

This time of year is joyful and festive as well as busy and stressful. Guidance lessons for November focused on being grateful for our everyday blessings. To take time out of our day to look around at all that God has given us. The Guidance lessons in December focused on empathy and understanding others feelings. To try and understand others and love them is more than just being kind to others. When we have a grateful heart, we are happier and healthier. By showing kindness to ourself and others, we are less stressful.

Over break, it's nice to have a relaxed schedule, but sometimes we do better with some structure. Be mindful and focus on taking care of yourself and your family. Here are some helpful reminders for a wonderful Christmas:

- Plan for the right amount of sleep
- Enjoy sweet treats but make sure to eat healthy and drink water
- Get outside for physical activity and sunshine
- Relax with reading books, journaling, drawing
- Have fun as a family; watching movies or TV shows, playing games

