

Reclaim Your Holidays

In This Issue

[Happiness Store video](#)

[Successful holiday communication](#)

[The Gift of Nothing](#)

[Use resource list to develop display](#)

Our Mission

Reclaim Your Holidays helps Iowans create fun, meaningful holidays that are easier on the environment through practical, inspiring information, and opportunities to dialogue and share ideas.

Quick Links



Helping educators use RYH resources

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Find quality, not quantity, at *Happiness Store*



One of our favorite tools is a [two-minute video about happiness](#) produced by the Public Broadcasting System. It's a reminder that quality is more important than quantity.

Consider sharing it on your Facebook page, your website and [in ready-to-use media articles](#) (*Two Minute Reminder*). Also consider running the video continuously during a holiday event. This short video is made for young children, but is great for any age.

Holiday communication - set limits, preserve family



RYH trainers told us their audiences wanted information on how to talk with family members about stressful holiday topics, such as gift giving to children. A new RYH resource, [Spoiling Grandkids: A Guide for Parents](#), provides communication suggestions for

parents, grandparents and other extended family members to help them learn new skills and build family/friend/relative relationships. [Use this news release](#) (*Communication is key*) to encourage audiences to try these ideas.

The Gift of Nothing - a programming gem



What can Mooch the cat give Earl the dog when Earl has everything? The answer, of course, is nothing. *The Gift of Nothing*, a picture book by

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Patrick McDonnell, is targeted to pre-schoolers, but charming for all ages. The book reminds readers that the greatest gift of all is friendship, not stuff. Great for all types of educational programming or as a gift to families. [More ideas on gifts of friendship and experience.](#)

Use RYH resource List to develop a display



The RYH [Resource List](#) offers trainers a variety of books to simplify holidays that will make a great display in a library, nature center, downtown store front, farmer's market, or anywhere there's a vacant space! Find the books in your local library and create a quick display. Or print out one or more of the RYH [display panels to use](#). These can be downloaded and printed in many sizes to fit your display board.

Thank you for your interest in helping Iowans create more meaningful, more environmentally friendly holidays.

Sincerely,

Susan Salterberg

Carole Yates

UNI Center for Energy & Environmental Education