



Pressing on through Winter Break Blues

By Educator Barnes – December 27, 2019

We are at the halfway point of winter break. For some reason, some children are fizzling. They are making proclamations such as, "I'm bored." Parents are at their wit ends trying to figure out how to make it through one more week. This is not the time to give in because there is hope. Winter break is a two-week break opportunity for families to get in some quality time. Take advantage of these opportunities to bring some sanity back to the remainder of the break.

Work on a puzzle

Puzzles are a low-cost way to spend quality time with your children. This activity can be completed over several days of the break. Some libraries even have puzzles available for patrons to use.

Make a gratitude list

When children are saying they are bored or complaining about all the stuff they did not get to do, that is a perfect opportunity to remind them to be grateful for what they do have. Take time to write down all the reasons your family has to be grateful. Consider posting it on the refrigerator as a reference during 2020.

Cook

Knowing how to cook is an essential life skill. Unfortunately in the age of fast food and Door Dash, families are cooking less which, in turn, means children are not getting many opportunities to learn how to cook.

Play a game

Find a board game or play sports outdoors. In Indianapolis, it was warmer on Christmas than it was on Thanksgiving and Halloween. Don't forget it snowed on Halloween. With this warm weather in December, this is the perfect opportunity to get outside.

Read together

Whether it is at home or at the library, escape into a good book. Reading a book together allows you to be able to discuss the events of the book. You might even discover that you and your children don't see eye to eye on the topics covered in the book. This gives you another opportunity to get to know your children better.

Start a new television show

Just as reading a book can prompt discussion so can watching a new show. With Disney+, Netflix, and other streaming services, there are many opportunities to find a new show to watch.

Volunteer

Last, give back to help others. Picking up trash in the community or volunteering for an organization is a great way to bond and help others.

Winter break doesn't have to be boring. Make a plan to keep your children busy and to spend quality time with them.