HOLIDAY SURVIVAL 2021

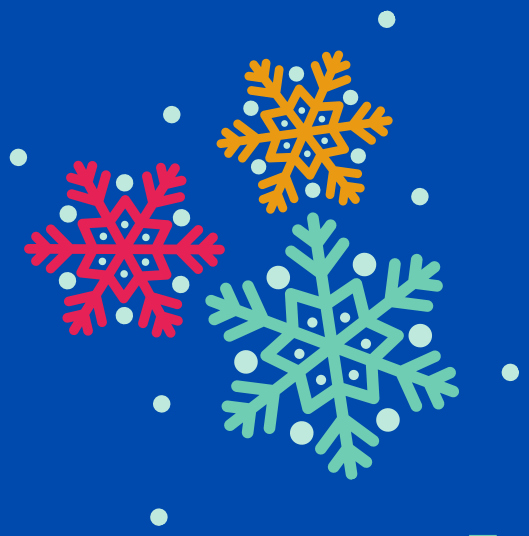
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H ave a plan
O utside time
L augh & have fun
I nner needs
D ecompress
A lter expectations
Y es to connecting
S ome structure & routine

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HOLIDAYS

Have a plan

Most of us do better when we know what to expect so we can be prepared!

Have a visual plan for your kids of your holiday plans

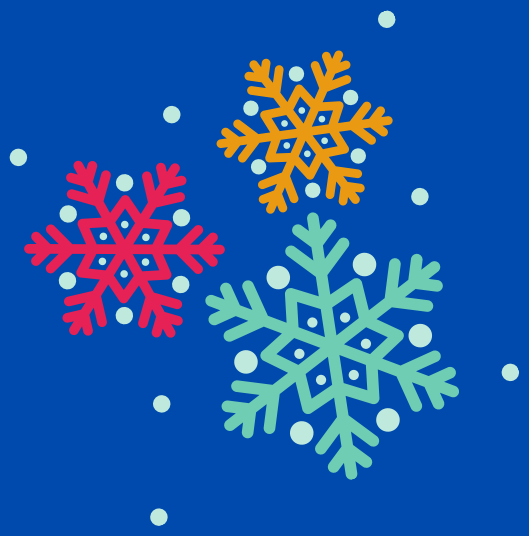
Plan for simple fun (e.g. movie night, decorate cookies)

Schedule some quiet and time to un-plug from tech

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HOLIDAYS

Outside time

Being in nature in both calming and energizing!

Enjoy a winter walk in the snow

Take a night time walk to enjoy the lights

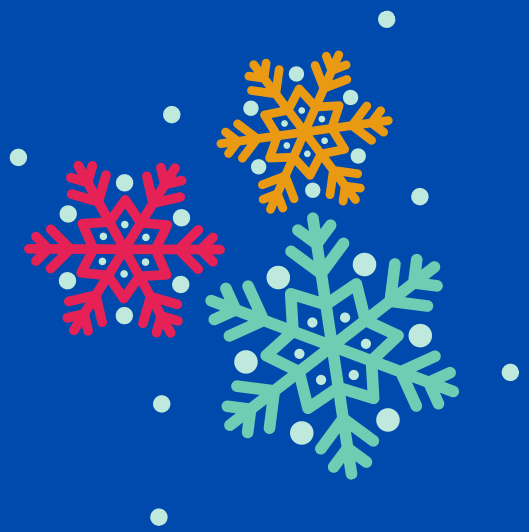
Look up at the stars

Find a new outdoor place to explore

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HOLIDAYS

Laugh & have fun

What will spark joy for YOU and your child this holiday season?

Enjoy the awe and wonder of the season
Spend time doing things that bring you joy
Take moments for gratitude of the good things in life

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HOLIDAYS

Inner needs

Set yourself up for success by focusing on the BASICS!

Take care of basic needs - sleep & eating well

Honour all the emotions - there is lots of grief, uncertainty and even fear in the world... but also joy, hope and gratitude - allow & create space for them all

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HOLIDAYS

De-compress

Each day do at least ONE thing to just BE...

Spend some time enjoying being alone

Rest, relax and rejuvenate

Move your body, Dance, Walk or Run

Read a book, do a puzzle, or sit by the fire

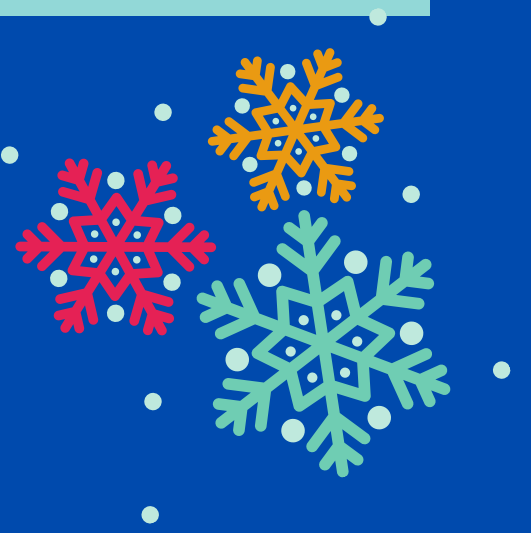
Listen to music or an audio book

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HOLIDAYS



Alter expectations

Prepare your children for what might be different or change

Plan new ways to celebrate and new traditions

Create and allow space for your child to retreat and spend time away from any festivities

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HOLIDAYs

Yes to connecting

Connect as a household & unplug from technology

Connect to nature

Connect with others

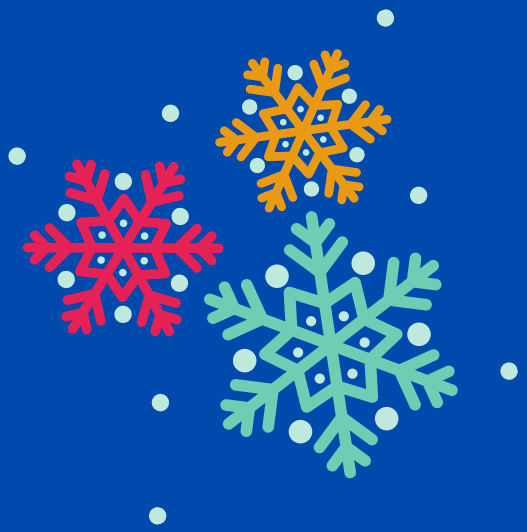
Connect to yourself - Breathe, notice the sights, smells, sounds, tastes and feels of this season

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HOLIDAYS



Some structure

Routines in the day can be helpful to many children
Plan what you need & want to do each day
Create a "things I can do for fun" list of activity ideas
(link in bio for one you can use!)

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