

## AUXILIARY OF EMERSON HOSPITAL PRESENTATION

**LEARN HOW TO DEEPEN CONNECTIONS AMONG KIDS AND FAMILY BY BRINGING PLAYFUL, CREATIVE AND MEANINGFUL EXPERIENCES TO THE TABLE**

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**Dancing Wellness and Healing in Motion**

**[www.dancingwellness.com](http://www.dancingwellness.com)**



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### **CREATIVE, PLAYFUL AND SAFE FUN FOR FAMILIES (things we may be doing!)**

- **Create small pods for families and kids that can meet indoors**
- **Learn to bake bread, use a beginner sourdough starter recipe**
- **Explore lesser-known town conservation areas; purchase micro spikes or snowshoes to allow families to hike in snowy and icy areas.**
- **Join fabulous nature organizations that preserve open space such as Trustees of Reservation, Mass Audubon, and Appalachian Mountain Club. They all have a plethora of wonderful classes and programs for families. For e.g., Trustees has cooking classes for kids, night snowy owl hikes, bonfires.**
- **Learn to ski at a local, less busy and less expensive ski area such as Crotched Mountain in Southern NH or drive a little further to Dartmouth Skiway.**
- **Play twister, foosball, ping pong, darts, and charades - games requiring some physicality.**

**What else can we do?**

## **VIRTUAL VACATIONS – bonding through family-together time**

- **Provide each family member with a vacation journal. Sit around the kitchen table some weekend night and brainstorm places you have been, you want to go, places the kids may be interested in. By end of night, each family member chooses a location to plan the virtual vacation. E.g., Caribbean night, French night, Yosemite night**
- **Guide kids on how to research – Watch PBS documentaries on different countries and regions, travel shows such as Rick Steve’s Europe, Anthony Bourdain Parts Unknown, podcasts, YouTube videos, library travel books**
- **Explore the local food, culture including customs, costumes/clothes, music, industry, housing, lodging ideas. Look up ethnic dance on YouTube to learn a few steps. Learn a few conversational phrases of the foreign language.**
- **Make sure to include activities that each family member will enjoy!! For example, if you’re a history buff and your son likes sports, include a sporting event in the itinerary.**
- **Teach kids how to determine costs of the vacation: airfare and when it’s most economical, gas for car, lodging, restaurant meals or buy and prepare meals, excursions. Prepare a budget, perhaps two options?**
- **Schedule each family’s virtual vacation night. Each family member will provide an itinerary which will include some local dishes, local customs, and each day’s activities. Teach a local dance, play a local game.**
- **When COVID subsides, look at scheduling virtual vacations for real!**
- **If real-time vacation looks too expensive, help guide kids to determine less expensive options such as Quebec City instead of Paris, Baxter State Park in Maine instead of Yosemite.**
- **Let everyone bask in the confidence of preparing a fun and bonding experience!**

**If you would like to join my newsletter, or have questions/comments, email me at [susanne@dancingwellness.com](mailto:susanne@dancingwellness.com)**

**\*\*LOOK FOR MY NEXT GIRLPOWER PROGRAM FOR TWEENS AND TEENS COMING LATE MARCH 2022 AT STEINBERG WELLNESS AT EMERSON HOSPITAL.**