Start a New Mistletoe Tradition

Most people equate the word "mistletoe" with "romance." However, the festive holiday plant can also be connected with affection for friends and family! Why not enlist your child's help in counteracting the holiday hustle-bustle with this family-affirming activity? Every time someone walks under your child's homemade mistletoe, he or she will have the honor of expressing appreciation or kind words to someone in the family.

What You Need:

- Line drawings of mistletoe (use the Internet for assistance)
- Green construction paper
- ¼” diameter white or clear beads
- Glue gun or ceramic glue
- 12” of festive ribbon
- Stepladder
- Push pin

What You Do:

1. Show your child how to search online for images of mistletoe and choose her favorite photograph or drawing.
2. On the green construction paper, help her draw a 4" x 6" sprig of mistletoe without the berries. Have her cut the mistletoe drawing out when she's finished.
3. Invite your child to glue the white or clear beads to the sprig for an extra touch.
4. Encourage your child to tie a bow out of holiday ribbon and to secure the sprig with glue.
5. Invite your child to choose a well-traveled spot from which to hang the makeshift mistletoe! Using the stepladder, secure the mistletoe with a push pin.
6. Get ready to start a new holiday appreciation tradition! Whenever someone passes under the mistletoe, he or she should express kindness or appreciation to a friend or family member.

Did You Know?

Mistletoe is also known as "vampire plant"? Birds get its sticky berries stuck on their beaks, and then scrape it off on the trunks. Voilà! The mistletoe roots directly into the trunk, and leeches nutrients and water from the tree!

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