31 WINTER ACTIVITIES FOR INDIVIDUALS WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

The Arc of New Jersey Family Institute
Advocacy • Empowerment
Resources • Education

DECEMBER 2023

MON	TUE	WED	THU	FRI	SAT	SUN
				1 Make Snowflakes	2 Create a Holiday Wreath	3 Write a Letter to Santa
4 Prepare Holiday Side Dishes	5 Make a Holiday Sensory Bottle	6 Volunteer	7 Make Caramel Apples	8 Bake Holiday Cookies	9 Holiday Movie Marathon	10 String Popccorn
11 Make Peppermint Hot Chocolate	12 Visit a Tree Farm	13 Build a Gingerbread House	14 Make a Family/Friend Photo Album	15 Adopt an Elf on the Shelf	16 Make a No-Sew Stocking	17 Make Snowman Playdough
18 Make Edible Peanut Butter Clay	19 Make Homemade Candy Canes	20 Make Snow Angels	21 Go Caroling	22 Share Your Favorite Holiday Memories	23 Make Snow Floam	24 Have a Picnic Under the Christmas Tree
25 Build a Pillow Fort	26 Bake Star of David Cookies	27 DIY Stress Ball	28 Make Pinecone Bird Feeders	29 Make a Paper Spinner	30 Make Pom Poms	31 Make a Fairy Glow Jar