

Dear Counselling Corner:

It is Valentine's Day coming up and we would love to do something a bit special this weekend with our family which is of course, Covid safe. Do you have any suggestions which are fun, and family focused? We are running low on activities to keep everyone engaged and busy these days. Thanks!

Tired Mom and Dad

Dear Tired:

Heading into the Valentine's weekend while the weather is cool and unpredictable can be stressful, especially during Covid times. But it can also be a lot of fun! Here are some ideas:

- Break out a jigsaw puzzle
- Cuddle up with a blanket, a cup of tea, and a good book
- Spend the day in your PJs and play board games
- Work on a challenging crossword or word game
- Splurge on a pair of fuzzy slippers
- Reconnect with loved ones
- Bake cookies
- Build a pillow fort
- Enjoy a living room picnic
- Host a movie marathon of all your favorites
- Eat dinner by candlelight
- Take an online cooking class
- Pick up a new hobby
- Encourage an amaryllis bulb or other flowering plant to bloom
- Start some seedlings
- Host a virtual book club
- Plan a fancy Valentine's Dinner for the whole family!

You can also check out these websites I found:

<https://www.lakechamplainchocolates.com/blog/family-valentines-day-ideas/>

<https://kidshelpphone.ca/get-info/6-ways-to-celebrate-valentines-day-during-covid-19>

<https://www.connecticutchildrens.org/coronavirus/8-ways-to-celebrate-valentines-day-with-kids-during-covid-19/>

The Counselling Corner is intended to offer some helpful ideas, encouragement and insight on a variety of topics to support your child's social and emotional learning. Please contact me if you have any questions or concerns at hchang@sd43.bc.ca.

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