



# HOLIDAY ACTIVITY GUIDE



## **Q: HOW CAN I MAKE THIS HOLIDAY SEASON FEEL SPECIAL?**

A: Connect with intention! Aligning your priorities with your plans. Get creative and have fun bringing new and engaging activities to your family and friends!

## **Q: WHAT'S IN THIS GUIDE?**

A: This guide is full of activity ideas, challenges, and templates to help you spend the season being present with yourself and others. We hope you use this as a starting point in your classrooms and communities of loved ones!



Share with our community by tagging  
**@TeensMakeHealthHappen**  
on Instagram & TikTok

## **Q: WHAT ARE SOME COVID + FLU SAFETY PRECAUTIONS I SHOULD KEEP IN MIND?**

A: When making plans, consider your community and household risk (including the number of members who are unvaccinated) and be sure to check your local safety guidelines. Communicate any concerns you have with others inviting you to activities that you don't feel comfortable with, and get creative with alternative plans that are lower risk. Continue to practice hand hygiene, and physical distance or choose outdoor settings when feasible if gathering with unvaccinated members outside of your household.. The more protections you take, the lower your risk will be to get or spread COVID-19. Seek out additional information if you are unsure about your situation from the CDC and your local health department. Remember, it's also flu season! It is recommended for most people to get the flu vaccine yearly. Talk to your health care provider about any questions or concerns you have about staying healthy over the holidays.

# HOT COCOA CHALLENGE



## SUMMARY

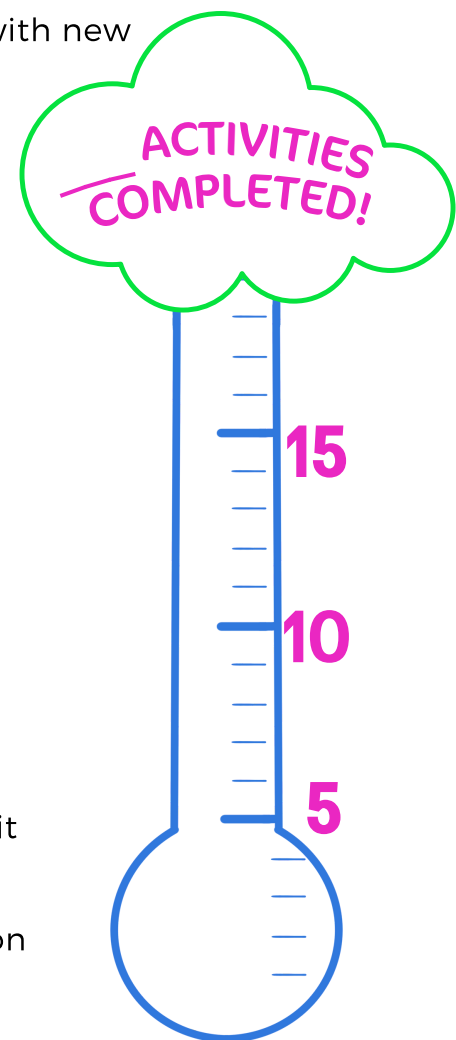
Fill your cup with connection this holiday season. Try our activity prompts or create your own. The goal is to spend time strengthening your connection with yourself, loved ones, and community. Decorate a cup, complete activities (written on marshmallow cut-outs), and watch your cup fill up with new experiences, joy, reflection & gratitude.

## MATERIALS

- Printed list of activities and thermometer activity tracker
- Cup to put completed activities
- Other materials dependent on the activities you choose to complete

