

# 50

## Activities for Families this Holiday Season



Manitoba Association  
of Home Economists

## Welcome & Introduction

Happy Holidays!

The Manitoba Association of Home Economists wishes you and your family all the very best for a happy and healthy Holiday Season.

Our members, who work in a large variety of organizations to improve the quality of life of individuals, families and communities are delighted to share their favourite holiday season activities and traditions with you.

You'll find some inspiring and fun-filled ideas in this booklet to help make this holiday a special time for your family. Perhaps you'll even find an idea that will one day become one of your family traditions.

Enjoy!



## 50 Activities for Families

1. Gather friends and enjoy an outdoor activity followed by hot chocolate or even a wiener/marshmallow roast.
2. Bake and decorate cookies together.
3. Choose a nationality and make a dish that is traditionally made at this time of year. Experiment with a different nationality each year.
4. Make a family resolution about how you will create great family memories throughout the year.
5. Have a candlelight dinner for no reason. There's nothing like macaroni and cheese served on fine china by candlelight!
6. Plan 4 weeks of service – commit to one act of service in your community for every week of December.



7. Volunteer at a local mission together.
8. Put together a food hamper for a local food bank.
9. Choose a new, unwrapped present to give to a local charity.
10. Write letters to distant family members.
11. Make a wish list collage.
12. Decorate your house with fresh evergreen boughs.
13. Have hot chocolate around the fireplace, or around an image of a fire on the computer. Sit, sip and enjoy each other's company.
14. Make a Christmas Countdown Activity Calendar. Fill each day with a family activity like "go skating", "have ice cream for dessert", "call grandma", etc.



15. Invite several families for a Gingerbread house making party where everyone brings their favourite “decorations”.
16. Make a wreath together. Use evergreen boughs, old fabric, old puzzle pieces, pine cones, etc.
17. Host a craft making party. Choose a simple activity and ask all guests to bring some of the supplies.
18. Ask a senior member of your family (your aunt, great uncle or grandparent) to share their life story while your family is together. You will learn some amazing things!
19. Make Christmas village gingerbread houses. Use graham wafers as the walls, attach to milk cartons (using royal icing). Then decorate! Make just one or a whole village.
20. Go to the zoo and get a winter perspective.



21. Invite those who are special to your family to join in decorating your Christmas tree. Recall memories as each ornament is placed.
22. Drive around the city looking at Christmas lights then head back home for hot chocolate and treats.
23. Spend an evening looking at old photos and family videos.
24. Make a playlist or CD of all your favourite songs and share it with someone special.
25. Sing carols together.
26. Make mulled cider to entice your friends and family with the scent of the holidays.
27. Form a Christmas carol group and surprise your friends and neighbours with your spirit if not your musical talent!



28. Invite your friends or extended family for a sleigh ride.
29. Create an outside light display for the holidays together, don't just send dad out there!
30. Make homemade gifts together.
31. Have a fondue night. Chocolate fondues with lots of fruit are a real treat.
32. Write letters to Santa. Whether by mail or email, it's always a lot of fun.
33. Play Monopoly or another classic board game.
34. Go tobogganing.
35. Go for a winter hike in a park.
36. Build a bird feeder together. Whether out of milk cartons or cedar, anything will do.



37. Watch a classic family movie.
38. Read 'Twas the Night Before Christmas", the night before Christmas.
39. Make a photo scrapbook, collage, or slideshow capturing images of the past year.
40. Go skating on the backyard pond. This is especially fun at night time with friends and neighbours.
41. Find and cut down the perfect Christmas tree and bring hot chocolate and homemade baked beans to enjoy afterwards.
42. Have a fun hockey game at the local outdoor ice rink with friends and family.
43. Collect or make a different tree ornament every year. Share stories about each ornament for years to come.





44. Make and give holiday baking as family/friend gifts or hostess gifts.
45. Attend the Holiday Concert at your local school.
46. Enjoy one of the many Breakfasts with Santa that are offered throughout the province.
47. Keep a Gratefulness Jar for December. Write something nice about a family member and put it in the jar.
48. Play Secret Santa and give people little presents throughout December without ever telling them who it was from.
49. Do random acts of kindness for your family. For example, do the dishes, shovel the walkway, give a massage, make supper.
50. Go to the theatre, ballet, or symphony for their seasonal specials.



## Our Contributors

Thanks to the following Manitoba Home Economists who shared their favourite activities:

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# Happy Holidays!

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