

# DECEMBER

## ACTIVITY LIST

- Kiss under the mistletoe
- Go caroling
- Write a letter to Santa Claus
- Make a pinecone and peanut butter bird feeder
- Send a christmas card
- Build something with marshmallows and pretzels
- Go sleigh riding
- Bundle up and take a walk to see Christmas lights
- Play balloon volleyball
- Play a game of "Santa Says"
- Have a Christmas song dance party
- Make a homemade ornament
- Picnic in front of your Christmas tree
- Catch a snowflake on your tongue
- Play a game of Twister
- Gather the neighborhood for a game of snow-dodge ball
- Bake some gingerbread
- String popcorn and cranberries
- Drink wassail
- Stir your hot cocoa with a candy cane
- Slippery sock skating
- Roll up white socks and have an indoor snowball fight

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CREATE BETTER HEALTH<sup>SNAP-ED</sup>

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