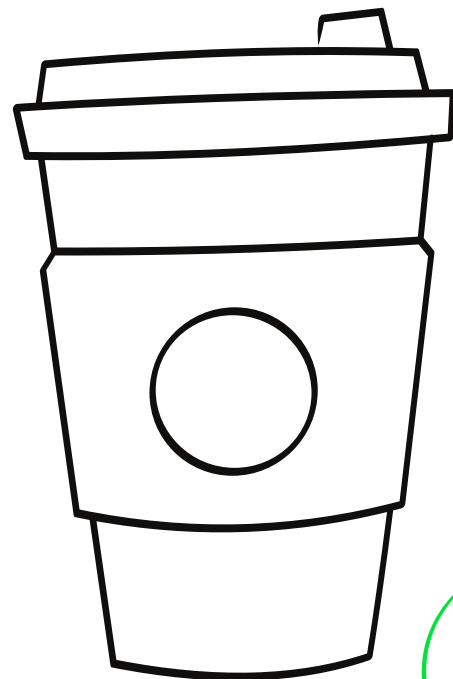
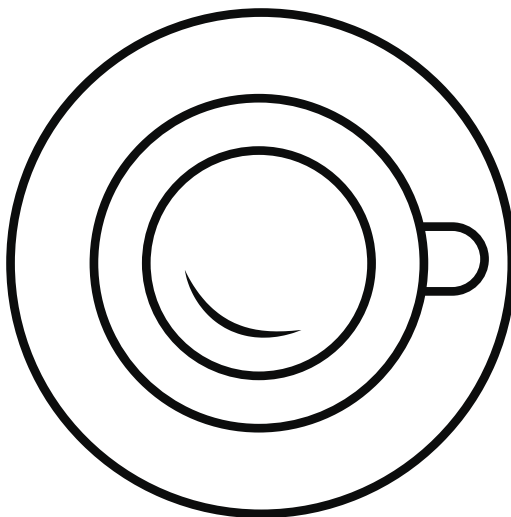
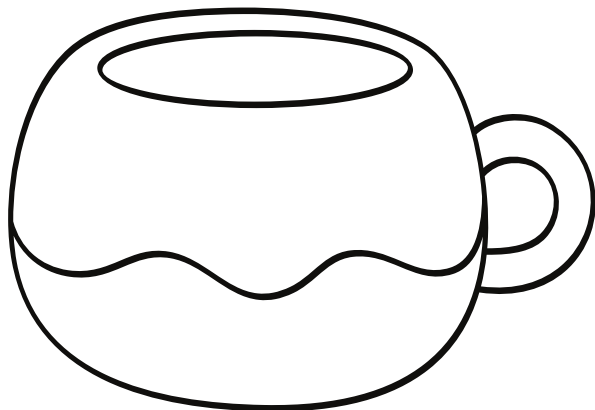
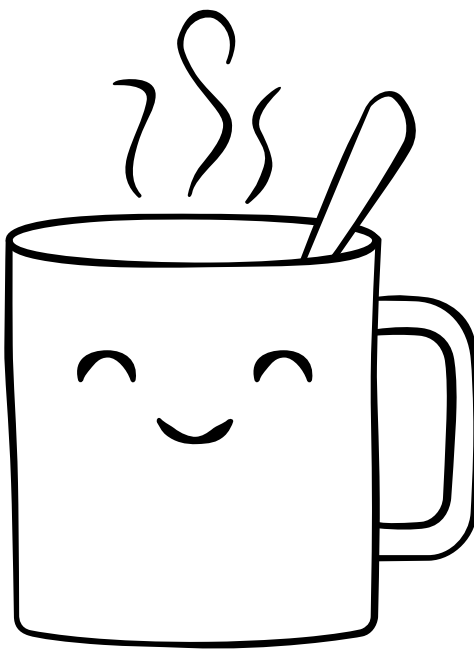
## INSTRUCTIONS

1. Prepare your challenge materials by printing the marshmallows and thermometer and decorating your cup. Read through the activities and create any new ones on the blank marshmallows.
2. Set a goal and invite others to complete activities with you!
3. After completing a marshmallow activity, cut it out and put it inside your cup, then color in your activity tracker.
4. Share the joy! Share with others in your community, and/or on social media by tagging @teenhealthvibe on instagram.



# COLOR YOUR CUP

DE-STRESS WHILE YOU DECORATE YOUR HOT COCOA CHALLENGE CUP!





Host a tournament of games (i.e. charades, i-spy)

Prepare snack or meal only using ingredients you already have available

Schedule a time to enjoy a family dinner

Organize a scavenger hunt around your area

Compete in an object stacking competition

Spend time outdoors: go for a stroll or sit and enjoy

Make a hot beverage and enjoy it over conversation

Make holiday decorations only using materials you already have on hand

Try a new physical activity or share one you enjoy

Treat yourself to a tasty food item

Talk about your goals for 2022 with someone you care about

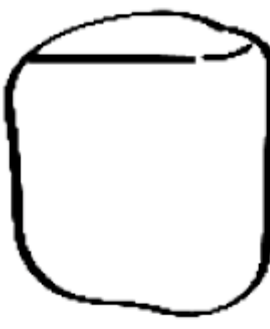
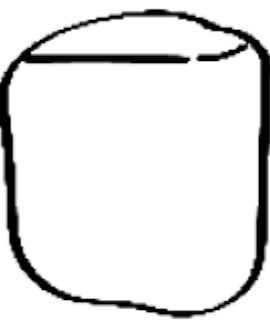
Incorporate a vegetable into each of your meals for one day

