



OUR FAVORITE HOLIDAY ACTIVITIES

Anyone with children knows the holiday season is an exciting time. From family gatherings to school activities to weekend fun, there's so much to do and see together.

Here are just a few of our favorite holiday-inspired, brain and body building activities to celebrate the season!

BRAIN BUILDING HOLIDAY ACTIVITIES



HOLIDAY READING

There's no shortage of age-appropriate books to help celebrate the holiday season. The trick is to choose ones with relatable characters and ideas for kids with learning disabilities, such as "A Charlie Brown Christmas," "How the Grinch Stole Christmas" or "Nathan Blows Out the Hanukkah Candles."

SEASONAL MUSIC

With countless renditions of cherished holiday songs and versions adapted just for kids, your child can enjoy seasonal music (which can increase brain function) in multiple ways. Singing, dancing, clapping or tapping should also be incorporated wherever possible, as movement improves overall mood and health.



FESTIVE WRITING

Have your child help you create handmade holiday cards with his or her own individual touch. Drawing and writing are cathartic practices that calm the nerves and encourage creativity. Let your child write with whatever tool is most comfortable, such as a pen, pencil, marker, keyboard or speech-to-text.



SENSORY CRAFTS

Tactile activities can lead to more active memory. Under your supervision, your child might enjoy hands-on crafts such as making paper snowflakes (an all-time favorite!). Other craft ideas include stringing popcorn, paper-plate snowmen, wreaths and ornaments.





HOLIDAY ACTIVITIES THAT KEEP KIDS MOVING

MAKE YOUR OWN "REINDEER GAMES"

Get everyone outside to play your family's favorite games like Capture the Flag, Red Rover or tag. If you're feeling creative, you could hand out noses or make each player a shirt with a different reindeer's name on it.

EXPLORE DIFFERENT HOLIDAY TRADITIONS

Whether your family celebrates Christmas, Hanukkah or Kwanzaa, learning about different cultures and traditions is always a fun experience. Take a trip to the library to check out some books about holiday customs around the world. Try making potato latkes together or draw a kinara.

SIGN UP FOR A HOLIDAY RACE

A quick online search will help you find a Holiday-themed fun run in your neighborhood. Can't find one close enough? Invite friends and family to a local track and put on your own version. It could be a fun yearly tradition for your family.



WRAP PRESENTS FOR A FAMILY IN NEED

Giving back is such an important part of the holidays. "Adopt" a family through your local church or charitable organization, and spend the day collecting the items you plan to give them. Then, you can spend the day wrapping, cutting and taping to prepare the gifts for drop-off.

RELAXING HOLIDAY ACTIVITIES FOR PARENTS



SCHEDULE A SITTER

Finding time to do what you love is easier if you have a scheduled care giver, but finding a sitter that can care for kids who struggle with issues like ODD, ADHD, and Asperger Syndrome (ASD) can be a challenge. Consider asking a family member or trusted friend to help you for a few hours during the holidays.

ENJOY A SPA DAY

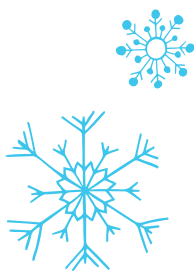
Now that you've found a sitter, use the freed up time to pamper yourself. Schedule a massage, visit a steam room or sauna, or just relax and breath at home. You're worth it!



TRY SOMETHING NEW

Take up a relaxing hobby like painting or knitting or restart an old hobby like playing an instrument or practicing yoga.

SENSORY SNOWMAN FLUFFY SLIME



WHAT YOU NEED

1



3-4 Cups
Foam Shaving
Cream

2



1/2 cup
Elmers Washable
School Glue

3



1/2 Tsp
Baking Soda

4



1 Tbsp
Saline Solution

Follow the directions carefully! Slime making is like baking - the order of operations matters for a happy outcome!

TIP:

HOW YOU MAKE IT

- STEP 1:** Measure and add 3-4 generous cups of foam shaving cream to a large mixing bowl.
- STEP 2:** Measure and add 1/2 cup of white glue. Gently stir to combine.
- STEP 3:** Add 1/2 teaspoon of baking soda to mixture and gently stir.
- STEP 4:** Add 1 tablespoon of contact solution.
- STEP 6:** Whip the mixture to activate the slime. It will begin to pull away from sides and bottom of the bowl.
- STEP 7:** Pick up your slime and knead it until smooth and stretchy and no longer sticky.
- STEP 8:** Add white or silver glitter for a snowy shimmer!

TIP:

Squeeze a few drops of saline solution on your hands before picking up slime, makes it stick less while you knead it. Kneading it is important to improving the consistency of the slime.

BRAIN BALANCE 360 HOLIDAY FRUIT BREAD

PREP TIME: <15 MIN. | COOK TIME: 1 HOUR | SERVINGS: 8

INGREDIENTS

- 3/4 cup almond milk
- 1/4 cup coconut palm sugar
- 1 chia or flax egg (see note 1)
- 3 tablespoons coconut oil or applesauce (see note 2)
- 2 tablespoons maple syrup
- 3 1/2 teaspoons baking powder
- 3/4 teaspoon salt
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1 1/4 cups almond meal
- 1 1/4 cup gluten free flour
- 1 1/4 cup oats
- Optional: 1/2 cup chopped nuts



NOTE 1:

Chia or flax egg:
combine 1 Tbsp chia seed or
flaxseed meal with 2.5 Tbsp water,
mix and let set for 5-10 minutes
to thicken.



NOTE 2:

If you replace the
coconut oil with
applesauce, it may
make it a bit
more dense.

DIRECTIONS

- STEP 1:** Preheat oven to 350F and line a loaf pan with parchment paper.
- STEP 2:** Place the fruit compote into a large bowl, then add all ingredients up to the vanilla extract and whisk together.

Add in the almond meal, gluten free flour and oats and stir.
- STEP 3:** Bake for 60-75 minutes, or until firm and golden brown on top.
- STEP 4:** Let cool completely before cutting or it will be too tender to hold form.
- STEP 5:** Store leftovers in a sealed container for a few days.
Slice and freeze for longer term storage.

