



# How to...



**DID YOU KNOW?**  
Eating Kentucky Fried Chicken on December 24 has been a tradition in Japan for more than 50 years.

## Enjoy fun family traditions

Share special memories together, and learn how to make new ones.

You may have fun traditions with your family, especially during the holiday season. Whether walking through the neighborhood to see the festive lights, baking special treats together, or watching a favorite movie, these traditions can help you feel closer to the people you love. You can also create new traditions together. Here's how to get started.

### Take stock of your special times

Make a list of your family's traditions. This time of year, they could include making a family recipe, taking a family photo for a card, lighting candles together, or getting matching winter pajamas. Ask the adults in your family what traditions they remember from their childhoods. They might enjoy reviving their favorites!

### Brainstorm new ideas

Next, gather ideas from your family for new traditions. You could discuss making a special annual outing, like visiting a nice restaurant or seeing a show. However, traditions can also be simple. For example, before dinner on Thanksgiving Day, you could watch the annual parade on television, gather relatives to play a game of football, or serve others less fortunate at a soup kitchen. You and your family could also

establish new traditions on the morning after a big holiday, like going on a family hike or setting up a bagel bar with toppings like cream cheese, honey, and jam.

### Get everyone on board

Many families have members who love to organize and gather everyone. Think about who those people are in your family, whether it's a parent, aunt, uncle, or grandparent. They can help you create the "guest list" for a special family gathering, like a cookie swap or board game night, and help you pick a date and time.

They can also plan a video call with relatives who live far away but would want to share in the fun.

### Create a keepsake

Traditions are a great way to make memories with your family. Consider taking some pictures while you're enjoying your traditions (see the box at right for suggestions) and framing a photo to remind you all year long of the fun you had. If you try a new tradition this year, take a moment later to reflect on it. Did your family enjoy it? Is there anything you would change next time? The point of a tradition is to do it again. It's totally OK for it to grow and change in a way that works best for your family.



You can start new traditions.

### Take a great photo



The holidays are a perfect time to get a picture of your family together! Here's how.

**Be comfortable** When people feel at ease, whether cozy at home in matching pajamas or gathered in hats and scarves on the front doorstep, they will look more natural in photos.

**Check the light** Indoors, avoid overhead bright lights that cast shadows. Outdoors, position everyone in full, natural shade.

**Set up the camera** Ask a friend or neighbor to take the photo, or set a timer on the camera with an adult's help.

**Mix it up** Try several poses, from smiling to silly. Afterward, enjoy choosing the best shots together!