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How to While Away a Winter Sunday Afternoon with the Kids & Teach a Little EQ at the Same Time

By Susan Dunn

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1. Take care of the birds.

First spend some time learning about birds. Check out the bird photo library (

<http://birding.about.com/library/weekly/aa020100a.htm>

) . Download free kids kit "Learn about Backyard

Birds" (

<http://www.birdfeeding.org/kids.html>

) . Go here (

<http://birding.about.com/cs/kidssongs/index.htm>

) to learn bird songs and calls.

2. Next make some food for the birds.

<http://birds.cornell.edu/pfw/AboutBirdsandFeeding/BirdFoods.htm>

) .

3. Decorate a tree in the back yard with the food for the birds.

4. Tuck a child under each arm and curl up in front of the fire with some good books.

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5. Now that you know all about snowflakes, how about making some of your own?

6. With any of these experiences, let your child write about it and submit it here (

<http://www.osweb.com/kidzkorner/writeus.htm>

).

EMOTIONAL INTELLIGENCE FOCUS: Emotional expression, sharing with others, patience.

7. Go to the local art museum with a Winter Theme in mind.

EMOTIONAL INTELLIGENCE FOCUS: Symbolic thinking, empathy.

9. Make some snowball cookies to go with your treats.

On this site,

<http://www.himonkey.net/cooking/pavlova/index.html>

, follow the directions for the

<http://tinyurl.com/39dov>

) –

from the fine art series.

EMOTIONAL INTELLIGENCE FOCUS: Teamwork, fine art, working together toward a goal.

10. Dance!

EMOTIONAL INTELLIGENCE FOCUS: Laughing, dancing and being silly — an end in itself!

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Winter Blahs Become Family Fun

By Sarah Zanger

<http://dateable.com/simplydelicious/>

) where they found some good recipes.

<http://dateable.com/>

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