

# Fun Family Activities to do this Holiday Season

By **Tigard Life** - December 1, 2019



Looking for inexpensive, fun and family-friendly things to do this holiday season? Well, look no further!

6/5/2021

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- **Counting Trees** – Our family keeps a running tally of the trees we see tied on cars. The rules: at least two of us need to be in the car for the tree to count. We’ve seen more than one hundred trees over a season.
- **Enjoy the Decorations** – Visit a local gardening store (like Al’s Garden Center) and enjoy their beautifully decorated displays.
- **Help Out** – Declutter your gently used winter hats and gloves (or purchase inexpensive items at a dollar store) and hand out to those less fortunate.
- **Bake, Eat & Give** – Make cut out sugar or gingerbread cookies and deliver them to the delight of your friends and family. Joanna S., a mother of two in Tualatin, likes to bake and decorate sugar cookies with her family.
- **Light It Up** – Put on your pj’s, make some hot chocolate and drive around your neighborhood looking at lights.
- **Holiday Entertainment**– Go to the library and check out your favorite childhood holiday book and while you’re there pick up a classic holiday movie. Erika S. mother of two in Tigard says, “Every Christmas Eve we watch the movie Polar Express before bed.”
- **Out and About**– Bundle up and go for a family stroll in your neighborhood or hike a local path. Bring along a thermos of warm apple cider.
- **Winter S’mores**– If you have a fire pit, roast some s’mores. If you’re not up for braving the outdoors, make “oven s’mores” – just as tasty but much less work. (To make “oven s’mores” layer the bottom of a small cast-iron skillet or pie pan with chocolate chips. Add a layer of marshmallows and broil until golden brown. Use graham crackers for dipping.)
- **Have you heard of Hygge?** In the Danish culture, Hygge is the feeling of coziness, contentment and wellbeing. So light a candle, snuggle up in a blanket, grab a book and a cup of tea and get cozy. Isn’t that what we’re supposed to do in the winter anyway.

Whatever you do during this stressful time of year, spend it with those you love and don’t forget to take some time for yourself.