Get creative (i.e. write song, draw portrait, make a video) w/ others and share around

Try meditative breathing

Make a pillow/blanket fort. The secret password is to tell a joke

**MAKE YOUR OWN:**





See how well you can balance an object on your head

Pick a household activity that you normally find dull and make it more fun

Make a meatless version of a dish that you love (i.e. use beans instead of beef)

Teach someone, or learn, a new skill

Place inspirational quotes in visible areas

Reminisce over valued memories or moments

Play a game of your choice, but add a twist

Discuss any challenges or highlights over the past year with someone you care about

Create a new holiday tradition

Complete a random act of kindness

Tell three people why you appreciate them

Learn something about a culture or holiday that interests you

Interview someone whom you admire to learn more about their life story

Create an obstacle course

Reflect on what has inspired or encouraged you recently

**MAKE YOUR OWN:**















# HOT COCOA CHALLENGE

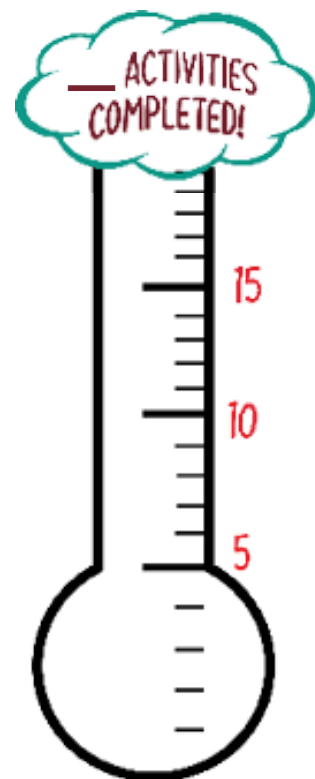
(SINGLE PAGE PRINTABLE)

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 See how well you can balance an object on your head	 Pick a household activity that you normally find dull and make it more fun	 Make a meatless version of a dish that you love (i.e. use beans instead of beef)	 Teach someone, or learn, a new skill	 Place inspirational quotes in visible areas	 Host a tournament of games (i.e. charades, i-spy)	 Prepare snack or meal only using ingredients you already have available	 Schedule a time to enjoy a family dinner
 Reminisce over valued memories or moments	 Play a game of your choice, but add a twist	 Discuss any challenges or highlights over the past year with someone you care about	 Create a new holiday tradition	 Complete a random act of kindness	 Spend time outdoors: go for a stroll or sit and enjoy	 Make a hot beverage and enjoy it over conversation	 Make holiday decorations only using materials you already have on hand
 Tell three people why you appreciate them	 Learn something about a culture or holiday that interests you	 Interview someone whom you admire to learn more about their life story	 Create an obstacle course	 Reflect on what has inspired or encouraged you recently	 Talk about your goals for 2021 with someone you care about	 Incorporate a vegetable into each of your meals for one day	 Get creative (i.e. write song, draw portrait, make a video) w/ others and share around
 Try meditative breathing	 Make a pillow/blanket fort. The secret password is to tell a joke	 Try a new physical activity or share one you enjoy	 Organize a scavenger hunt around your area	 Compete in an object stacking competition	 Treat yourself to a tasty food item		

