

# Happy Resilient Holidays

From  
AHS Safe Communities School-Based Prevention

## 12 ways to have 12 resilient days!

The holidays are a great time to reconnect as a family. These small, but meaningful connections, can help build resiliency in your child.



1. Build a snowman together, then warm up with some hot chocolate.
2. Go skating or play a game of pick-up hockey at the local ice rink. (Hot chocolate goes well with this one too!)
3. Curl up together as a family and watch a favorite holiday movie.
4. Decorate your house together.
5. Walk around the neighborhood to look at festive lights and decorations. Make sure to say “hello” to the neighbours that you see.
6. Make holiday crafts together.
7. Make traditional meals together. Sharing cultural recipes and cooking together helps to anchor your family in their cultural heritage.
8. Go tobogganing.
9. Make a gingerbread house together. You can do this with graham crackers, store bought icing and candies. Or if you want a great family challenge, you can make one from scratch too! Here is a link to a recipe with the pattern—[http://www.simplyrecipes.com/recipes/how\\_to\\_make\\_a\\_gingerbread\\_house/](http://www.simplyrecipes.com/recipes/how_to_make_a_gingerbread_house/)
10. Go caroling around the neighborhood, and remember, a good singing voice is not nearly as important as a good sense of fun!
11. Volunteer together. The holiday season can be a hard and lonely time for some people. Perhaps there is a retirement home in your community that you can visit, a shelter you can help cook a meal at, or another organization that you can help support.
12. Get to know your children’s friends and invite them along to one or more of your great holiday activities!



**Best wishes,**

~ Rania Page, School Based Prevention Counsellor, 403.340.5274



The **goal** of the *Safe Communities School-based Prevention Initiative* is to enhance prevention efforts in schools by **fostering resiliency** in Alberta students and by **increasing the protective factors, and reducing risk factors** that may lead to youth becoming involved in substance abuse and delinquency.