HOLIDAY SURVIVAL 2022

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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
**S** upport
**S** enses (use all 8)

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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

*Check out resource in W.I.S.E. Collective*
(Tools for Kids)

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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

***Ideas for tech free fun*** to explore & create YOUR list...

**Check out resource in W.I.S.E. Collective**
*(Tools for Kids)*

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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

**Check out resource in W.I.S.E. Collective**
*Webinar on Emotions, Behaviour OR Emotional Explorers course*

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# HOLIDAYS

## De-compress

**Each day do at least ONE thing to DE-COMPRESS**

- 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, podcast or an audio book

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# HOLIDAYS

## Alter expectations

- Prepare your children for what could change (e.g. due to weather or illness)... prep for flexibility
- 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

*Check out resource in W.I.S.E. Collective*
(Tools for Kids)

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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

*Check out resource in W.I.S.E. Collective*
(Tools for Kids)

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# HOLIDAYS

## Support

**Support** your child for **success**... maybe that's...

- taking breaks to breathe and re-set during gift opening
- having batteries already in the new toys
- use tools to support success (e.g. pretzel tool)

*Check out resource in W.I.S.E. Collective*
(Tools for Kids)

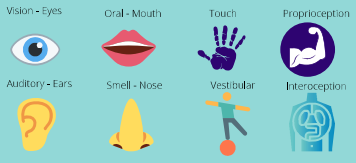
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# HOLIDAYS

## Use all your Senses

Explore strategies and support for all 8 senses to support regulation, feeling safe & secure, and calm/alert.




More info coming in webinar on January 12 at 7:30pm CT

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# ADD YOUR OWN

## Intentions & Things you Desire these Holidays

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