

DIFFERENT, SAFE 2020 HOLIDAYS

# SPECIAL DAYS – FEELING CONNECTED

IDEAS TO MAKE YOUR 2020 HOLIDAYS STILL MEANINGFUL



**THE 2020 HOLIDAYS ARE GOING TO BE DIFFERENT.** The advice is to stay at home, be safe, and help stop the spread of COVID-19. But how do we still have memory-making, fulfilling holiday experiences while staying safe? Get creative and maybe invent some new traditions for your family. **If you are excited and make it fun your children will have fun too. Happy Holidays!**

## STAYING SAFE DURING COVID-19



[CDC Guidance on Holiday Celebrations](#)



Wisconsin Office of  
**Children's  
Mental Health**

INFANT TODDLER IMMEDIATE  
NEEDS OF COVID-19 TEAM

[children.wi.gov](http://children.wi.gov)

## 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 see or video chat.
- **Black Friday shopping** – swap your in-person Black Friday shopping traditions to shop online this year.
- **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** – eat your special holiday meal the same time as family/friends and video chat.

## FEELING CONNECTED TO THOSE YOU TYPICALLY WOULD SEE BUT CAN'T THIS YEAR BECAUSE OF COVID-19

- **Prepare traditional family recipes** for family/friends and **deliver them** in a way that doesn't involve contact with others.
- **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.

