



Preparing for the Holidays during COVID-19 Links and Resources

Practicing Gratitude

Connecticut Children's Hospital Happier Holidays in Quarantine

<https://www.connecticutchildrens.org/coronavirus/for-happier-holidays-in-quarantine-practice-gratitude-this-thanksgiving/>

OT Toolbox Gratitude Ideas <https://www.theottoolbox.com/gratitude-activities/>

Virtual Holiday Gatherings

Virtual Thanksgiving Gathering Ideas

<https://www.familyeducation.com/thanksgiving-activities-traditions/8-virtual-thanksgiving-activities-for-families>

Virtual Christmas Gathering Ideas

<https://museumphack.com/virtual-christmas-party/>

Safety Guidelines

CDC

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html#thanksgiving>

Los Angeles County

<http://publichealth.lacounty.gov/media/Coronavirus/docs/community/GuidanceHolidays.pdf>

Gift Ideas

“Something you want, something you need, something to do and something to read”

Motor Activities

Bikes, trikes, scooters, trampolines

Indoor swing set – Playaway Toy Co. <https://playawaytoy.com/>

Fine Motor

Building toys like Duplo, LEGO, puzzles, trains. Art supplies like paint, markers, Play-Doh, Kinetic sand, board games

The OT Toolbox <https://www.theottoolbox.com/>



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Pretend/Social-Emotional Ideas

Kitchen toys, dolls, doctor kits, veterinarian kits, Scribble Scrubble Pets, Paw Patrol, Barbie, books

Personal Interests

Dinosaurs, science (telescope), musical instruments; LEGO robotics, books about bugs, planets
Lakeshore Learning is a good source (www.lakeshorelearning.com)

Tickets or annual memberships to places such as:

LA Zoo (www.lazoo.org)

Descanso Gardens (www.descansogardens.org)

Natural History Museum – outside is now open (www.nhm.org)

Travel

Health Passport

[https://www.dds.ca.gov/wp-content/uploads/2020/04/FCIC Health Passport Form Typeable English.pdf](https://www.dds.ca.gov/wp-content/uploads/2020/04/FCIC_Health_Passport_Form_Typeable_English.pdf)

More examples available at <https://www.dds.ca.gov/corona-virus-information-and-resources/>

TSA Passenger Support

<https://www.tsa.gov/travel/passenger-support>