

Youth Health Bulletin



DECEMBER 2012

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THIS MONTH'S TOPIC: CELEBRATE THE HOLIDAYS!

I'm a Little Snowman

By Anonymous
(To the tune of "I'm a Little Teapot")

*I'm a little snowman short and fat,
Here is my scarf and here is my hat.
When I see the snowfall,
Hear me shout!
"All you children, please come out!"*

Wally Cat LOVES the holidays. He loves to be with family and friends. Are you getting excited about the holidays? What is your favorite part? Not having to go to school for a few days? Maybe you like the holidays because you get to spend extra time with family and friends? Although most kids are happy about the holidays, sometimes it can be hard to handle all the crowds and guests that are around.

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With so much going on at home, you can offer to help out. See if you can set the table, help stir or cook, and clean up.

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Here are some things you can do to help deal with all the activity that happens around the holidays:

- **Jingle some bells!** Do you have some jingle bells or other small instruments at home? Shake those bells or shakers and make up a silly song. You can even ask mom or dad or a grandparent to play with you. A good song to get you started is Jingle Bells (*see the words on this page*).
- **Have a quiet place.** When there are many people around it can be hard to get a minute to yourself. If there is a big event at your house, with lots and lots of people, take a few minutes to sit by yourself and read a book or listen to some music. If you have earphones, it may help to put those on when you are listening to your music.
- **Help out.** With so much going on at home, you can offer to help out. See if you can set the table, help stir or cook, and clean up. It will be a big help for your family too.
- **LOL! (laugh out loud)** It is important to laugh during the holidays. It makes you and those around you feel better. Nothing to laugh at? Tell a funny story or joke.

Jingle Bells

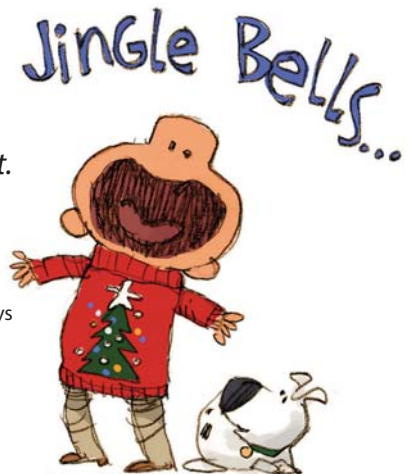
By James Lord Pierpont

*Jingle bells, jingle bells
Jingle all the way!
O what fun it is to ride
On a one-horse open sleigh.
Oh! Jingle bells, jingle bells,
Jingle all the way!
O what fun it is to ride
On a one-horse open sleigh.*

*Dashing through the snow,
On a one-horse open sleigh.
Over fields we go,
Laughing all the way.
Bells on bob-tails ring,
Keeping spirits bright.
Oh what fun it is to sing
A sleighing song tonight.*

SOURCE:

Stress Free Kids
<http://www.stressfreekids.com/5366/christmas-stress-free-holidays>
Dec 2011



Word Scramble

PLHE OTU: _____
INGLEJ ESLBL: _____
GAHUL: _____
WANSOMN: _____
MUICS: _____

ANSWERS: Help Out, Jingle Bells, Laugh, Snowman, Music

Youth
Health Bulletin

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