

#### **APPLE CIDER**

#### **SLEDDING**

WINTER

**PET A REINDEER** 

**LISTEN TO HOLIDAY MUSIC** 

**PLAY IN THE SNOW** 

EAT A CANDY CANE

FALL



#### **HOT CHOCOLATE**

#### **ICE SKATING**

### **DRESS UP AS SANTA CLAUS MAKE A PAPER SNOWFLAKE**

### **BE COZY INSIDE**

#### **EAT SOME CHOCOLATE**



# **MY HOLIDAY TRADITIONS**

# Let's talk about routines!

# What are some things you do every day at about the same time?

Do you have a morning routine? What about a bedtime routine?



## Have you ever wondered...

Why do so many people eat Turkey at Thanksgiving

Why some people put up trees in their living rooms around Christmas

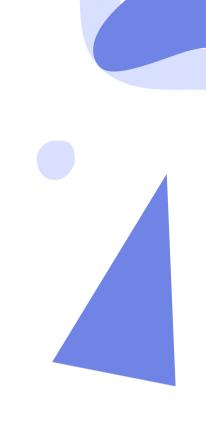
or why a lot of folks do a ton of cleaning in the spring?

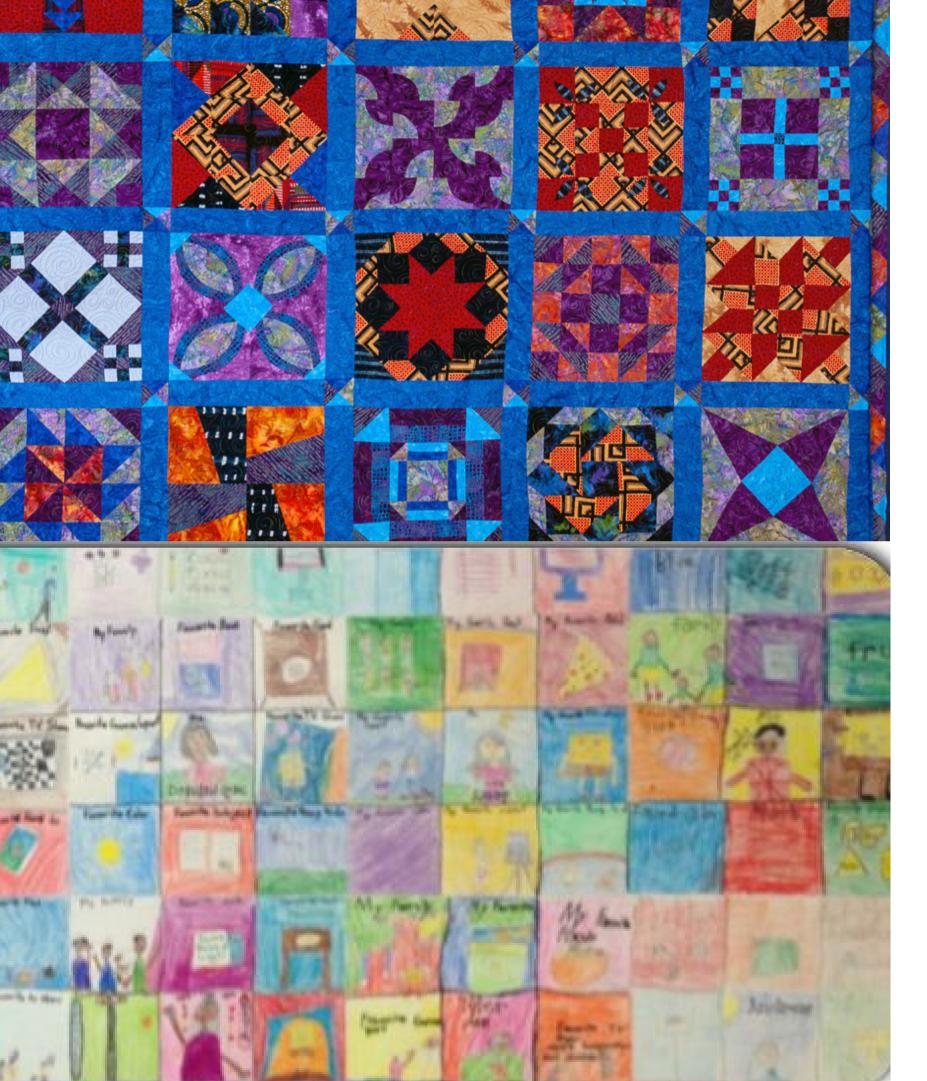
### These are examples of traditions

## What is a tradition?

TRADITIONS ARE THINGS YOU DO REGULARLY THAT MEAN SOMETHING TO YOU AND YOUR FAMILY. THEY HELP BRING US CLOSER TOGETHER!

WE CAN THINK OF TRADITIONS AS PART OF OUR **ROUTINE**.





- -tape

# Family Tradition Quilt

- You'll need:
- -9 paper squares
- coloring supplies

# **Square 1** Draw or write about a family tradition involving food.

Is there a meal you eat a lot? Is there a food you only eat during a certain time of year?



### Color this square with your favorite color!

If you know the favorite color of other family members, add those colors too!

# vorite color!



involving clothing. Do you dress up for anything? Is there a piece of clothing you only wear a certain time of year?



A family tradition



### Draw or write about things that come to mind when you hear the word "home."



# Are there any decorations your family puts

Square 5 Draw or write about decorations your family uses.

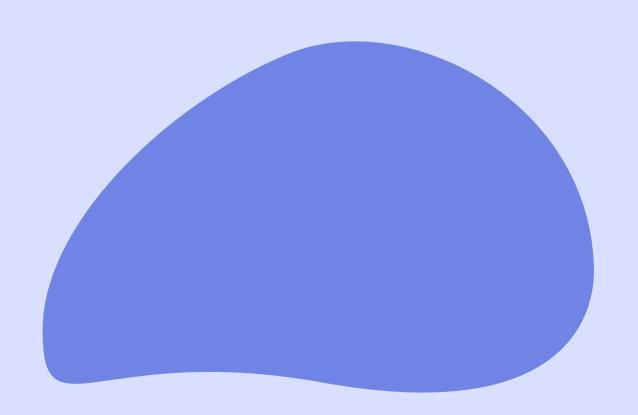
up for special occasions?





### If you could start a new tradition, what would it be?





Draw or write about an activity your family likes to do together.

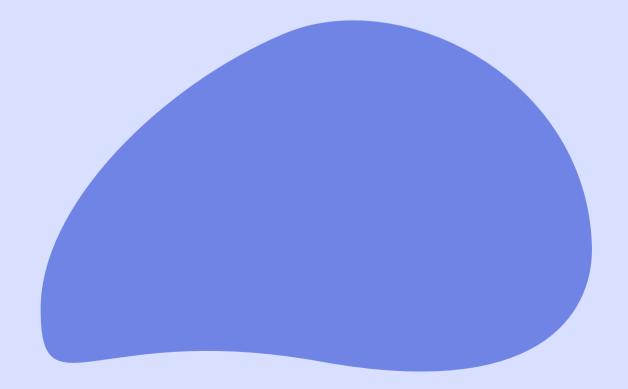


### Quickly draw or write about each of the members of your household. Pets too!





# Draw or write about what your family has



# Square 9

planned for the rest of this year.

What is the next holiday you'll be celebrating?

