

Winter Break Wellness Guide

[Kristi Yeh, LMFT](#) + [Kerry Luke, PsyD](#)



What a year it has been



2020 has tested parents, and the entire world, in so many ways. Here is some inspiration to keep you sane (and have some fun too!) during a COVID holiday break.



Winter Break Wellness Contents

- Managing the family workload
- Moving for mental health
- Enjoying family traditions
- Using a growth mindset to navigate challenges
- Prioritizing fun
- Self-care permission slip





Managing the Family Workload



There is no better self-care than enlisting the help of your kids to manage the family workload. Chores have multiplied during the pandemic, so it's time to get the whole family involved. Bonus: Chores help kids build independence, resilience, responsibility and kindness.

An Age-by-Age Guide to Teaching Your Child Life Skills

by Lindsay Hutton

Ages 2 and 3

- Help put toys away
- Put clothes in the hamper when they undress
- Clear their plate after meals
- Assist in setting the table

Ages 4 and 5

- Dust in easy-to-reach places
- Clear the table after meals
- Feed pets
- Put clothes away and bring dirty clothes to the laundry

Ages 6 and 7

- Help with cooking meals, and can learn to mix, stir and cut with a dull knife
- Help put the groceries away
- Wash the dishes
- Use basic household cleaners safely
- Straighten up the bathroom after using it
- Make bed without assistance

Ages 8 and 9

- Fold their own clothes
- Care for outdoor toys such as a bike
- Use a broom and dustpan properly
- Read a recipe and prepare a simple meal
- Help create a grocery list
- Take out the trash

Ages 10 to 13

- Change their own bed sheets
- Use the washing machine and dryer
- Plan and prepare a meal with several ingredients
- Use the oven to broil or bake foods
- Look after younger siblings
- Stay home alone for short periods

Ages 14 to 18

- Perform more sophisticated cleaning and maintenance chores, such as plunging a toilet, cleaning the stove and unclogging drains
- Fill a car with gas, add air to and change a tire
- Read and understand medicine labels and dosages
- Create and maintain a calendar



Parent Self-Care + Body Appreciation Self-Kindness

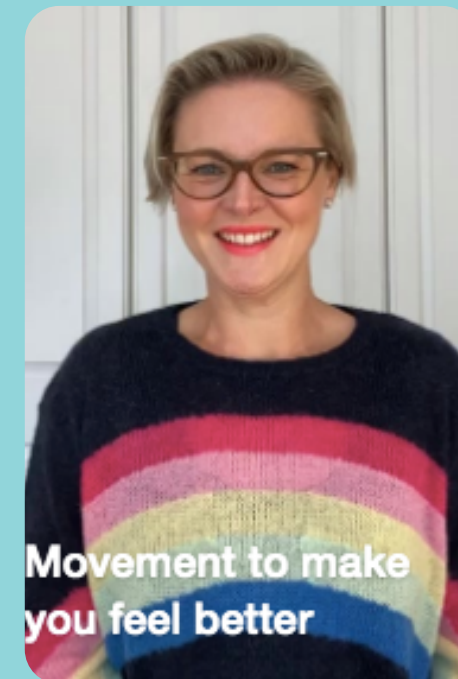
Moving for Mental Health



Rooted Parent Movement
for the family



The Body Coach
(teens+)



Suzy Reading
on Moving for Mental Health
(16 min video)



GoNoodle movement
videos (ages 5-10)



Cosmic Kids Yoga
(ages 2-10)



The Joy of Movement by
Kelly McGonigal,
Ph.D.





45 NEW
FAMILY HOLIDAY
TRADITIONS
FOR 2020

Big Life Journal
Growth Mindset
Company

Family Mantras



- We help each other in this family
- Our family can do hard things
- Many hands make light work
- Teamwork makes the dream work
- This year has had many challenges, but our family looks for the joy too





Pump Up the Holiday Fun

Parent Self-Care + Body Appreciation Self-Kindness

- Make Your Own Gingerbread House
- Multicultural holiday craft projects
- Create a Virtual Video Collage for a Loved One
- Self-Care for the Senses
- The 5 Love Languages Quiz
- Date Night Subscription Service
- Date Night In Ideas for Parents
- Zoom Holiday Theme Ideas
- Holiday Movie List
- Growth Mindset Movies for the Family
- Kid-Friendly Scavenger Hunts
- Cooperative Board Games for Kids
- Family Games



Permission Slip

- Rest and take breaks
- Take time for yourself
- Forget the to-do list
- Be gentle with yourself
- Be authentic, not perfect
- Give yourself grace

Holiday Self-Care Video
50+ Self-Care Ideas