



December is National Stress-Free Family Holidays Month

# Holiday happiness jar

This simple activity can help you experience a happier holiday season by focusing on positive memories. Print and cut out the cards below. Read the prompts and think of a happy memory for each. Write your answers on the back and place the cards in a jar. Throughout the holiday season, pull out a card during a break or as part of your morning or bedtime routine to keep your favorite holiday memories alive!

<b>A holiday food or drink I love to indulge in</b>	<b>My favorite holiday memory</b>	<b>A fun game/activity I played</b>	<b>A holiday story that brings back fond memories</b>
<b>A favorite holiday tradition</b>	<b>A holiday song that reminds me of good times</b>	<b>A favorite place I visited during the holidays</b>	<b>A favorite gift I received</b>
<b>A holiday decoration that brings back fond memories</b>	<b>A favorite holiday movie or TV special</b>	<b>A holiday song that always puts me in a festive mood</b>	<b>A special holiday card or letter I received</b>
<b>A memorable holiday trip or vacation</b>	<b>A holiday tradition I started with my family or friends</b>	<b>A holiday craft or DIY project I enjoy</b>	<b>A funny holiday moment that always makes me laugh</b>
<b>A holiday recipe I love to make</b>	<b>A memorable holiday party</b>	<b>A holiday tradition from my childhood</b>	<b>A holiday book or story I enjoy reading</b>
<b>A holiday event or festival I look forward to</b>	<b>A holiday outfit or costume I wore</b>	<b>A holiday photo that makes me smile</b>	<b>A holiday gift I gave that was well-received</b>
<b>A holiday scent that brings back memories</b>	<b>A holiday activity I enjoy doing outdoors</b>	<b>A holiday song I love to sing along to</b>	<b>A holiday activity I enjoy doing indoors</b>



Scan the QR code to visit your member website for more information.

