

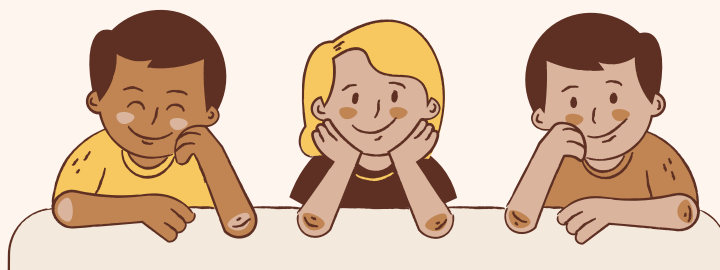


## 8 ways to make festivals meaningful for children

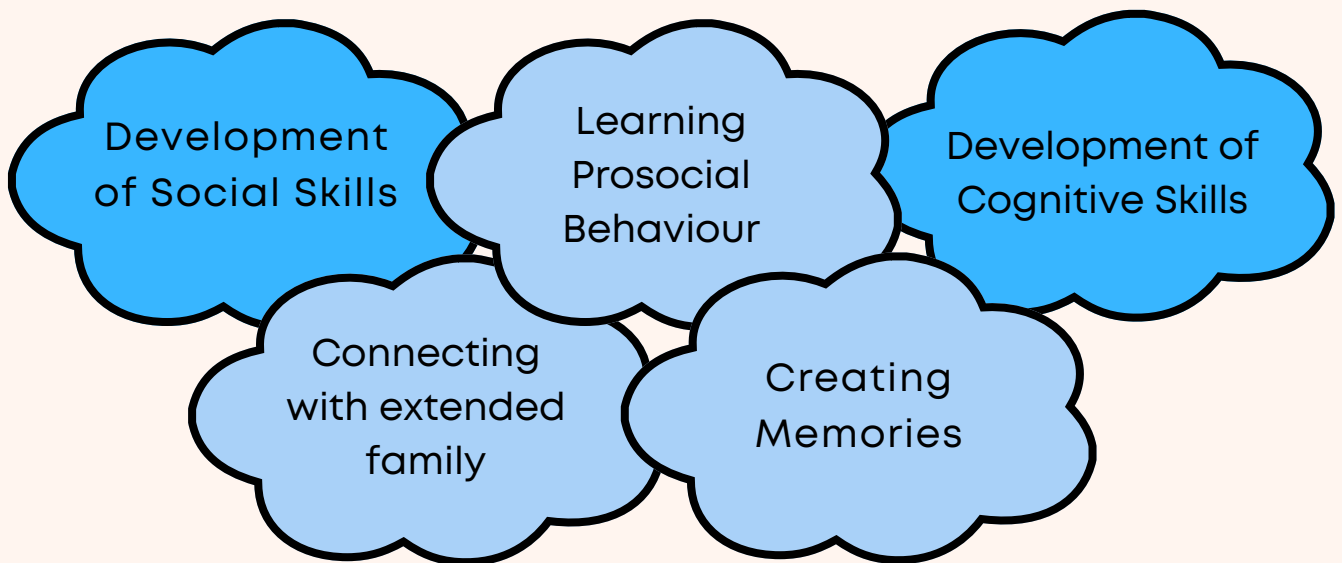
Festivals and holidays go hand-in-hand across the globe. It is that time of the year when we can have some happy and memorable moments with our family and friends. In the process of 'adulthood' these moments give us nostalgia.

Now in our busy work schedules and routine hassles, it becomes a bit challenging to create a space for our children to experience such moments which will give them the same happy and warm nostalgia when they grow up to become adults.

If you are looking for some ways to make the festivals more meaningful for the children, this resource is curated for you!



## 5 mental health benefits of festivals for children



We can help our children develop these skills by **involving them in the age-appropriate collaborative activities**. It will make festivals and celebrations more meaningful for children.

How to do that? Here are some simple and doable suggestions for you...

Note: These suggestions are designed keeping in mind children above 6 years.

### ***Before the Festival***

**Plan for the festival before hand.** Involve children in the process of planning. (For younger children, we can offer them alternatives and ask them to give their preference).

- **Involve children in collaborative activities** such as cleaning the house, cooking, decorations by assigning them age-appropriate tasks
- **Creating a safe space for children to make mistakes and learn** by emphasizing that we all make mistakes while learning.
- **Accommodate child's speed of doing the activities with empathy.**

### ***During the Festival***

- **Visit friends/ extended family/ neighbours.** Keep the crowd small and encourage children to interact with others.
- **Explain scientific reasons behind the rituals** through storytelling. Keep it simple and encourage children to ask questions.
- **Develop a ritual that is unique to your family** and follow it every year.

### ***After the Festival***

- **Have a journal** in which you and your child can add good memories and learnings. Make this journal as creative as possible using drawings, photos etc.