

Wintertime Spirituality with Children

Here are some suggested activities that relate us to the earth and our creator as opposed to the shops and our consuming!

- **Midnight Walk**

Why not organise a short midnight walk and end it with a midnight feast?!
What is your family's particular favourite food at this time of year?

- **Enjoy a sunrise or sunset**

- **Footsteps in the snow!**

Make a special place –a den in the snow? Consider its freshness.
OR Walk in virgin snow and hear it crunch under your feet!

- **Candle light dinner?**

Have candle lit dinners with the kids! Consider the fragility and wonder of candle light.

- **Storytelling**

A great time of year to get the old photo album out and recall the adventures your family have had so far...!

- **Go outside at night and learn about the stars**

- **Prepare some surprise gifts**

To give to people you don't expect anything from in return.

- **Winter Den**

Where in winter is your favourite place outside?

- **Sleeping!**

OK you're not a squirrel and perhaps it's not always an option for early risers but consider the value of sleeping longer –it's good and nourishing for you!

- ...What winter tradition do you have in your house or family?