

Be a Friend/Be a Hero

**There's a
Hero in You**

**You are
Brave**

**You are
a Role
Model**

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Travel During the Holidays

This is the time of year that brings friends and families together. Whether traveling down the road or across the country, we can use our time together to strengthen bonds and build relationships with one another. As we enter into one of the busiest travel times of the year, be mindful of the stress all the added responsibilities can bring to an already busy life. Take time for self-care.

Are We There Yet?

The thought of packing the family up and taking a trip can be stressful. Images of bored children and arguing siblings dance in your head. Eating at fast food place after fast food place makes your stomach ache just thinking about it. Close your eyes and breathe because it doesn't have to be that way. During these unparalleled times, we realize the importance of not taking things or people for granted. Why not take advantage of the uninterrupted time of a long (or short) trip together? Take the time while traveling with your family to enjoy each other's company. Click the links below for ideas to make your travel time together fun and engaging.

- [Going on a Picnic](#) - This memory game is great for kids who have or are just learning their ABCs. This game engages the family and supports their child's literacy.
- [One Word at a Time](#) - Players build a story by adding one word at a time.
- [Fortunately, Unfortunately](#) - Start with an unfortunate statement and follow-up with a fortunate statement. The more far-fetched the statements the better.
- [What Color Is It?](#) - This game is a fun way to reinforce color mastery by having young kids categorize items by color.

I'm Hungry

Of course, whether it is a trip over the river and through the woods or hopping on a train or plane, families will have to eat! It might be tempting to stop at every greasy spoon or local mom-and-pop restaurant along the way to eat. Let's face it -- that can be part of the experience, but if your trip calls for more than one meal along the way, there are healthy alternatives. Keep it healthy and get the kids involved with these tasty travel-friendly meals and snacks.

- [Cheese and Bacon Hash Brown Muffins](#)
- [Road Trip Sandwiches](#)
- [Nuts and Bolts Trail Mix](#)

Capture the Adventure

When we reach our destination and are ready to enjoy the company of family and friends and perhaps beautiful scenery we don't always get to experience, we often capture our experience with pictures. Why not capture the fun of the journey with unexpected, candid photos taken along the way? These spontaneous moments can be enjoyed for years to come and bring back many fond memories of time well spent with loved ones. Bring the photos along on the next trip and reminisce or journal about a favorite memory all while making new ones.