

# 20 Ways to Spend Quality Time with Your Student During Break

1. Volunteer together to help with a local holiday meal, gift-wrapping booth or adoption days at the local animal shelter.
2. Take an elderly neighbor or relative out to do something she likes that will get her in the holiday spirit.
3. Go to craft fairs together.
4. Try an improv class, Pilates or some other activity that could be fun for both of you to try.
5. Ask him to meet you for lunch at your office so you can introduce him to your co-workers.
6. Go on a walk or bike ride together.
7. Try on of those new Sudoku puzzles together – they're Japanese number puzzles that are the current craze.
8. Cook a nice meal together to share with family or friends—see if your student has any new recipes to share or if he wants to learn how to make one of your specialties.
9. Ask your student to share some of his papers and projects with you from the semester that he's particularly proud of.
10. Adopt a family for the holidays and make/buy items that will help them have a healthy, happy holiday season.
11. Have a Father/Student or Mother/Student night at the movies with another parent/student pair that your son/daughter chooses.
12. Head to the wellness center in town for chair massages.
13. Look through digital photos that your student wants to share—it's a good way to see who her friends are and what her surroundings look like.
14. Check out a church supper or firehouse pancake breakfast instead of going out to eat at a restaurant.
15. Go browse through the bookstore or library, comparing things you'd both like to read.
16. Do holiday grocery shopping together at night, when it's not so crowded.
17. Stay in some night, with popcorn and board games—sometimes old-fashioned fun can be the best!
18. Have a New Year's potluck with friends so you can all enjoy one another's company once the holiday hub-bub has died down—and share your leftovers.
19. Participate in the New Year's Day bird count at your local environmental education center.
20. Start a new tradition, whether it's buying a favorite children's book to donate to a local agency or picking out a Toys for Tot donation—together.



## Don't Overplan

During the holiday break, it's easy to want to cram lots of family time into the small window of time that your student is home. However, it's important not to overwhelm anyone. So, ask your student what she would like to do during her time at home. Chances are, she'll be eager to sleep and regroup after the stress of finals. Yet, listen to what else she has to say so that her priorities are in the mix, too. This will help make for a healthy, happy holiday season for all.