

# Liven Up Your Holiday Celebration!

Gathering with family and friends is one of the best parts of the holiday season. Make your celebration stand out with these fun activities!

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## Game On

Have board games and card games to play around the table. Keep them simple, friendly and fun: e.g. Scrabble, Apples to Apples or your favorite card game.

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## Get Crafty

Have an arts and crafts project that everyone can do. Make an ornament, decorate cookies or build a gingerbread house.



## Festive Tunes

Create a holiday playlist or choose a station on your favorite streaming service to keep the energy up — and the music on autopilot!



## Strike a Pose

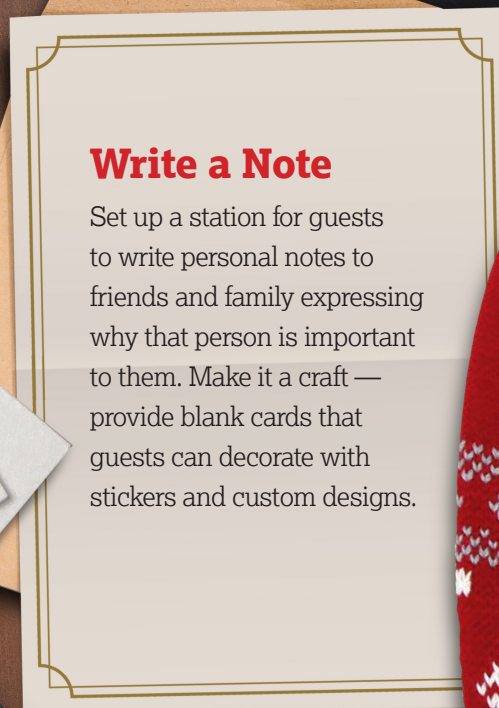
Put out a Polaroid camera or a few disposable cameras for guests to capture memories. Think of the photos as a special personalized gift!



*Great Party!!!*

## Write a Note

Set up a station for guests to write personal notes to friends and family expressing why that person is important to them. Make it a craft — provide blank cards that guests can decorate with stickers and custom designs.



## Theme It

Theme your celebration! Invite guests to wear their favorite holiday sweater or dress like a character from their favorite seasonal movie or television show.



# 5 Tips to Stress Less This Holiday Season



While holiday celebrations can be fun, planning and hosting — and in some cases, even attending — can be stressful. Here are five tips to reduce your stress levels this holiday, so you can focus on what's important!

1

Establish expectations ahead of time with your family on the intention of your celebration. This helps keep everyone on the same page to avoid uncomfortable dinner conversations.

2

Assign each attendee to a different dish to cut down on kitchen activity — someone takes an appetizer, dessert, side dish, etc. Send a reminder a few days before so folks remember to bring their dish!

3

If you're driving to the party, leave plenty of time to get there in case of traffic or inclement weather. Consider a ride share to avoid having to drive at all.

4

Designate a “clean up committee” to help with clearing the table, sorting dishes, bagging up leftovers, etc. Opening presents? Have a large trash bag nearby for guests to dispose of wrapping paper.

5

Treat yourself to a massage after the holiday hustle is over!

*It's been a pleasure serving you this year, and I look forward to continuing that level of care in 2020. Whatever you do to celebrate this season, I wish you and your family a cheerful holiday and a wonderful New Year!*