



# Halloween T's Beyond Trick or Treats

As parents & educators, taking time for fun can reduce stress and boost feel-good hormones while connecting with those we care about most. Here are some ideas...

**Take a pumpkin walk-** Neighborhoods host a haven of decorations. Leave the phones at home and walk & talk with your little pumpkin. Build vocabulary and wicked conversation skills while counting ghosts and more! Learning is often best when they don't even realize it's happening.



**Thank you-** Trick or treating is a monstrous opportunity to practice manners. A simple thank you, repeated over and over helps to build a habit and a sense of appreciation. Ghouls agree that expressing thanks can boost mood and improve our relationships.

**Troops-** Organizations, like [soldiersangels.org](http://soldiersangels.org), magically send tasty treats to troops overseas. Discuss honoring the sacrifices of others with your kiddos. Beware- Spell out the expectation before heading out the door to avoid troublesome tantrums later.



**Tradition-** Consider a new fr-amily tradition like gobbling dinner with friends & family before trick or treating. Create pumpkin-shaped pizzas or jack-o-lantern pancakes to enjoy with a cauldron of hot apple cider or a bit of witch's brew. Enjoy fueling up & look forward to this type of hocus pocus every year!

**Trip to the pumpkin patch-** There's nothing better than a sunny fall afternoon at the farm to flood the senses! Entrance is often free and you can bring a picnic lunch. Then choose what activity to explore like the pumpkin patch, corn maze, petting zoo, or a range of tasty treats.



**Think of others-** Stir up some fun with scissors, crayons, and paper. Create a card for someone special. Model how to reflect and identify something kind about another person. Enchanted treats like these are treasured by grandparents and teachers.

**Try something new-** Clean out those cobwebs. The thrill of new experiences can expand our kiddos' minds and create memories to last a lifetime. Talk to your child about what they might enjoy. Create a Halloween-themed dessert, bake a pie, decorate the front door, bob for apples, or visit a haunted house.



**Make the most of these moments... They pass frightfully fast!**

