



YOUTH HEALTH BULLETIN



DECEMBER 2017

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THIS MONTH'S TOPIC:

HAVING A FUN HOLIDAY

The holiday seasons is here! The holidays can be a fun time of year. It is magical! You get to spend special time with your family and friends. Here are some fun activities you can do to celebrate the holidays!

Do something kind

Remember that spreading kindness is the best way to share holiday cheer. You can do this by: helping clear the dinner table, helping younger siblings get ready, sharing toys, saying thank you or being kind to someone when they need a friend.

Host a game night

Gather everyone together for a fun night of activities. There are so many options: challenge your family to your favorite board game, have an indoor snowball fight using



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cotton balls, play musical chairs with holiday music, have an indoor ice-skating sock race or do holiday charades with friends.

Enjoy the outdoors

Winter is not a time to just stay indoors. Go out and enjoy the snow with sledding, snowboarding, skiing or building a snowman. You could even go on an evening walk with an adult to see the light displays and decorations. In order to be safe in the winter, make sure you dress in layers, wear your hat and gloves and have something warm to drink when you come inside.

Cook together

Having an extra hand in the kitchen is never a bad thing. Ask an adult if you can help cook for the holiday gatherings. Cooking is a great way to practice math, show off your reading skills and do cool science experiments in the kitchen.



Have a movie night

Sometimes the holidays can be busy and seem crazy with events. Take some time to just relax and enjoy the magical season. Make some popcorn and put on your favorite holiday movie.

Make holiday cards

Make handmade holiday cards for your family and friends. It is a great opportunity to showcase your creativity with pictures and make the ones you love smile when they see your hard work.

Can you unscramble these words?

KMEA NHEDDMAA RSCAD: _____

ARSDEP DINENSSK: _____

HLPE NI EHT TKIHNEC: _____

JOYNE TEH OOTSUODR: _____

ANSWERS: MAKE HANDMADE CARDS, SPREAD KINDNESS, HELP IN THE KITCHEN, ENJOY THE OUTDOORS

SOURCES:

- <http://www.pbs.org/parents/expert-tips-advice/2015/12/7-family-time-and-learning-tips-for-the-holidays>
- <http://kidshealth.org/en/kids/winter-safety.html?ref=search&WT.ac=msh-k-dtop-en-search-clk>

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