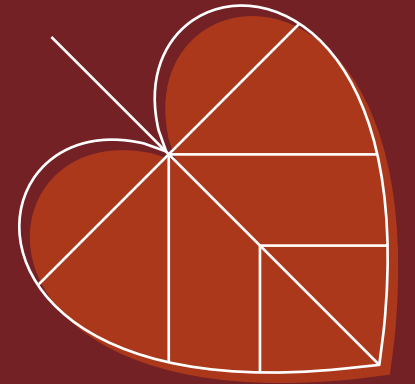
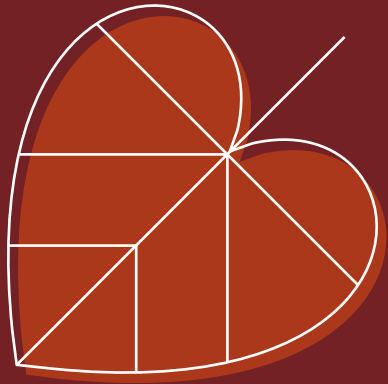


HOLIDAYS AND BUILDING HEALTHY CONNECTIONS



HOLIDAYS AND CONNECTION

- The holidays are a great opportunity to build connections with new people or strengthen existing relationships
- Some ideas include cooking, playing games, a service project in the community, conversation starters



COOKING

- Create a new holiday recipe with family or friends!
- Try these cranberry -brie knots
- <https://www.foodnetwork.com/recipes/food-network-kitchen/cranberry-brie-knots-8896702>



HOLIDAY FEUD

TOTAL
POINTS:

- Name one of Santa's reindeer. _____
- Name something you use to wrap a gift. _____
- What is a popular holiday greeting? _____
- What is a popular Christmas carol? _____
- Name something you might find in a Christmas stocking. _____
- Name a holiday-related word that begins with the letter "C." _____
- Name one non-dessert food you might have at Christmas dinner. _____
- Name one dessert you might have at Christmas dinner. _____
- Name a drink that might be served at a holiday party. _____
- What is a tradition that makes it feel like the holiday season? _____
- Name one frustrating thing about snow. _____
- Name one fun thing about snow. _____
- Name a popular Christmas movie. _____
- If you wanted to dress up like Santa, name one thing you would need. _____
- Name a word or phrase that begins with "snow." _____
- Name something you might find at the North Pole. _____

HOLIDAY GAMES

- Holiday themed games are a great way to get everyone to enjoy some fun!
- Try this holiday feud themed game. You can customize the questions to the holiday or people participating. Everyone writes down one answer per question and the top 4 will receive points.



SERVE IN THE COMMUNITY

- Finding a local service project is not only a great way to give back, but also a great way to connect with and meet new people! You can do it alone, with a few friends, or family.

REFERENCES

- <https://www.foodnetwork.com/recipes/food-network-kitchen/cranberry-brie-knots-8896702>
- <https://www.rd.com/list/christmas-party-games/>