



SAFE COMMUNITY COALITION
Working Together for Our Youth Since 1995

50+ Family Activities to Manage the Moments this Winter

- Take a walk around your neighborhood or through a local park
- Consider getting a pet that you have the time and funds to care for
- Volunteer with a local nonprofit
- Cook meals as a family
- Learn a new skill like making bread, painting, or playing an instrument
- Exercise every day and try to get outside while doing it
- Have a family dance night with each family member picking favorite song
- Recipes from around the world – each week, pick a different country and make a dish from that country
- Break out the board games and play one each week
- Adopt a grandparent – ease the loneliness of those in nursing homes and send a note or card to raise their spirits
- Download an audiobook
- Schedule a Zoom call with extended friends or family
- Assemble a jigsaw puzzle
- Learn a new card game
- Gather unused items and clothing and donate to help those in need
- Start a gratitude journal – list 3 things you are grateful for each day
- Binge a new series on Netflix, etc.
- Try a new recipe for your holiday meal
- Support your local restaurants by ordering takeout each week
- Schedule an at-home spa day – make homemade scrubs and masks
- Take a class online and perfect or learn a new skill
- Create a playlist of your favorite music
- Start a recipe exchange with friends
- Maintain a healthy routine
- Practice saying “no”
- Make time for yourself and the things you enjoy
- Meditate – download a meditation or calming app
- Decorate for the holiday season
- Share cooking with a friend – make a double batch of your dinner and deliver to a friend/neighbor and have them return the favor
- Start or join a book club
- Download a podcast
- Light a candle of your favorite scent
- Take a bike ride
- Take a virtual tour of a museum
- Make an ice cream sundae bar
- Use aromatherapy scents to relax, invigorate, etc.
- Limit your intake of the news and social media
- Watch an old movie
- Call a friend
- Take a day trip
- Go to the zoo
- Go see a drive-in movie
- Go on a scavenger hunt
- Have a family movie night
- Donate food to a shelter, food pantry, etc.
- Schedule a virtual breakfast, lunch, happy hour with a friend
- Practice deep-breathing exercises
- “Walk and talk” with a friend
- Listen to a Ted Talk
- Draw, color, paint a picture or try paint by number kits
- Join a small group through your church, community center, neighborhood, etc.
- Send a gift to a friend “just because” to let them know you are thinking of them



MANAGING
the **MOMENTS**
A Safe Community Coalition Initiative