

# Countdown to the New Year



DECEMBER

1

## Assemble your Paper Chain

Print out sheets and trim along dotted lines. Glue ends of today's strip together to make a circle  
Add each day's strip as a "link" to the chain. **Let the fun begin!**

DECEMBER

2

## Get Active Indoors

Start the month being active at home! Check out the Healthy Holiday Challenge at [www.actionforhealthykids.org](http://www.actionforhealthykids.org).

DECEMBER

3

## National Mutt Day

Pet your furry canine friends. #adoptdontshop

DECEMBER

4

## Cozy, Warm Feet

Celebrate National Sock Day! Consider buying some extra socks and donating them to local shelters.

DECEMBER

5

## International Volunteer Day

Think about how you can help others—virtually or in your own home.

DECEMBER

6

## Mitten Madness

Check your closets and drawers for mittens. Repair or replenish any that are frayed or missing.

DECEMBER

7

## Wash those Hands!

Pick your favorite soap and wash your hands in honor of National Handwashing Awareness Week.

DECEMBER

8

## Support Local Restaurants

December is Food Service Safety Month. Order some takeout from your favorite local restaurant!

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9

## Get your Flu Shot

Have you gotten your flu shot yet? It's National Influenza Vaccination Week. Call your doctor or visit your local pharmacy.

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## Check Out the Library

Check out the online offerings of your local library...  
Sno-Isle Libraries: [www.sno-isle.org](http://www.sno-isle.org) or Everett Library: [www.epls.org](http://www.epls.org).

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## Hanukkah + Helping

Today is the first day of Hanukkah. If you don't celebrate, consider helping your community by donating to a local food bank.

DECEMBER

12

## Poinsettia Day

Use your green thumb to do some botanical holiday decorating.

DECEMBER

13

## Drink Hot Cocoa

Warm up this cold season with a mug of hot cocoa. It's National Cocoa Day!

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## Holiday Memory Game

Download, print and play a Holiday Memory Game at [www.snohd.org/activities](http://www.snohd.org/activities).

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## Bake Cupcakes

Why not do some holiday baking today in honor of National Cupcake Day?

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## Safe Toys & Gifts

December is Safe Toys & Gifts Month. For a safe toy checklist, visit [www.preventblindness.org/safe-toy-checklist](http://www.preventblindness.org/safe-toy-checklist).

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## National Maple Syrup Day

Enjoy some protein pancakes or whole wheat waffles for breakfast topped with maple syrup.

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## Bake Cookies

Choose a cookie recipe or two and preheat the oven. It's Bake Cookies Day!

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## Bake a Healthier Treat

After all that holiday baking, perhaps it's time for a healthier treat...Happy National Oatmeal Muffin Day!

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## Games Day

Pick a favorite board game and play it as a family. Or, better yet, create a new game yourself!

DECEMBER

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## Solstice + National Flashlight Day

It's Winter Solstice, the shortest day and longest night of the year. It's also National Flashlight Day—make sure your flashlights work and you have plenty of backup batteries.

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## Holiday Bingo

Download, print and play Holiday Bingo at [www.snohd.org/activities](http://www.snohd.org/activities).

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## Breathe Easier

Enjoying a cozy fireplace? Remember to check your carbon monoxide detectors to make sure they're working properly.

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## Make Homemade Eggnog

Love it or hate it...it's Eggnog Day! Find a recipe online to make your own homemade blend.

DECEMBER

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## Christmas + Smiles Across the Miles

Christmas may look different this year, but we can still connect with those we love.  
Visit [www.snohd.org/activities](http://www.snohd.org/activities) to print out, color and send some "Smiles across the Miles" to loved ones.

DECEMBER

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## Kwanzaa + Thank You Notes

Today is the first day of Kwanzaa. If you don't celebrate, you can still observe National Thank You Note Day.  
Expressing gratitude never goes out of style.

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## Paper Snowflakes

Cut out paper "snowflakes" and use them as decorations to keep the holiday spirit going.

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## Call a Friend Day

Keeping in touch virtually is more important than ever. Call, text or e-mail friends and loved ones.

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## Candy Creativity

Using toothpicks and marshmallows (or dried fruit, or gumdrops) create unique, connecting structures.  
When done, toss the toothpicks and eat the sweets!

DECEMBER

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## Wacky Wednesday

It's Wacky Wednesday! Wear a silly hat or mismatched socks.

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## Happy New Year's Eve

We've made it to the last day of 2020...Wishing you a safe, happy, and healthy 2021!