

Dear Counselling Corner:

Will you remind us about some things which we can do over the winter break to help reconnect with one another? This fall has been super busy for us. Thank you!

Mom and Dad**Dear Mom and Dad:**

Winter break is a wonderful time to slow down, reconnect with family and friends and create new memories. Spending time together allows for families to build on relationships and share time together. But how can we achieve this? Here are some fun and low-cost winter break activity ideas for children and families:

<https://www.mommynearest.com/article/30-ways-to-keep-your-kids-busy-over-winter-break>

<https://stateofopportunity.michiganradio.org/families-community/2016-12-19/8-ways-to-keep-your-kids-from-saying-im-bored-during-winter-break>

<https://www.notimeforflashcards.com/2012/12/31-things-for-kids-to-do-during-winter-break.html>

If you wish to meet with me or if you have concerns about your child and would like to access my services, please email me at hchang@sd43.bc.ca.

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.

Harriette Chang
School Counsellor