



Make the holidays more meaningful:

- **Teach gratitude**
 - Talk each day about things you appreciate
 - Write letters of appreciation to important people
 - Write letters from Santa
- **Talk with family about what's important to them about the holidays**
 - What do they like best?
 - What's important to them?
- **Discuss giving**
 - What do they want to give to others that can't be bought?
 - What do they want that can't be bought?
 - Think together about making things
 - Think about "gift certificates" of services or other special arrangements (child can be parent for a day)
 - Consider buying gifts from charitable organizations
 - Consider volunteering or making charitable contribution to organization of recipient's choice
 - Explore ways to give as a family and as individuals to those in need in your community
- **Learn and teach spiritual meaning behind each faith's traditions**
 - Find out what why people hang wreaths, light candles, decorate trees, etc.
 - Create nightly reading rituals about your family's holidays
 - Consider Winter Solstice and its meaning for the season
 - Celebrate differences – attend worship services from other faiths
- **Give the gift of your presence**
 - Slow down
 - Be present
 - Enjoy small activities
 - Say no to activities that won't serve the greater good of your family
 - Take a walk in a decorated neighborhood or in the woods and talk about winter – consider scavenger hunt

