly Christmas sweater, or formal attire. Take photos to share with people you can't be with.
- **Watch sporting events and parades from home.** If you've never watched a holiday parade on TV this is a great year to start. Pick your favorite floats.
- **Virtual holiday meal** – if you can't be together with loved ones, eat your special holiday meal the same time as family/friends and video chat.

FEELING CONNECTED TO THOSE YOU AREN'T ABLE TO SEE DURING THE HOLIDAYS

- **Prepare traditional family recipes** for family/friends and deliver them.
- **Play favorite music** of family members/friends who can't be with you. Record videos of your kids singing it and share it with them.
- **Make a holiday family cookbook** – participants submit recipes and include a story about why the recipe is special. One person gathers the recipes and distributes them, either electronically or printed. People receiving it can make a recipe for their holiday celebration and share pictures, video, or live video chat on the holiday to share what they made.
- **Virtual Santa Claus visit** – one person can dress up like Santa and young children could meet with Santa virtually.
- **Giving back** – try a day, week, or month of positive actions. Brainstorm as a family what those positive actions could be or search for ideas online.