

Celebrating Heritage During the Holidays

Honor your family's heritage by researching ancestral holiday traditions. Incorporate something new that you learned into your celebrations.

Share Stories

Create a special display of family photos, including those of members who have passed. During your holiday celebration, encourage older members to share stories and have someone either video or write these down for future generations.

Beloved Foods

Gather everyone together to make your family's favorite holiday treat. Or try making a popular dish from a country that honors your family's roots.

Ancestral Rituals

Learn ways your ancestors celebrated the holidays. Incorporate some of those traditions into your family's celebration. It will be fun and give you a meaningful connection to prior generations.



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Creating New Traditions



When you gather with your family, be sure to take a lot of photos. Create an online album and send the link to everyone after the holidays.



Take a long walk after a holiday dinner either through your neighborhood, a downtown area or at a local beach, park, etc.



Volunteer for a local charity either before the holiday (such as collecting items for a shelter) or on the holiday itself (such as delivering meals to those in need).



Visit a local attraction that is open on the holiday itself. Oftentimes it will be less crowded than normal.

Fun Holiday Games

to play with kids, friends and family



Kids

20 Questions Holiday Edition

One player, the answerer, picks a holiday theme, item, person, etc. from the designated list or one they came up with on their own. All other players ask the answerer "yes" or "no" questions to guess what their word is. If no one guesses after 20 questions, the answerer has won and a new round is started. You can use photos or words, to choose from, depending on how old the children are that are playing.

Adults

Christmas Mad Libs

Naughty or Nice edition. You choose when playing the game. Print or download the sample mad libs that has been provided on my website. Designate someone as the "elf" to lead the first story. Go around and ask the players to verbally fill in the blank based on the need provided. ie verb, adverb, person, etc. Once it is completely filled in the designated "elf" will read aloud what everyone came up. Have fun!

Groups

Penguin Waddle Relay

You will need a blown up balloon for each team, some space to move and a course with place markers set 15-25' apart. Separate into teams of 3 or more. The first player, from each team, puts a balloon between their knees and waddles like a penguin to the marker and back. Then pass the balloon to the next team member. If any team member drops the balloon they start over. The first team to complete the relay wins.

My hope for you this holiday season is love, laughter and a lot of memories. Try out these games to elevate your holiday experience while creating memories and laughs that you will be talking about all year long. Scan the QR code to get the printables mentioned as well as a few additional games that will have you rolling and enjoying every minute of your family this holiday!!