

Things to do during the Christmas Season

As the Christmas Season approaches, we are keenly aware that this year may be significantly different than in the past and these changes may contribute to a range of emotions such as sadness, loneliness, isolation and disappointment as we anticipate that things may not be the same this year. For others, there may be a sense of anticipation and excitement about doing things differently.

It is important that we acknowledge the things in our lives that are different and honour our experiences and feelings.

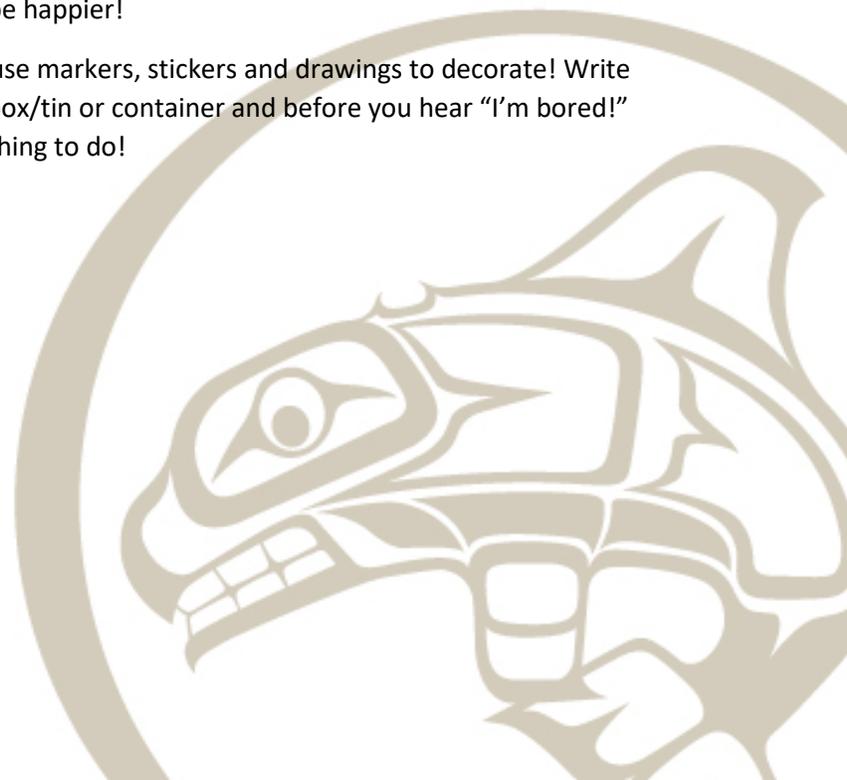
This year, we are given an opportunity to look at things differently and by acknowledging feelings and planning ahead, we can be better prepared, have support and find enjoyment in the season. Here are some ideas!

- Set time aside each day to spend time with the Creator – practice gratitude and ask for guidance and wisdom
- Spend time in nature
- Brushings
- Bathing in river
- Listen to traditional songs
- Enjoy healthy foods, get enough rest and exercise
- Have realistic expectations of yourself and others
- Connect with family and friends virtually or on the phone – laugh together
- Create a new tradition
- Plan ahead for potentially stressful situations

Beating the “I’m Bored!” Blues

With your child, create a list of indoor and outdoor games and activities they like to do (with you and on their own or with siblings). Planning ahead will help family members share the things they would like to do during the holiday season, and everyone will be happier!

Get creative! Make a special list for the fridge – use markers, stickers and drawings to decorate! Write ideas on slips of paper and put into a decorated box/tin or container and before you hear “I’m bored!” (or when you hear it!) have your child pick something to do!



Brainstorming Ideas

Indoor Games and Activities	Outdoor Games and Activities

Watch for health and wellness challenges in the New Year!

