

**Family Resource
and
Activity packet
Tuesday
(12-15-20)**

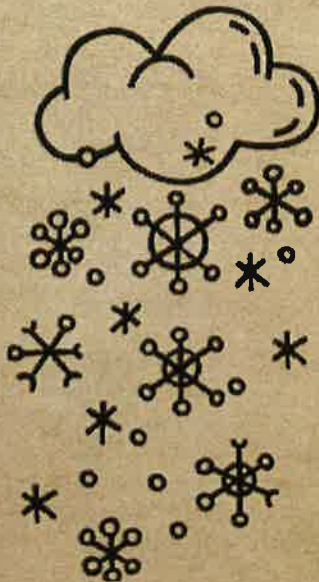
8. Let It Snow

Oh the weather outside is frightful,
but the fire is so delightful.
And since we've no place to go.
Let It Snow! Let It Snow! Let It Snow!

It doesn't show signs of stopping,
And I've brought some corn for popping.
The lights are turned way down low.
Let It Snow! Let It Snow! Let It Snow!

When we finally kiss goodnight,
How I'll hate going out in the storm!
But if you'll really hold me tight,
all the way home I'll be warm.

The fire is slowly dying,
and, my dear, we're still good-bying.
As long as you love me so.
Let It Snow! Let It Snow! Let It Snow!



SALAD ON A STICK

4 sticks each for
1 packed lunch



Prep time: 20 minutes
Cook time: 0 minutes

These skewers are an easy way to get kids involved in preparing their own healthy lunches. Any combination of fruits, vegetables and proteins will work to customize this meal. Ask each family member for their favourite ingredient to create an easy meal that everyone will love.

Ingredients

Caprese Salad on a Stick

- 12 cherry tomatoes
- 8 baby bocconcini cheese pieces
- 12-16 small fresh basil leaves

Chef Salad on a Stick

- 4 pieces thinly sliced turkey, cut in half and then folded in half
- 8 cherry tomatoes
- 8 cheddar cheese, 1-inch cubes
- ½ avocado, cut into 2-inch pieces (add lemon juice to keep from browning)

Waldorf Salad on a Stick

- ½ Granny Smith apple, cored and cut into 2-inch slices
- 1-2 romaine lettuce leaves, cut into 2-inch strips
- 1 stick of celery, cut into 2-inch slices
- 8-10 red grapes, seedless

Instructions

1. Prepare all ingredients and set aside for children to add to skewers.
2. Alternate ingredients on the wooden skewers.



TIPS FOR HEALTHY EATING



Kids love to choose their own foods and if you have a picky eater in the house this recipe will be a winner! As the parent, provide a variety of foods and your child can choose what and how much of each item to put on their skewers.



Chalk Paint

It's a dream come true: chalk that won't leave a mess for parents. Grab the chalkboard or get outside with this fun DIY!

DIRECTIONS

1. In a mixing bowl, combine water and corn starch. Stir until smooth. It will be runny.
2. Add in ARM & HAMMER™ Baking Soda and stir to combine.
3. Divide the mixture evenly into the small plastic cups. You'll want to keep stirring the ingredients so they don't settle – this is a great way to keep the kids' hands occupied and away from your phone. Add food coloring to each cup to make different paint colors.
4. Use paintbrushes to paint pictures on a chalkboard or on the driveway outside. The mixture is thinner than regular paint, but you can use it the same way.
5. The chalk paint washes off easily with water. Wait for the rain or let the kids play with the hose to get some extra time for yourself.

Disclaimer: Careful with food coloring - it stains!

DETAILS

Craft Time: 10 minutes

Time For You: 5-25 minutes
(go ahead and enjoy the iced coffee before it melts)

What Your Kids Get: up to 8 paint colors

INGREDIENTS & SUPPLIES

- 1 cup ARM & HAMMER™ Baking Soda
- 1 cup corn starch
- 2 cups water
- Food coloring
- 8 small plastic cups
- Paintbrushes
- Measuring cup
- Mixing bowl

Stress, depression and the holidays: Tips for coping from the Mayo Clinic

Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression.

By Mayo Clinic Staff

The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays often present a dizzying array of demands — cooking meals, shopping, baking, cleaning and entertaining, to name just a few. And if coronavirus disease 2019 (COVID-19) is spreading in your community, you may be feeling additional stress, or you may be worrying about your and your loved ones' health. You may also feel stressed, sad or anxious because your holiday plans may look different during the COVID-19 pandemic.

But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

Tips to prevent holiday stress and depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

1. **Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones for other reasons, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.
2. **Reach out.** If you feel lonely or isolated, seek out community, religious or other social events or communities. Many may have websites, online support groups, social media sites or virtual events. They can offer support and companionship.

If you're feeling stress during the holidays, it also may help to talk to a friend or family member about your concerns. Try reaching out with a text, a call or a video chat.

Volunteering your time or doing something to help others also is a good way to lift your spirits and broaden your friendships. For example, consider dropping off a meal and dessert at a friend's home during the holidays.

3. **Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children or other relatives can't come to your home, find new ways to celebrate together, such as sharing pictures, emails or videos. Or meet virtually on a video call. Even though your holiday plans may look different this year, you can find ways to celebrate.
4. **Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.
5. **Stick to a budget.** Before you do your gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

Try these alternatives:

- Donate to a charity in someone's name.
 - Give homemade gifts.
 - Start a family gift exchange.
6. **Plan ahead.** Set aside specific days for shopping, baking, connecting with friends and other activities. Consider whether you can shop online for any of your items. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for meal prep and cleanup.
 7. **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.
 8. **Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.

Try these suggestions:

- Have a healthy snack before holiday meals so that you don't go overboard on sweets, cheese or drinks.
- Eat healthy meals.
- Get plenty of sleep.
- Include regular physical activity in your daily routine.
- Try deep-breathing exercises, meditation or yoga.
- Avoid excessive tobacco, alcohol and drug use.
- Be aware of how the information culture can produce undue stress, and adjust the time you spend reading news and social media as you see fit.

9. **Take a breather.** Make some time for yourself. Find an activity you enjoy. Take a break by yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

Some options may include:

- Taking a walk at night and stargazing
- Listening to soothing music
- Reading a book

10. **Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

Take control of the holidays

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays.