## Embrace the hygge season.

## A Danish word used when acknowledging a feeling or moment, whether alone or with friends, at home or out, ordinary or extraordinary as cosy, charming or special.

The weather may be cold outside, but tucking in and cozing up to a pet, a loved one or in a blanket next to fire with a book sounds delicous. Below are four areas that you can create lists of to do's. 1. Connecting with loved ones can be a phone call, a written letter, or tracking down a gift that is just right for them. 2. In your home, dig out the cozy blankets and cushions, light some candles and turn down the volume. 3. In the kitchen, create a wish list of dishes you would like to give a try or have someone else bake for you. 4. And even if the weather is chilled, you can make plans to get out and have fun under the stars. Or even create a list of puzzles and games you want to enjoy.

Embrace the life you have at your fingertips.

## 1. Connect with...

## 2. Decorate for the season...

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3. In the kitchen	4. Activities to plan
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