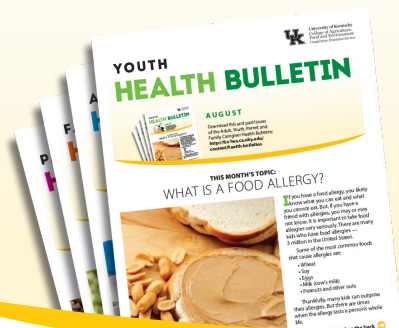




YOUTH HEALTH BULLETIN



DECEMBER 2021

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

THIS MONTH'S TOPIC:

KEEP FRIENDS CLOSE DURING THE HOLIDAYS



The holiday season is finally here! It is a magical time of year to spend time with our friends and families. However, things have changed a lot over the past year. Maybe you have not been able to see your friends as often as normal. Even though we cannot always see our friends in person, we can still stay close with them. Here are some ways to keep up with your friends this holiday season.

Keep a list.

If you feel sad because you cannot see your friends, try keeping a list of them on a piece of paper and stick it on your fridge. Maybe even add photos. This can help us feel happier.

Continued on the back →



Sending homemade cards to your family and friends is a great way to show them you care.

➔ Continued from page 1

Enjoy the outdoors.

Even though it's winter, you don't have to sit inside. Go out and enjoy the snow with sledding, skiing, or building a snowman. You can even go for a walk with friends around the neighborhood to see the light displays and decorations. Just be sure to dress warm!

Call your friends.

Try setting up a virtual playdate with your friends over the holidays when you cannot see each other at school. This could include a virtual game night of holiday charades with friends. On the other hand, you could even set up regular short 10-minute phone calls each week to stay in touch.

Give little gifts.

A handwritten letter or piece of artwork can be a great gift to send to a friend. Receiving a letter in the mail or creating a gift can bring joy to both you and your friend.



Have a movie night.

Sometimes the holidays can be busy with events. Take some time to relax and watch your favorite holiday movie and invite a friend and their family virtually. Many streaming services now offer these options — for example, Netflix has a feature for online viewing parties.

Send holiday cards.

Making homemade cards to send to your family and friends is a great way to show the ones you love how much you care for them. As well as showcase your creativity and handiwork.

REFERENCES:

- <https://kidshealth.org/en/kids/winter-safety.html>
- <https://kidshealth.org/en/parents/holidays-coronavirus.html>



**YOUTH
HEALTH BULLETIN**

Written by: Natalie Jones
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Cartoon illustrations by:
Chris Ware (© University
of Kentucky School of Human
Environmental Sciences)

