

My Holiday Celebration

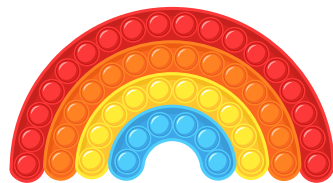
WHAT TO EXPECT



Soon it will be the holiday season. Holidays are special times when families celebrate in different ways. Things might look different, and that's okay.



During the holidays, I might see decorations, hear music, and smell different foods. There may be visitors or special activities.



Sometimes holidays can feel busy or loud. I might feel nervous. This is ok. I can use my favorite things to help me stay calm.

My favorite things that keep me calm are _____

Here are pictures of some things that help me stay calm.



If I get nervous, I can take a break. There is a safe and quiet place for me to go.

My quiet place is _____

Here are pictures of the safe and quiet place I can go to if I need a break.

Insert the pages that apply
to the holiday you celebrate.



On Hanukkah, we light candles on a menorah, eat special foods like latkes, and sometimes play games like dreidel. We might say blessings or sing songs. If I need quiet time, I can use my calming strategies.

During Hanukkah, my family: _____

Here are pictures of some things my family might do during Hanukkah.
Draw, cut out your own or use the pictures on the next page to cut or circle things.



Latkes



sufganiyot



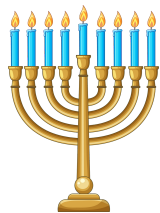
sing songs



give gifts



play dreidel



light menorah



visit family



read stories



gelt



star of David



Challah bread



synagogue



On Christmas, we might decorate a tree, hang lights, and exchange gifts. Sometimes we sing songs or visit family. It's okay if things feel different—I can use my calming strategies if I need to.

On Christmas, my family: _____

Here are pictures of some things my family might do during Christmas.
Draw, cut out your own or use the pictures on the next page to cut or circle things.



decorate tree



stocking



gifts



cookies



sing carols



hot chocolate



go to church



visit santa



watch movie



read story



build snowman



visit family



On Kwanzaa, we light candles on a kinara, share stories, and celebrate family and community. We might eat special foods and give gifts. If I feel overwhelmed, I can use my calming strategies.

During Kwanzaa, my family: _____

Here are pictures of some things my family might do during Kwanzaa.
Draw, cut out your own or use the pictures on the next page to cut or circle things.



make a wreath



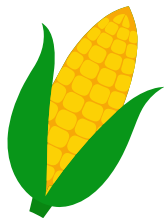
mat



collard greens



dance



display corn



Unity cup



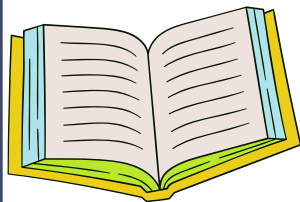
display flag



play drums



light kinara



read poems



give gifts



mandala



Some families travel for the holidays. They might ride in a car, on a plane, or on a train. I will be at my home or the home of someone I know.

During the holidays, my family will _____

Here are pictures of where I will be during the holidays.



I will have a Happy Holiday!