## MAKE YOUR OWN:

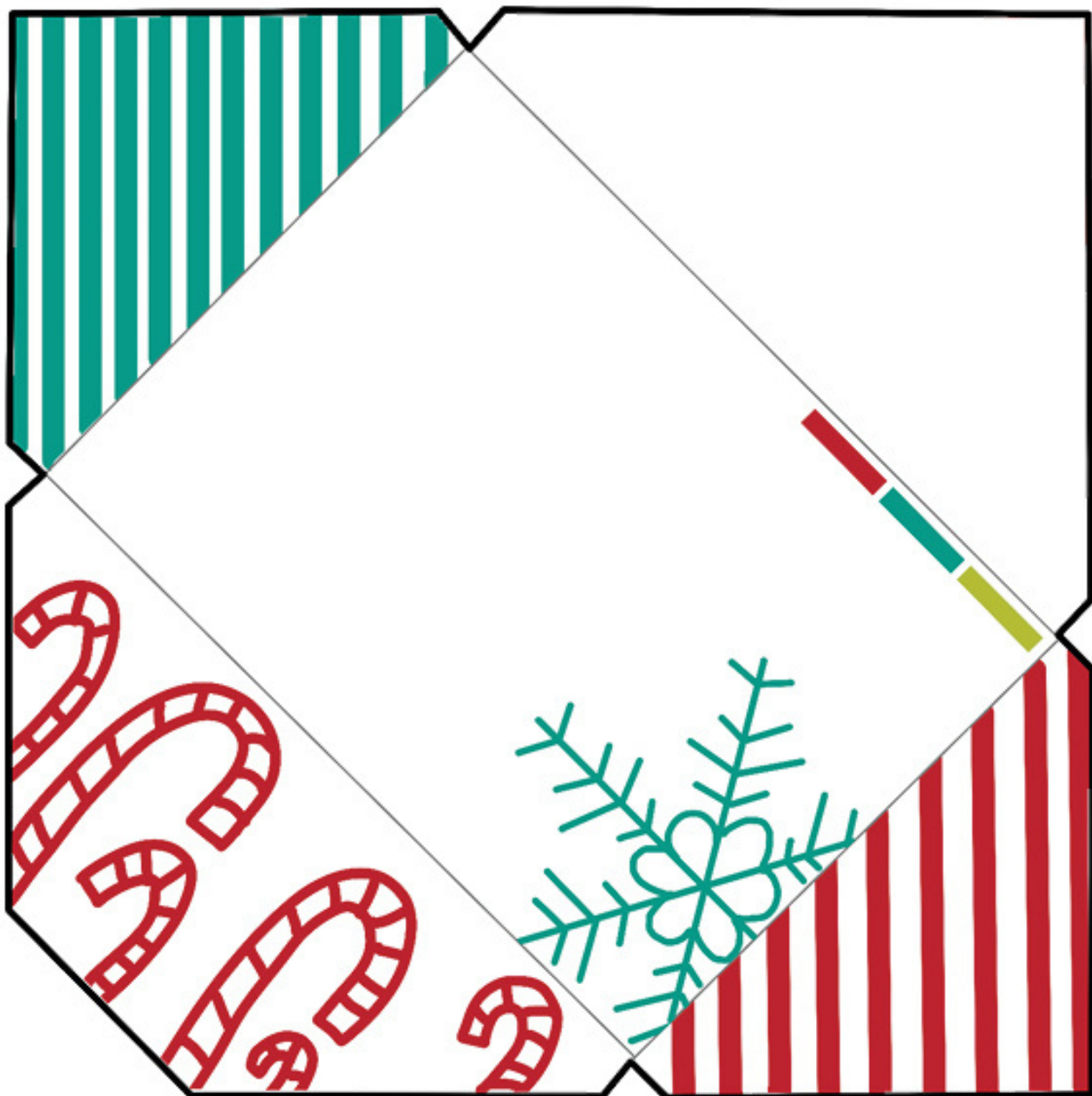
					
					





# SEND GOOD VIBES

Cheer on your community during this holiday season! Send notes packed with messages of appreciation, memories, and words of encouragement. You'll get those warm-fuzzy feelings, and your recipients will too! Showing gratitude and sending positive thoughts doesn't have to be limited to those you know best. Consider members of your community, too! Share + tag @teenhealthvibe on Instagram to extend the good vibes on social media.

