

# Seasonal Traditions: Winter Edition Family Night

Do you remember a tradition that your family had when you were younger? If so, share about that.

Maybe it was opening a single present on Christmas Eve (almost always a new set of pajamas), or a visit to your cousins for a summer cook out? How about picking pumpkins or painting Easter eggs? Whatever your childhood traditions, they undoubtedly created a sense of comfort and pride in your family.

### Traditions...

- give children a sense of identity.
- help build trust within a family.
- provide a sense of security to children.
- develop character.

Looking back, you might get nostalgic, and the best part is that it's never too late to begin a new tradition.

This is an opportunity to start a new family tradition.

So, gather your family together and start creating a family tradition that will be as unique as your family.

### **A few instructions...**

- **Make it creative.** Feel free to think outside the box and beyond any traditions you already have as a family.
- **Make it your own.** What does your family enjoy together and how can you make that a new tradition? If you have a hard time making a decision, blend your ideas together into something completely unique.
- **Make it fun.** Traditions can be powerful and provide security for kids and excitement about being together, so make it something you all will love to do together.

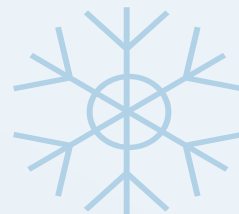
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## A few guidelines...



1. **Everyone has a voice.** Everyone in your family should have a say and provide input in the development of the new family tradition.
2. **Everyone participates.** Everyone should be able to participate in some way and have a part to play.

## A few ideas for this season...



### String Popcorn:

Gather your family together for a movie marathon with your favorite Christmas movies. Pop lots of popcorn and enjoy it while you are watching the movie. While you're enjoying the movie and the popcorn, you can make strings of popcorn together that can help decorate your Christmas tree.

### Christmas Lights:

Have your family put on their favorite Christmas pajamas and head out in your car to see all the best Christmas lights in the area. And be sure to stop somewhere along the way for some hot chocolate or a sweet treat.

### Christmas Ornament:

Get your family together and talk about what kind of ornament you could purchase that would summarize this past year for your family. May be you got a puppy and you buy an ornament with a dog on it. Or may be you moved into a new house and you buy an ornament to remember your move. Then, go out to a local store and find the perfect ornament for that year together.

*If you want to make this tradition more challenging and add a level of creativity to it, you could also create your own ornament each year and then spend some time together as a family making it as a craft project. Pinterest has lots of ideas!*

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