



VOLUME 14 • DECEMBER 2020

MHCB WELLNESS PACK

MONTHLY WELLNESS ACTIVITIES FOR ALL AGES

12 DAYS OF WELLNESS

In this special edition wellness pack we give you some fun ideas to move, eat, and feel your best to help make the next few weeks meaningful and enjoyable!

<p>Light the Night! Plot a course with your family or cohort member to enjoy a walk around a neighborhood (or 2 or 3!) with festive lights and decorations.</p>	<p><u>Grinch Kabobs</u> Make your healthy snacks festive with "<u>Grinch Kabobs</u>"! (Google "Grinch Kabobs" or click on the link.)</p>	<p>Ha-Ha-Ha! Find a funny joke or meme and share it with 3 people in person, on the phone, or in a video chat.</p>	<p>Gratitude Cards Give yourself some time to think about the people you're thankful for and why. Choose 3 and make/write them a card expressing your gratitude.</p>	<p>Do You Want to Build a Snowman? Challenge your neighbors to a snowman building contest, then walk your block to see what everyone has made!</p>	<p>Holiday Baking What's your favorite holiday treat and why? Find the recipe from a family member or Google search and make it. Share your treat and why it's your favorite.</p>
<p>Give De-clutter and donate to a second hand store, or give items to a food or toy drive. Every bit helps!</p>	<p><u>"Video Games"</u> Schedule a video chat with loved ones and have a <u>games night</u>! (Google "<u>Holiday Games to Play on Zoom</u>" or click the link for ideas!)</p>	<p>Sledding Grab a sled, toboggan, tube or racer and head to the hill for some tobogganing and snow racing.</p>	<p>Hot Beverage Take a mindful minute with a hot beverage and pay special attention to it's smell, taste, warmth, and how it makes you feel.</p>	<p><u>Kindness Rocks!</u> Create <u>Kindness Rocks</u> and place them around your neighborhood. (Google "<u>Kindness Rocks</u>" or click on the link for ideas.)</p>	<p>Holiday Movie Put away your phones and put on a holiday movie you all enjoy. Wishing you could watch with someone far away? Try an app like <u>Teleparty</u> to watch together!</p>



Safe. Calm. Connected.
BRSD WELLNESS

