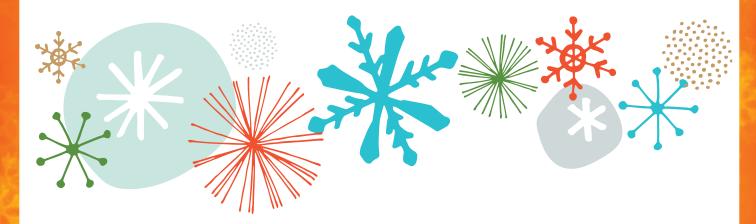
## IDEAS TO MAKE YOUR HOLIDAYS MEANINGFUL

## 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.



