



Play a game:

Choose a board game, a video game, a card game or grab a ball and head outside!

Practice mindfulness:

Try out some yoga poses, work on your deep breathing or start a gratitude journal.



Holiday lights:

Take a drive around the neighborhood and check out the holiday displays. "I Spy" is a fun game to play on car rides!



Scavenger Hunt:

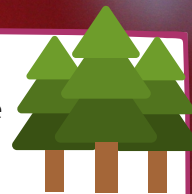
Create a scavenger/treasure hunt for in the house or outside. Use pictures and words as the clues.



Get outside:

Go for a walk in the neighborhood or a hike in the woods.

Take some time to enjoy the outdoors and the quiet of nature.



Movie Night:

Spend some time curled up watching movies. Feel like getting creative? Let everyone have a turn to act out their favourite scene from a movie!



Campfire:

Don't have a fire pit? No problem! Have a 'campfire' at home by using materials from around the house to create your own flame-free version. You can still enjoy hot dogs, marshmallows and hot chocolate and even tell a story by flashlight!

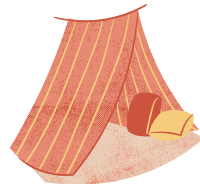


It's the little things...



Build a fort:

Build a blanket fort and camp out with some snacks. This activity goes perfect with movie night!



Puzzle:

Bring a special puzzle out for the family to put together. You can have it out for a week and encourage everyone to spend a bit of time working on it each day.



Hot Chocolate Bar:

Let everyone choose a special addition to their hot chocolate. Some ideas are marshmallows, whipped cream, candy canes, and sprinkles!



Cooking and baking:

Spend some time together in the kitchen. Encourage everyone to pick a dish or treat to help make (and keep it as simple as you'd like).