CREATING NEW TRADITIONS
In the era of COVID-19

• Host holiday celebrations online to decorate for the holidays, sing holiday songs, tell stories and say prayers.

• Send each other small gifts or holiday treats and open them together over a video calling platform (i.e. Zoom, Facetime)

• Start a holiday crafting chain. Each family could add to one craft project and then send it to the next family or each family can make their own craft or holiday treat and sending it to the next member in the chain.

• Host a holiday competition. Vote for the best decorated holiday treats or house over video calling

Created for Variety Club in collaboration with Gwynedd Mercy University Occupational Therapy Students and Occupational Therapy Fieldwork Supervisor