

EMOTIONAL INTELLIGENCE

# ADVENT

A THOUGHTFUL WAY TO  
COUNTDOWN TO CHRISTMAS

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Read to a sibling

Do a puzzle

Sing some carols

Express gratitude to  
someone

Make a homemade  
craft

Make a card for  
someone

Play an instrument

Clean up or declutter  
your toys

Make a hot chocolate to  
share

Wrap a gift for  
someone

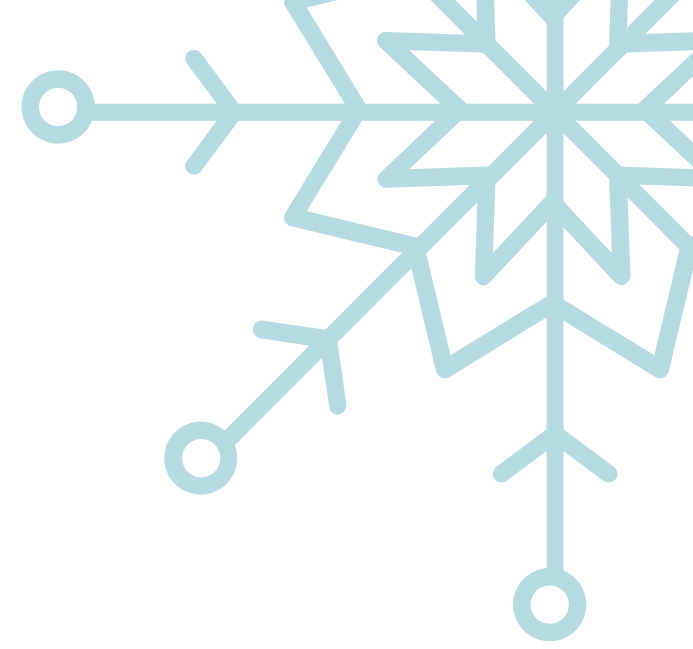
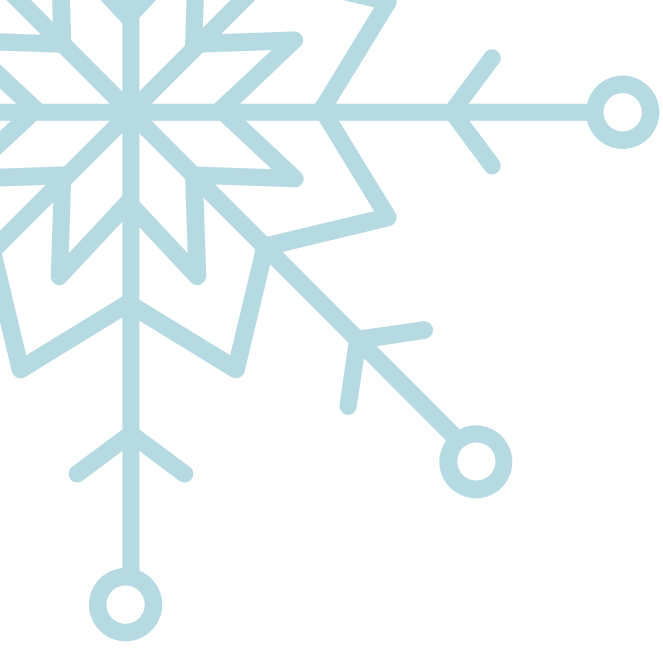
Bake something to  
share

Tell someone what you  
like about them

Ask someone how they  
feel today

Memorize your favorite  
Bible promise

Play a Christmas game  
together



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Smile at others

Sort toys to give

Do something kind

Call someone to say  
"I love you!"

Tell someone the  
story of Jesus' birth

Ask somebody  
how you can help

Send a Christmas  
letter

Write 3 reasons you  
are special to God

Go outside (sledding)  
with your family

List 5 things you're  
grateful for

Write out Bible  
promises to share

Cheer for or encourage  
someone

Each of these activities are meant to enhance frontal lobe development, nurture an other-centered spirit, and encourage family togetherness.

We hope it is a blessing to your family this holiday season.

~ Krystin

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