



Holidays: Discuss Giving with Your Kids

1. Practices to handle stress:

- a. Set positive intentions
- b. Savor moments
- c. Take a break and re-focus
- d. Practice generosity
- e. Keep up exercise, healthy eating and sleep practices
- f. Expect grief, intense emotions and family tension – get support

2. Gratitude:

- a. Show it
- b. Teach it
- c. Create family practices that you use regularly throughout the year
- d. Disregard myths and remember research about training the brain to scan and savor the positive, the positive outcomes of gratitude practices and relationship to happiness

3. Remember - to create meaningful holidays:

- a. People are most important
- b. Manage expectations
- c. Make a list of what they want – material and non-material
- d. Take time to notice what you want
- e. Focus on doing rather than getting in your planning
- f. Discuss giving with your children
- g. Notice your thoughts and manage them
- h. Keep only positive old traditions and create new ones
- i. Give yourself space
- j. Have fun!

4. Resources:

- a. <http://www.learning4kids.net/list-of-christmas-activities/>
- b. “What Kids Really Want that Money Can’t Buy” by Betsy Taylor, Founder and President, Center for a New American Dream
- c. “The Path to Purpose” by William Damon – help kids find their calling
- d. www.greatergood.berkeley.edu - The Science of a Meaningful Life

