



'Tis the Season for Winter Family Fun

Simple ways to connect, have fun and make memories together.

Winter break can mean more time together, but keeping everyone entertained doesn't have to mean spending a lot of money. Some of the best family memories come from simple activities, shared laughs and time spent together. Looking for inspiration? **Try a few of these:**

Cozy up at home. Have a movie marathon, build a blanket fort, play board games or make a favorite meal.

Get creative. Break out the art supplies, make homemade decorations, write a story together or challenge everyone to create something using items you already have.

Go outside. Bundle up for a walk, explore a park, or go on a winter scavenger hunt.

Explore your community. Check out your local library, parks, museums or community events.

Let the kids choose. Ask each family member to suggest an activity and take turns choosing what to do.

Start a new tradition. Create an annual game night, cook a special breakfast, take a winter walk or choose another simple activity your family can look forward to each year.

Make connection the goal. You don't need an elaborate itinerary to make winter break meaningful. Put away distractions when you can, be present and enjoy the time you have together. Sometimes the simplest moments become the memories that last.

Family time can be rewarding and challenging. If you could use support, your EAP is here for you.