

Christmas Traditions Are So Important—Especially This Year

While Christmas will definitely be different this year—and it might be tempting to give into the coronavirus dread and forget your family traditions— it may not be the best option. While we will need to adapt to local restrictions and ensure our safety, we can still hold onto some of the familiar traditions or even create new ones.

Christmas traditions to enjoy— even this year:

- **Take a car ride and enjoy the Christmas lights.** Enjoy a drive-through light show or a car ride through a neighborhood decorated with Christmas lights. Also, don't forget to keep note of your favorite places to go see the lights so you won't forget to see them next year.
- **Create your own light show.** If you don't want to go to a light show, you can create your own light show by decorating your home with various Christmas lights and decorations.
- **Bake Christmas cookies.** Host a virtual baking completion with your friends or family and see who can bake the best cookies, or you could have a baking competition with family members living in your home.
- **Host a Secret Santa with friends.** You can still enjoy Secret Santa with friends by delivering gifts to your friends home and dropping them off at the door without any contact.
- **Have a Christmas movie night.** Have a Christmas movie marathon or a month long event where you watch one holiday movie every week until Christmas.
- **Be creative with alternatives to "store bought" gifts.** Parents can help children make homemade gifts such as craft items, handwritten cards, baked goods, poems, memory books, etc.
- **Watch online performances.** Gather together with your household members and watch online performances such as The Nutcracker.
- **Write a Christmas letter to friends and family.** Especially this year, people may enjoy updates from friends and family.
- **Track Santa.** Finally, don't forget to track Santa as he makes his trip around the world at NORADSanta.org.



- **Celebrate Advent.** During this season of Advent, take time each Sunday to light an Advent candle and say a prayer as you count down the weeks until Christmas.
- **Mass.** If you are unable to attend Mass or church services, check with your church to see if you are able to watch services online.

Dr. Martina Paglia, a psychologist at The International Psychology Clinic, explained that traditions are more than just the simple act of putting up a Christmas tree or making gingerbread—these simple acts provide comfort, make you feel secure and safe, and allow you to bond with your loved ones. It's important to take time to think about which traditions you can carry on through this pandemic that will bring you and your family comfort. It could be as simple as putting up the Christmas tree together or watching a movie like A Charlie Brown Christmas.

Most importantly be safe, adapt to change, and hold onto what brings you joy.



<https://www.theodysseyonline.com/ideas-for-christmas-pandemic/2-create-your-own-christmas-light-show>

<https://metro.co.uk/2020/11/28/why-keeping-up-christmas-traditions-is-so-important-this-year-13669844/>

<https://images.search.yahoo.com/search/images>