Get Up & Move!

Family Activity Series 1: December

Giving in the Spirit of the Holidays
When the holiday season comes around, we normally think about giving to others who are in need in our community. At the November meeting, it was suggested that your club conduct a food drive to collect items for a local pantry or shelter. This month’s family activity encourages you and your family to go through old clothes or toys and to donate them to a local shelter or organization that supports people in need. Expend some physical activity minutes going through closets, boxes, the garage or attic finding items that you no longer need. If you and your family would like to donate pet supplies for animals in shelters instead of clothes or toys that would be a great idea as well.

When you deliver the items that you and your family have donated to the shelter or organization, consider spending some time volunteering to. Donating your time can be just as important during the holiday season! Your family can also consider making a commitment to a certain organization or shelter to volunteer throughout the year.

You and your family might want to make one of the holiday cookie or dessert recipes that were shared at this month’s club meeting and bring it to the workers and volunteers at the shelter or organization where you are helping. It is nice to show appreciation for those people who continuously give their time to helping those in need. Baking them something special is a great way to show your appreciation!