

# Ten Ideas for re-Creating Your Holiday after a Pandemic

In our holiday ZOOMGRIEF presentation last year, Wings offered many ideas of how to enjoy the holidays when gathering was not recommended. We are well into our second year of safe practices and the promise of getting together with family and friends seems very possible.

However, the question arises of how we can create a new tradition to rejuvenate the holidays of Christmas Past. This year presents an opportunity to add some creativity to your celebrations that can become a “new” tradition going forward. Borrow from these ideas we introduced last year and find your favorite.

1. Create a Challenge Game like unwrapping Hershey candy kisses with mittens on. Or challenge family to put together a meal for a predetermined amount (Like \$12.37). The winner is the family that gets closest to \$12.37 without going over. Donate the meal.
2. Create a Holiday Scavenger Hunt that spots Christmas decorations. The participants will record the address where they found decorations such as: nativity scene, snowflakes, the word “Noel”, etc. They can also take a picture on their phone to log their “find”. Time should be the limiting factor.
3. Host a Goodwill Gift Swap. Find a desirable item within a predetermined dollar amount. Wrap and share.
4. Unwrap a Memory. Put a spin on traditional gift giving. Instead of purchasing something give a meaningful gift you already own. If you are bereaved, a touching gift is giving something that belonged to the deceased that would be meaningful to someone else.
5. Make a Kindness Pact—to go out of your way to help someone in need. Share your accomplishment.
6. Make a Difference Letter. Make Thanksgiving something to be really thankful for. Make it a point to thank someone in your life who has made a difference. Send a special letter letting someone know how important they are. Thank a worker for showing up at work today. Many times people who have influenced our lives are never aware of that special moment or act.
7. Simple Gathering. It doesn't have to be a large family gathering or a dinner with all the trimmings. It can be pizza for a few. Or cocktails or coffee and cookies by the fire on any day around the holidays.
8. Campfires are perfect places to spend time outdoors. Gather when it is snowing and roast marshmallows. Share stories about loved ones who died.
9. Dinner-time Candle Lighting. Each person gets a tea light or candle. One starts by lighting the candle and sharing a memory of the person who died. He then lights the next person's candle, and they share their memory.
10. Create a Gratitude jar for 2022. Once a month or more, each person should deposit a slip of paper in their jar of something good or positive that happened in the month. Read them when you gather at the end of 2022.

## *Examples for Jotting down your Joys:*

- *A place in nature you found that is safe and relaxing*
- *Something that is going well in your life*
- *Things you enjoy doing alone*
- *Things you enjoy doing with a friend while social distancing*
- *Something kind about a friend that you may have taken for granted*
- *Something you did for someone else that made you feel good*