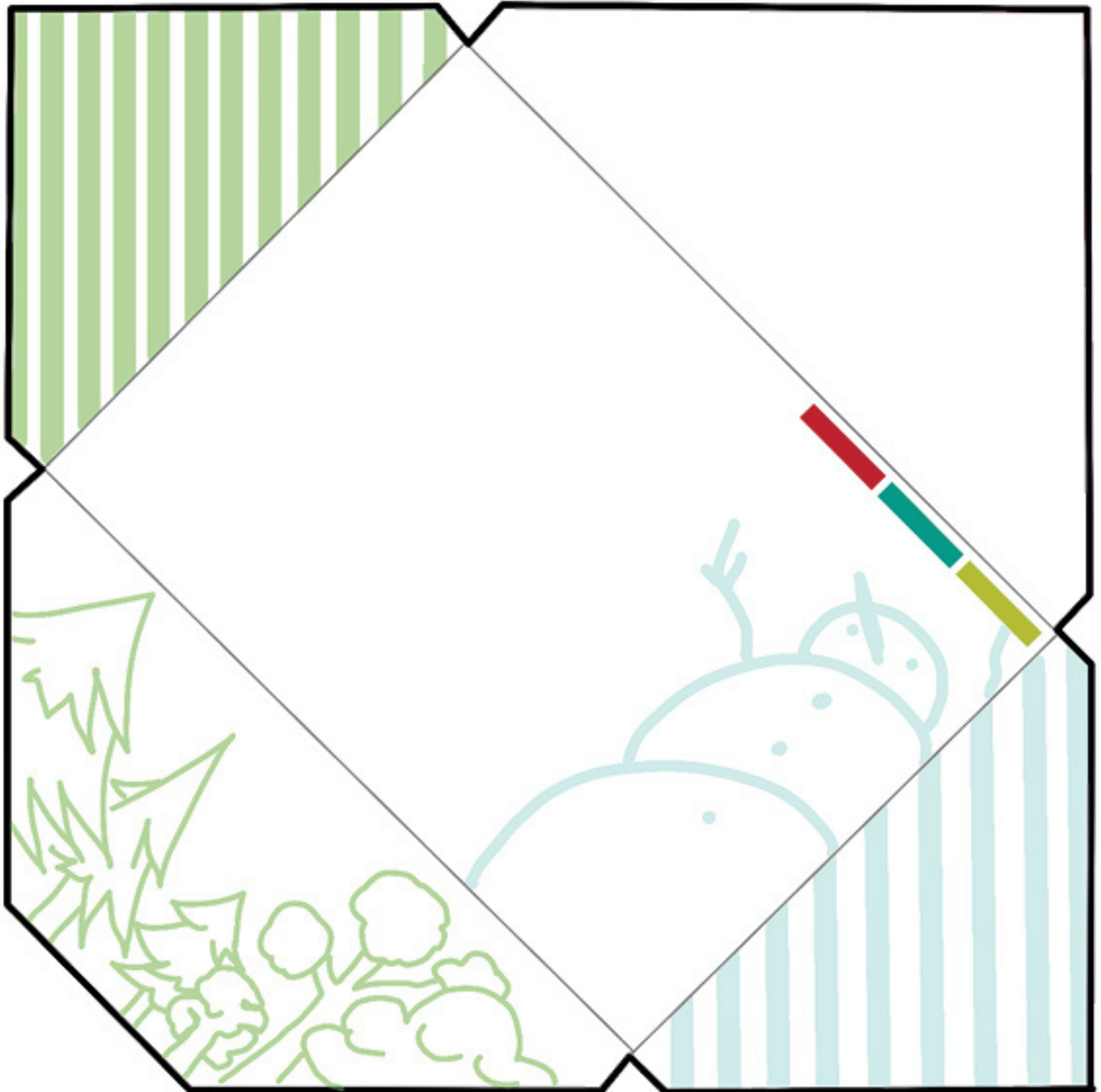


Cut along the outside border and fold the flaps inward to create an envelope.



