

University of Kentucky College of Agriculture, Food and Environment *Cooperative Extension Service*

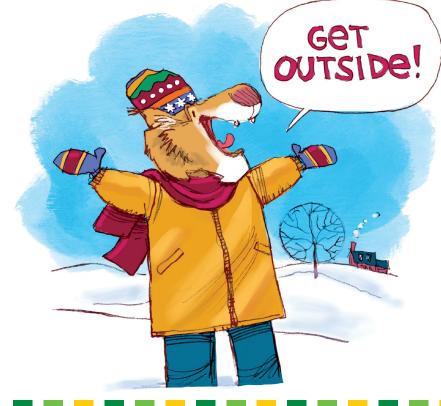
YOUTH HEALTH BULLETIN



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

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 😑

Cooperative Extension Service Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

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

ڬ Continued from page 1

Enjoy the outdoors.

Even though its 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)