



Ways to Build Assets During the Holidays



The goal of SPARC Red Deer is to educate and excite our community on building blocks that all children and youth need in order to thrive, which includes the 40 Developmental Assets.

The holidays are a great time to reconnect as a family. These small, but meaningful connections can help build assets in your child.

The 40 Developmental Assets are building blocks that children and youth need to grow up healthy, caring and responsible.

Strong family relationships are the very heart of asset development.

Here are some ideas to help your family grow closer and maintain a positive atmosphere at home.



Have your child teach you something new.

Talk about family traditions & explore those of others.

Plan and cook/bake a holiday recipe together as a family.

Build a snowman together, then warm up with some hot chocolate.

Make holiday crafts together.

Have a screen free day - get active.

Shovel your neighbours' driveway together.

Curl up as a family and watch a favourite holiday movie.

Merry Christmas



Volunteer together with your kids.

Go tobogganing or skating.

Walk around the neighbourhood to look at festive lights. Say hi to the neighbours that you see.

Get to know your kids friends and invite them along to one or more of your great holiday activities.

Celebrate your spiritual values with seasonal practices or gatherings.

Read Christmas or winter stories together as a family.

BEST WISHES,



SPARC RED DEER, STRENGTHENING POSITIVE ASSETS & RESILIENCY IN COMMUNITIES
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