Countdown to the New Year

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!

2. **Get Active Indoors**
   - Start the month being active at home! Check out the Healthy Holiday Challenge at www.actionforhealthykids.org.

3. **National Mutt Day**
   - Pet your furry canine friends. #adoptdontshop

4. **Cozy, Warm Feet**
   - Celebrate National Sock Day! Consider buying some extra socks and donating them to local shelters.

5. **International Volunteer Day**
   - Think about how you can help others—virtually or in your own home.

6. **Mitten Madness**
   - Check your closets and drawers for mittens. Repair or replenish any that are frayed or missing.

7. **Wash those Hands!**
   - Pick your favorite soap and wash your hands in honor of National Handwashing Awareness Week.
Support Local Restaurants
December is Food Service Safety Month. Order some takeout from your favorite local restaurant!

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.

Check Out the Library
Check out the online offerings of your local library...

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.

Poinsettia Day
Use your green thumb to do some botanical holiday decorating.

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

Holiday Memory Game
Download, print and play a Holiday Memory Game at www.snohd.org/activities.

Bake Cupcakes
Why not do some holiday baking today in honor of National Cupcake Day?
Safe Toys & Gifts

December is Safe Toys & Gifts Month. For a safe toy checklist, visit www.preventblindness.org/safe-toy-checklist.

National Maple Syrup Day

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

Bake Cookies

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

Bake a Healthier Treat

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

Games Day

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

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.

Holiday Bingo

Download, print and play Holiday Bingo at www.snohd.org/activities.

Breathe Easier

Enjoying a cozy fireplace? Remember to check your carbon monoxide detectors to make sure they’re working properly.
Make Homemade Eggnog
Love it or hate it...it’s Eggnog Day! Find a recipe online to make your own homemade blend.

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 to print out, color and send some “Smiles across the Miles” to loved ones.

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.

Paper Snowflakes
Cut out paper “snowflakes” and use them as decorations to keep the holiday spirit going.

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

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

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

Happy New Year’s Eve
We’ve made it to the last day of 2020...Wishing you a safe, happy, and healthy 2021!