Stress-free holiday month



The holiday season can be stressful, and dedicating a few minutes each day to family activities can help. We've listed some ideas to get you started and you can color in the holiday tree for each activity completed from December 1-25.

Stress during the holiday season is inevitable. Which is why families can benefit from taking a small amount of time each day to connect and engage in a fun, stress buster activity. We've created a list of ideas that can help your family get started. Feel free to come up with your own ideas. **Use the holiday tree below to color in each day that an activity was completed during December 1-25.**

Ideas:

- A family walk
- Playing a board game
- Take five deep belly breaths
- Read a book together
- Spend time in nature
- Go fishing
- Dance to your favorite family song
- Check-in with your five senses
- Bake cookies
- Volunteer
- Build a blanket fort and watch a movie
- Watch your favorite tv show
- Play at the playground



Common Thread
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