

Dazzling December

overview

Theme

Set yourself up for success.

Initiative

Can you believe it's the end of the year? You might be feeling tired and burnt out, but let's do some work to take care of ourselves and others. That way, you can head into the new year **re-energized** and excited about the future and **ready to dazzle**.

Set up yourself and those around you for success as we head into a new year, while reflecting on the present one.

driving activity

Winter Warmth Drive

Objective

Students will organize a drive for extra winter gear for people to put in their cars, and then to donate.

Overview

Winter can be a lot of fun, but cold temperatures can be dangerous. It's important to have extra warm clothing in your car in case something goes wrong and you get stranded somewhere. Although you may never use them, you'll be grateful if you ever need it.

Introduction

- Discuss why a cold-weather car kit is important to have, even if they think they won't ever use it.
- Decide how much effort you want to put into the drive – it can be as big or small as you want. It can be your chapter, your whole school, or get the community involved!
- If you're in a warmer state and not as concerned about life-threatening cold temperatures, consider reaching out to another SADD chapter in a different part of the country to work with them.
- Make sure to get approval from the school administration.
- Pick a time frame for the drive – a week is ideal.
- Advertise for it, make posters and announcements – get people excited and involved!

Activity

Hold a winter clothing drive.

- Have students bring in extra or old hats, gloves, scarves, and coats (ask people to wash things before bringing them in!)
- Make individual bundles, each containing a hat, a pair of gloves, and a scarf.
- Put hats, gloves, and scarves into separate bins.
- Make two stations at school: one for taking donations, one for giving them out.
- Give a set of warm items to anyone who needs one for their car.
- If you have extra items at the end of the drive, donate them to a local shelter!
- Keep track of how many donations you received and gave out, so you can let the school know the results of their efforts.

wellness activity

Holiday Quality Time Gift Exchange

Objective

Students will host a gift exchange for phone-free activities.

Overview

The holidays are for being with friends and loved ones but it's also a very busy time of year. This holiday season, make an effort to spend phone-free, distraction-free time with people who are important to you. This is much easier to do when you are doing something fun, and when you've set a date and time for it!

Introduction

- Talk with students about the importance of phone-free time.
- Have a brainstorm session for easy, realistic, and fun activities they can give each other or loved ones.

Activity

Give at least one person in your life a phone-free activity.

- Students should make a nice card to go with it, so they have something to physically give their recipient.
- The card should have details about the activity, time, and date, as well as making it clear that it will be phone-free time!
- You can do this within your chapter or have students do it for other friends and family.
- Examples:
 - Movie.
 - Walk.
 - Game night.
 - Group reading time.
 - Cooking a meal together.