

Don't Be a Humbug!

10 Simple Ways to Honor Christmas in Your Heart

Embracing the spirit of Christmas goes far beyond decorations, festivities, and buying presents—it's about remembering and honoring the birth of Christ—the true reason for our celebrations. It's also about showing love, generosity, and kindness to others.

Here are 10 simple yet profound ways to honor the true spirit of Christmas within your heart. By embracing and practicing these ideas, we not only celebrate the spirit of giving but also cultivate a deeper sense of gratitude, compassion, and togetherness that encapsulates the true meaning of Christmas.

1

Remember the True Meaning of Christmas

Set up an Advent calendar or wreath, light candles, and read the Christmas story from the Bible together as ways to mark the days leading up to the glorious event. Take time to appreciate the blessings and express gratitude for what you have.

2

Take Time to Slow Down & Rest

Appreciate the wonder of the season, family togetherness, and cherish the little moments as well as the big traditions. And don't forget to practice soul care so you can be "present" in the moment and appreciate the beauty around you.

3

Maintain an Environment of "Comfort & Joy"

Practice being kind and considerate to each other. Be quick to forgive and show love and to each other. Be mindful of others' feelings and situations, and offer comfort and support.

4

Create a Warm & Cozy Atmosphere

Decorate your home with lights, candles, and handmade decorations. Simmer some cloves, cinnamon, and an orange in water on the stove top to make the house smell delicious. Play your favorite Christmas (or Classical) music softly throughout your home. Let everyone take a turn choosing their favorite music.



5

Bake Some Christmas Goodies Together

Create fun new Christmas traditions of baking together or preparing delicious meals. Bake extra to share with friends or neighbors.

6

Spread Joy to Others Outside of Your Family

Show kindness to others, whether it's helping someone carry groceries, donating toys, clothes, or food to local shelters or charities, or simply offering a smile to someone. Visit or call elderly neighbors who might feel lonely during the holidays.

7

Create Handmade Gifts

Make simple, but beautiful gifts for loved ones to show your appreciation and care. Often, it's the handmade-from-the-heart gifts that are much more meaningful to friends and family members. These items can become cherished keepsakes.

8

Send Greeting Cards or Letters

Send thoughtful messages to friends and family near and far to let them know you're thinking of them. (Don't forget to check out our Victoria pin-prick Christmas card project.)

9

Read or Watch Feel-Good Stories

Read your favorite cozy Christmas stories or watch heartwarming movies or shows that capture the essence of the holiday spirit.

10

Participate in Local Festivities

Participate in local events, Christmas plays or contadas, parades, or concerts to immerse yourself in the festive spirit. Go caroling with a group of friends.

Victorian Pin-Prick Christmas Card



Many of the Christmas traditions we enjoy today came from the Victorian era. Not only did Victorians love to create handmade decorations for their homes, they also enjoyed creating handmade gifts to give to others. The tradition of sending Christmas cards began in 1843. However, the first set of hand-colored cards cost one shilling per card, making them too expensive for the average person.

Despite the initial expense, the idea captured people's imaginations and the giving of Christmas cards took off. By the 1880s sending cards had become hugely popular with millions of cards produced in England and America. However, many still chose to create their own Christmas cards at home, and a popular style at the time was "pin-prick" cards.

In this lesson, we will create a Victorian Pin-Prick Christmas card and embellish it with watercolors.

Supplies Needed:

- Watercolor paper
- Watercolors & paintbrush
- Cork board
- Push pin
- Scissors
- Tape
- Bone folder (optional)
- Paper towel
- Templates



Directions

1. Decide on a pattern you want to create and cut out from the provided templates. For this lesson, we will use the Christmas Tree pattern.
2. Cut a sheet of watercolor in half, then carefully fold each half into a card. (Optional: Use a bone folder to create a sharp crease.)
3. Open up the card, center and tape the pattern on the inside left.
4. Use a push pin to prick small holes around the pattern. (For our example, I only did the swirls of the tree and left the ornament areas blank so I could paint them in.)
5. After creating your pinpricks, remove the pattern and close the card. Paint circles for the ornaments in your favorite Christmas colors. Allow the ornaments to dry completely.
6. Paint around the shape of your tree being careful not to let the green bleed into the colorful ornaments. (Use a paper towel to blot the paint.) Allow the card to dry completely.
7. Write a Christmas greeting inside your card and give it to a friend or family member.