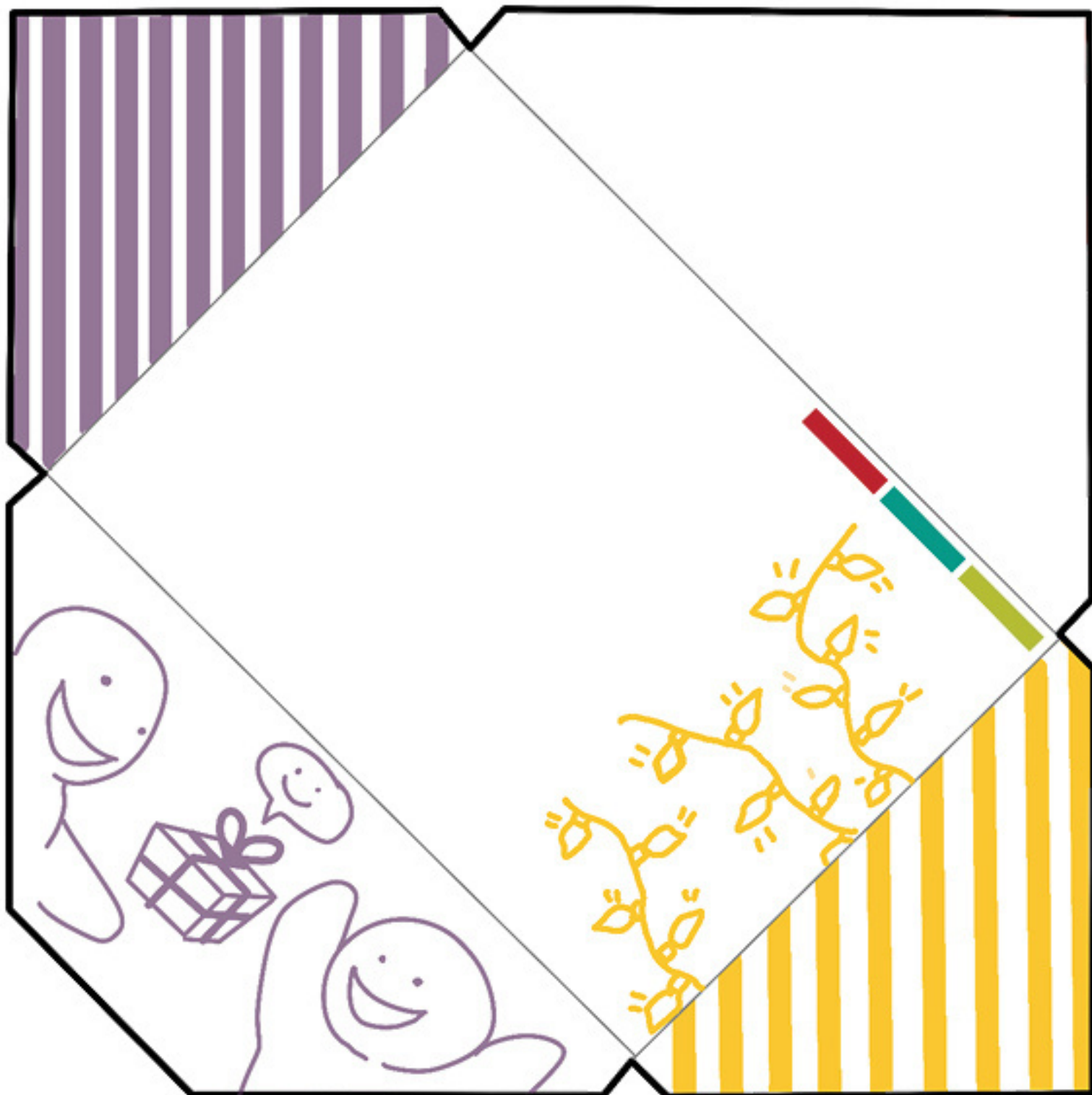
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# AT-HOME ACTIVITIES

## GETTING TO KNOW YOU, THROUGH INTERVIEW



### SUMMARY

Create questions to lead a discussion and invite someone you admire to be interviewed by you. Interviewing people (even if you know them well) can help you gain more insight into their unique perspectives and experiences. It's also a powerful way to connect! By making this an "interview", you are setting the scene to ask questions that may not have come up naturally in conversation before, or dive deeper into a topic of interest.

### INSTRUCTIONS

1. Choose someone you'd like to interview, and ask if they are willing. Set a time, date, and method (i.e. phone, video conference, safely distanced in person).
2. Prepare questions you'd like to ask them, and in what order.
3. Decide if you will simply listen, take notes, or request to record their answers.
4. You can let your interviewer see the questions ahead of time, and give them the opportunity to identify any they may not feel comfortable or confident answering.
5. To begin your interview, share why you were interested in interviewing them, then continue by asking questions that you've prepared as well as follow-up questions that you might think of as the conversation happens. Respect that those being interviewed may not want to answer every question.
6. Don't forget to thank the person you interviewed. Consider sharing how it impacted you.

*Consider the following themes as you sit down to create your questions:*

Is there a topic you are particularly interested in hearing about? For example, their upbringing, life at your current age, career, future goals, overcoming adversity, being an ally or improving social inequities, or the hobbies that bring them joy.

*Example questions:*

What's the most important leadership lesson you've learned and how is it valuable? How did you learn to embrace and grow from failure? Can you describe what a "day in the life" looked like when you were my age? What is something you plan to focus on next year?



