

- Read a book from start to finish
 Develop an indoor workout routine
 Get up early and make breakfast
- 4. Catch up with friends
- 5. Be in pajamas all day
- 6. Spend time with family
- 7. Make plans for New Years
- 8. Make a pillow fort
- 9. Take a walk

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- 10. Make New Year's resolutions
- 11. Bake something
- 12. Have a movie marathon
- 13. Pick up a new hobby
- 14. Look at Christmas lights
- 15. See a local free play or musical
- 16. Have a game night
- 17. Volunteer somewhere
- 18. Relax outside

- 19. Write a letter to a friend
- 20. Take pictures
- 21. Start a new tv show
- 22. Make holiday cards
- 23. Visit a local museum
- 24. Cook something new
- 25. Look through old photos
- 26. Play a sport
- 27. Start a journal
- 28. Have a picnic
- 29. Take a break from your phone
- 30. Make a holiday playlist
- 31. Try meditation
- 32. Play with a pet
- 33. Go to the park
- 34. Take a nice bath
- 35. Get a sweet treat



Safe At Home is dedicated to helping children and families heal from trauma through education, counseling, and support. Our Margaret's Place programs provide students with a safe space in schools, where they can access counseling, peer leadership opportunities, and learn to build healthy relationships. Together, we create safer, braver spaces for young people impacted by violence and trauma. | Learn more at joetorre.org



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