

## Crafting your Simple Family Season (Part 1)

### Introduction

This holiday season will be better because we'll do less. This doesn't have to be a fantasy. This show explores how we can make this happen in our families

### Discussion questions

Choose ONE simple holiday season

Connecting to nature activity

#### **Holiday happiness**

##### **What would your ideal holiday season look like?**

1. Which holiday are you looking at
2. What smells do you associate with your ideal holiday season?
3. What would be your perfect holiday as in special and going by your wishes not in magazine cover- movie dream.
4. What amount of downtime
5. What amount of preparation
6. How much time with the family/kids?
7. What did you love about the holiday season as a child (feelings)
8. What special thing would you love to see happen for you/ to you
9. What's important to me ( us as a family) during the holiday time- is it religious, family is there something specific.
10. What do you truly dislike about the holidays- be as specific as possible?
11. What have you wanted to do/go/make/try/ experience?
12. Bonus\* speak to an older generation about what they remember from a holiday season for perspective

##### **What happened last year?**

1. Connection activities
2. Busyness of activities
3. Downtime available
4. Moments that make you smile
5. Events and activities you'd like to repeat
6. Uh oh- no way not again. Not like that events and activities

### Family next steps

What would your \_\_\_\_\_ holiday look like (if you could have it as you liked)  
What would it look like. Summarize and squeeze these ideas into a short entry below.

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