

# THIS

APPLE CIDER

SLEDDING

WINTER

PET A REINDEER

LISTEN TO HOLIDAY MUSIC

PLAY IN THE SNOW

EAT A CANDY CANE

# THAT

HOT CHOCOLATE

ICE SKATING


FALL

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.





# Family Tradition Quilt

You'll need:

- 9 paper squares
- tape
- 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?







# Square 2

**Color this square with your favorite color!**

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







# Square 3



A family tradition  
involving clothing.

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



# Square 4

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



# Square 5

Draw or write about decorations your family uses.



Are there any decorations your family puts up for special occasions?



# Square 6



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





# Square 7

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





# Square 8



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





# Square 9

Draw or write about what your family has  
planned for the rest of this year.

What is the next holiday you'll be  
celebrating?

# Now tape it all together!

