



## **Half Term and Snowy Days**

**Its February folks! We have finally made it through the seemingly never ending month of January and the holiday season seems as though it took place forever ago! We have survived snow days and the transition into a new semester with our kids. While new things are going on in school and winter sports are in full swing, this time of year tends to be difficult on kids and parents alike. We are spending majority of our time indoors and finding ways to entertain ourselves and our kids can seem impossible! Not to mention, where do we burn off some of that energy? Not to worry! We will get through this together and hopefully find some fun in the process.**

**School: We're back.....**

**The saying, “the more things change the more they stay the same”, is a fitting one for the second semester of school. Yes classes may be different for our middle and high school kiddos and specials may have changed for our elementary school kids, but one thing never changes...homework, expectations in school, waking up before the sun, etc.! It can be difficult to motivate ourselves and our kids this time of year. As a counselor, I encourage parents to consider interventions and accommodations that were successful with their kids the beginning half of the school year. Are these things we can continue to implement going into the second half of the year or do we need to make some changes? Are we still motivated by the same things or do we need to consider alternative means of reinforcement? Our interests change so therefore, why shouldn't our means of motivation!? Talk to teachers and school staff to assess what is working for your kiddos and where extra motivation may be needed.**

## **Home: “I’m bored”**

**While electronics in moderation can be a fun means of entertainment, they sure seem to be the star of the show this time of year! What’s easier and more relaxing than staying inside on a snowy day and playing on electronics? If you ask your kids they will answer with, “Not much”, however, it’s important to limit screen time and encourage other means of indoor entertainment. Time to get creative! Consider pulling out toys that have been put away or are rarely played with and see if you can come up with a new way to use the toy! Consider implementing arts and crafts, games, puzzles, fun workbooks, etc. Need any homemade Valentine’s Day cards? You can make a day of it! Head to your local craft store and let your creativity flow! Kids will enjoy getting out of the house and choosing a project to create with you. If you aren’t the crafty type and don’t know what to create with your children, you can get ideas by searching online and/or consult with an employee at your craft store. Maybe it’s time to reintroduce family game night if crafts aren’t really your thing!? Has it been a while since you and your family baked (maybe since Christmas if you’re myself!)? Wherever your creativity takes you, have fun with it!**

## **Let’s go somewhere fun!**

**If crafts aren’t doing the trick and you and your family need a little more excitement, it’s time to get out of the house and go exploring! Pay a visit to a museum or go to the library to check out books. Something that was not around when I was a kid, but something I would take full advantage of today, is a visit to a trampoline park! Great way to get some exercise and burn off excess energy! Maybe indoor ice skating is your thing or bowling is something you have been meaning to try for a while. Whatever it may be, there are plenty of fun indoor activities that also serve the purpose of exercise and exploration. Check out online websites to find discount days or group rates and make it a family or family and friend affair!**

**I should mention, the list above is a very small list compared to all the possibilities of entertainment there is out there! Don’t be afraid to get creative and try new things. February may be a tough time of the year, what with the changing in weather and start to the second semester of school, but spring is just around the corner and we have all been here before : )**

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