

## Dear Counselling Corner:

Last year, I remember you ran something about activities you could do in the winter months with your kids. Will you please rerun it? I am needing some inspiration with these long nights and Spring Break is still a month and a half away. Thanks!

## Mom out of ideas

### Dear Mom:

Here it is 😊

1. Go stargazing. Put on winter coats and pack thermoses of hot chocolate and head outside on a clear night. Check out star constellations on the internet in advance and then see if you can find some outside.
2. Go on a winter hike. Be sure to dress properly, bring snacks, and anything else you may need to be safe. Let someone know where you are hiking and which trails you are on.
3. Try ice skating! Lots of local rinks are open – check the internet for listings.
4. Set up a hot chocolate bar and make gourmet hot cocoa with a variety of toppings such as whipped cream, chocolate sauce and marshmallows.
5. Bake a pie, from scratch. My grandmother and mother used to do this so easily and in today's world it is becoming a dying art! Check out YouTube for ideas, put on an apron and roll up your sleeves! I was determined to make one last year, and I had an additional challenge, as I am gluten-free. However, after a few minor setbacks, my pie actually worked out AND incredibly my family actually seemed to enjoy it!
6. Make a birdfeeder out of pinecones, peanut butter, and birdseed and set it up by a window so that you can watch birds enjoy it.
7. Make baked apples. Have you ever tried this? Oh my gosh! They are AMAZING!! There are lots of recipes online. Serve with vanilla ice-cream and enjoy!
8. Bake bread, from scratch. Again, lots of recipes out there! Your house will smell incredible.
9. Watch a family movie, with homemade popcorn!
10. Make and simmer a pot of homemade soup. You may wish to read your children the Stone Soup story as you do this and have them add ingredients. Check out the story at: <https://foodgrainsbank.ca/resources/story-stone-soup/>
11. Make some winter crafts – check out this site: <https://www.happinessishomemade.net/easy-winter-kids-crafts-that-anyone-can-make/>
12. Put a puzzle together. Once completed, you may wish to keep it together. See this link to learn how: <https://www.youtube.com/watch?v=RIBvp6hy9TU> My daughter has completed over 40 puzzles since she was little and now all of the walls in our garage are decorated with her puzzles!
13. Learn how to knit – there are many great You Tube videos to teach you how.

14. RAC Week (see <http://www.realactsofcaring.org/> and Valentine's Day are NEXT Week!  
Check out this website: <https://ideas.hallmark.com/articles/valentines-day-ideas/valentines-day-ideas-for-family-fun-at-home/>

*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.*

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