

Giving of Yourself

Things to do with family and friends during the holidays!

- Secret Santa – members of a group are randomly assigned a person to anonymously give a gift to them, and the recipient has to guess who gave the gift
- Hot drinks and movie night in pajamas
- Cookie Exchange Party – bring a dozen cookies with your recipe
- Gift Wrap Relay – see who can wrap presents the quickest
- Go on a winter hike
- Go outside and enjoy the holiday lights and sights
- Watch a ballet, show, theatre production
- Potluck
- Bake-off
- Winter sports



Things you can do when you're alone:

- Start a journal and write down things you're thankful for
- Mail handwritten letters to your loved ones
- Organize and clean your closet, donating the clothes you don't wear anymore
- Pamper yourself with a massage or a day at the spa
- Look through old photos or read through old letters
- Take on a home project
- Go to places that will stimulate and amuse you such as festivals, museums, craft shows

Things you can do for others:

- ✓ Snow shovel for neighbours
- ✓ Go to the local mall to give mall security and parking attendants some hot chocolate or coffee
- ✓ Babysit for friends and neighbours
- ✓ Go holiday carolling at senior homes
- ✓ Read to children at the library
- ✓ Create little goodie bags to give to strangers
- ✓ Organize a local coat/clothing drive



Places you can volunteer!

- At local area projects
- Soup kitchens
- Food Banks
- Shelters
- Gift wrapping stations at malls
- Church
- Toy drives

