

As a family, have a relaxed family discussion about introducing a new tradition this holiday season. After you try it out, decide together if it's worth repeating or needs adapting.



Meal Planning Traditions

- **Family Recipe Night:** Each year, a teen chooses a dish to cook together for a holiday meal.
- **Themed Holiday Meals:** Pick a theme (Italian Christmas, Lunar New Year dumplings, etc.) to explore food and culture together.
- **Bake-and-Give:** Bake cookies or treats as a family, then deliver them to neighbors or friends.
- **Recipe Memory Book:** Each holiday, add a recipe with a family story to a shared cookbook.
- **"Secret Ingredient" Challenge:** One family member chooses a surprise ingredient and everyone contributes a dish incorporating it.



Gift-Giving Traditions

- **Handmade Holiday Gifts:** Teens create one handmade gift for each family member.
- **Secret Gratitude Swap:** Write thoughtful notes or small gifts anonymously, then reveal them during the holiday meal.
- **Story Behind the Gift:** Each gift comes with a short story about why it was chosen or what it symbolizes.
- **Charity Gifts:** Each family member picks a charity to donate in another member's name.
- **Experience Gifts:** Instead of objects, plan an outing or activity together as the holiday gift.



Friend-Gathering Traditions

- **Friendsgiving:** Teens help host a dinner with friends during Thanksgiving or other holidays.
- **Annual Game Night:** Invite friends for a themed board or card game evening every year.
- **Holiday Movie Marathon:** Each family member invites a friend to a yearly holiday movie night.
- **Neighborhood Caroling or Walk:** Include friends in singing or a small seasonal parade.
- **Crafting Circle:** Teens invite friends over to create holiday decorations or gifts together.



Greater Communication Traditions

- **Gratitude Circle:** Each person shares something they're thankful for before or during meals.
- **Family Story Night:** Share a story about a past holiday, childhood memory, or family adventure.
- **Holiday Interview:** Teens interview parents or grandparents about their favorite traditions and memories.
- **Future Wish Board:** Each person writes hopes or goals for the upcoming year and shares them aloud.
- **Reflection Letter:** Everyone writes a letter to a family member reflecting on the past year and reads it together.