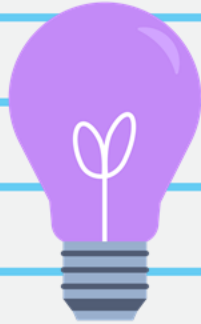


Let's Collab!



Display this in your office/classroom, hand out to parents, or send out in your newsletter.



10 WINTER BREAK TIPS



KEEP A ROUTINE BUT STAY FLEXIBLE

Maintain a basic daily rhythm—like consistent meal and bedtime routines—to help kids feel secure, even during the excitement of break.



MAKE TIME FOR BOREDOM

Allow unstructured time for kids to play, imagine, or be creative. Boredom can be the spark for new ideas and emotional growth.



PLAN SPECIAL LOW-STRESS ACTIVITIES

Create a simple activity calendar—crafts, baking, family movie nights, or library visits—to keep the break fun and structured.



GET MOVING

Build in physical activity—walks, sledding, dance parties—to burn off energy and boost mood during the colder months.



TALK ABOUT FEELINGS

The holidays can stir big emotions. Check in with your child regularly: "How are you feeling today?" and offer comfort and support.



LIMIT SCREEN TIME WITH BALANCE

Set healthy screen time boundaries and offer fun alternatives like puzzles, board games, or building projects.



ENCOURAGE READING FOR FUN

Visit the library or start a family read-aloud tradition. Let them choose books they enjoy to foster a love for reading.



SET SIMPLE GOALS

Work on small, age-appropriate goals like organizing a room or learning a new skill. Celebrate effort, not perfection.



PRACTICE KINDNESS TOGETHER

Do small acts of kindness—shovel a neighbor's walk, write thank-you notes, donate gently used toys. These build empathy and purpose.



FOCUS ON CONNECTION

Use this time to slow down and connect—through conversation, shared meals, or even quiet time together. Emotional closeness is the best gift.

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