# LAST PICTURE

## SUMMARY

Participants will share one of the most recent pictures they've taken and tell the story behind it. Telling stories enhance empathy, create memories and can help build relationships. This is a great activity for any video-call celebrations!

## INSTRUCTIONS

1. Have participants share the most recent photo in their photo libraries (or a generally noteworthy one) and tell the story behind that photo. Participants can hold their phones up to their computer camera as they share their stories.
2. Participants are encouraged to be as open as they feel comfortable.
3. Once all participants share their "last picture" you've created a new memory and tradition!

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# WHAT ARE YOU DOING?



## SUMMARY

Like the game of charades, participants will act out or improvise unusual HOLIDAY actions or tasks. The rest of the participants will have to guess what they are doing. This is a fun problem solving activity that activates our brains and bodies. This is very video-call friendly!

## INSTRUCTIONS

1. Use the resources for charades prompts or create your own (e.g.) wrapping a gift, baking cookies, grocery shopping.
2. Choose teams (& team names), the prize you're battling for, and flip a coin to determine who will go first.
3. Choose a prompt and have one participant from each team act out the activity.
4. The team members have 15 seconds to guess the answer correctly and earn a point for their team.
5. Keep track of the score. The first person to get 10 correct, wins!



# INHALE, EXHALE

## SUMMARY

Whether you're feeling uneasy during the holiday season or going back to your day-to-day tasks, use the meditative guide below to practice connecting with your breath and relaxing your mind. Practicing our breathing can help you focus in on the present moment and manage the body's stress signals.

## INSTRUCTIONS

Put on calming music, or embrace the sounds of your environment. Sit comfortably in a chair or on the floor. Remove your shoes and if sitting on a chair, keep your feet slightly apart. Place your hands on your lap, palms upwards.

Start by taking a deep breath in through the nose, and out through the mouth. Take a few deep breaths, aiming to fill your stomach with air during the inhale.

Raise your right hand and place it palm down on the top of your head. Press down and rotate your scalp clockwise about seven times while saying silently, "Let me experience the state of mediation."

Raise your hand slowly upwards above your head, move it gently up and down until you locate an energy between your head and your hand. You may feel it on your palm as either warm or cool. Do this with both hands.

Bring your hand back on to your lap while keeping your attention at the top of your head where your hand has just been.

Continue to breath naturally for as long as you desire. If a thought pops up, just watch it rise and fall without judgement, or pass by as if it were a cloud.

At the end of the meditation, slowly open your eyes.





# GOAL GETTERS

## SUMMARY

A new year often reminds us of a new start. Use this activity to help you navigate how to set a goal and stick to it! Make a decorative inspiration board and put in a visible place to keep your goal front of mind!

## INSTRUCTIONS

Set a SMART goal by following the prompts below:

**Specific:** What activity are you planning on doing?

**Measurable:** How often are you completing the activity or action?

**Action-Oriented:** What steps will be taken to complete the activity?

**Realistic:** Do you have access to the materials or resources you need to do this activity?

**Timely:** For how long will you work on your goal?

Get creative and make an inspiration board!

Find pictures, words, phrases, etc. that match a goal or several goals you have. Cut up the pictures, words, phrases, etc. and place them on the board. Once you like the layout, grab the glue, glue the images, and place your board in a visible spot!

*Suggested Materials:*

A stack of old magazines

Old photographs

Pens and markers

Scissors

Glue

Large poster board or piece of cardboard





# CREATIVE CHEF COMPETITION

## SUMMARY

Get cooking with a challenging twist- have someone choose 2 ingredients from the pantry that the chef(s) have to incorporate into a meal or snack using ingredients they already have on hand. This can be a household or virtual activity!

## INSTRUCTIONS

1. Choose a judge (or judges) that can pick the two secret ingredients and score the recipes on a scale of 1-10 based on presentation, creativity, and desirability to eat.
2. Set a timer for 45 minutes and reveal the secret ingredients to the chef(s).
3. Chefs will have 45 minutes to create a dish that incorporates both of the ingredients that the judge chose. Participants may use any other ingredients available in the household to create their dish.
4. When the timer goes off, chefs will present their final product and the judge will vote on who's dish reigns supreme!

## NEED SOME INSPIRATION?

Check out recipes from some of our favorite celebrity chefs:



Candice  
Kumai



Rocco  
DiSpirito



Daphne  
Oz