

LASA Wellness Committee brings you...

Great Ways to Connect with Your Teen over the Holidays

Fun Indoor Activities Around Austin

1. **Black Swan Yoga (locations all over town, donation based)**
<https://www.blackswanyoga.com/>
2. **Cooking class at Central Market**
<https://www.eventbrite.com/o/central-market-cooking-school-austin-north-lamar-30370421142>
3. **Culinary Experience and Competition at Freda's Kitchen**
<https://fredaskitchen.com/pages/join-our-team>
4. **Sushi making class at Uroko**
<https://www.urokoatx.com/>
5. **Cake decorating class at Make it Sweet**
<https://www.makeitsweet.com/classes.asp>
6. **Chocolate making class at Delysia**
<https://delysia.com/private-virtual-chocolate-tastings/>
7. **Shopping trip at 99 Market /other Asian markets in that shopping center**
<https://www.99ranch.com/>
8. **Pottery making class at Cafe Monet**
<https://cafe-monet-inc.shoplightspeed.com/paint-your-own-pottery/>
9. **Candle Making, Lino Cut Card Making at Slow North**
<https://www.slownorth.com/>
10. **Trinity Street Players, thought provoking productions**
<https://trinitystreetplayers.com/>
11. **Ice skating:**
Long Center
<https://365thingsaustin.com/ice-skating-at-the-long-center/>
Chapparral Ice
<http://www.chaparrallice.com/>
12. **Indoor Rock climbing:**
Austin Bouldering Project
<https://austinboulderingproject.com/>
Crux Climbing Center
<https://www.cruxclimbingcenter.com/>

13. **Bowling night at Highland Lanes**
<https://highlandlanes.com/>
14. **Laser Tag and Arcade at Blazer Tag**
<https://blazertag.com/>
15. **Escape Rooms:**
The Escape Game Austin
<https://theescapegame.com/austin/>
Austin Panic Room
<https://texaspanicroom.com/austin/>
16. **Game Night out:**
Vigilante Gastropub and Games
<https://vigilantebar.com/>
Tribe Comics and Games
<https://www.tribecag.com/>
Dragon's Lair Comics and Fantasy
<https://www.dlair.net/austin/>
17. **Karaoke Venues**
https://do512.com/p/where-to-karaoke-in-austin?utm_source=Do512+Top+Picks&utm_campaign=56e49ce674-Top_Picks_Wednesday_2022_12_07&utm_medium=email&utm_term=0_f52e0bba42-56e49ce674-82550521
18. **Salvage Vanguard Theater, Experimental performance pushing boundaries**
<https://www.salvagevanguard.org/>
19. **Live Sports and Shows at the Moody Center**
<https://moodycenteratx.com/>
20. **ACL Live at the Moody Theatre**
<http://acllive.theateraustin.org/>
21. **Cactus Cafe, Live Music Venue featuring local songwriters**
<https://cactuscafe.org/>
22. **Esther's Follies Comedy/Political Satire**
<https://www.esthersfollies.com/>
23. **Austin City Orchestra—Elf in Concert**
<https://my.austinsymphony.org/elf>
24. **Blanton Museum (free on Thursdays), Fashion and Ritual in Colonial Latin America**
<https://www.hrc.utexas.edu/>
25. **Harry Ransom Center—International Research Center with a Gutenberg Bible!**
<https://www.hrc.utexas.edu/>

26. **LBJ Presidential Library**
<https://www.lbjlibrary.org/>
27. **The Illusionists: Magic of the Holidays**
[https://texasperformingarts.org/event/illusionists-magic-holidays-2022-bass-concert-hall-austin-texas?
utm_medium=email&utm_source=Bing&utm_campaign=2023B-Austin-USA-TX-AUS001&utm_source=Bing&utm_campaign=&utm_adgroup=&device=c&keyword=theater%20shen%20yun&gclid=&campaignId=361698043&adgroupId=1287528528008041&network=s](https://texasperformingarts.org/event/illusionists-magic-holidays-2022-bass-concert-hall-austin-texas?utm_medium=email&utm_source=Bing&utm_campaign=2023B-Austin-USA-TX-AUS001&utm_source=Bing&utm_campaign=&utm_adgroup=&device=c&keyword=theater%20shen%20yun&gclid=&campaignId=361698043&adgroupId=1287528528008041&network=s)
28. **Shen Yun Chinese Dance Company**
[https://www.shenyun.com/austin/the-long-center-for-the-performing-arts?
utm_source=Bing&utm_medium=cpc&utm_campaign=2023B-Austin-USA-TX-AUS001&utm_source=Bing&utm_campaign=&utm_adgroup=&device=c&keyword=theater%20shen%20yun&gclid=&campaignId=361698043&adgroupId=1287528528008041&network=s](https://www.shenyun.com/austin/the-long-center-for-the-performing-arts?utm_source=Bing&utm_medium=cpc&utm_campaign=2023B-Austin-USA-TX-AUS001&utm_source=Bing&utm_campaign=&utm_adgroup=&device=c&keyword=theater%20shen%20yun&gclid=&campaignId=361698043&adgroupId=1287528528008041&network=s)

Fun Outdoor Activities Around Austin

1. **Hiking Commons Ford Prairie**
<https://travisaudubon.org/conservation/commons-ford>
2. **Field of Lights exhibit at Wildflower Center**
<https://www.wildflower.org/featured-events>
3. **Austin Trail of Lights, Zilker Park and Zilker Christmas Tree**
<https://austintrailoflights.org/>
4. **Christmas Lights Around Austin**
<https://do512.com/christmaslights>
5. **Mozart's Coffee Roasters**
<https://mozartcoffee.com/>
6. **Paddleboarding on Ladybird Lake**
https://tpwd.texas.gov/fishboat/boat/paddlingtrails/inland/lady_bird_lake/
7. **Kayak and Riverboat Tours**
<https://www.austincityguide.com/listings/lady-bird-lake-sunset-and-sightseeing-tours>
8. **Boggy Creek Farm—Produce shopping and tour (Wed–Sat 8–1:00)**
<https://www.boggycreekfarm.com/farm-tours-events-historicvenue>
9. **Mueller Farmer's Market, huge and fun, lots of treats (Sundays 10–2)**
<http://muellerfarmersmarket.com/>
10. **Pickleball, drinks, & snacks at Bouldin Acres**
<https://www.bouldinacres.com/>

11. **Hike and Bike Trail**
<https://www.austintexas.gov/department/ann-and-roy-butler-hike-and-bike-trail-and-boardwalk-lady-bird-lake>

Mueller Southwest Greenway Trail (with spider art!)
<https://www.penick.net/digging/?p=69122>
12. **Check out Capitol grounds and Christmas tree.**
13. **Walk around UT campus, check out sculptures and architecture, turtle pond and LBJ memorial and library.**
14. **Laguna Gloria Sculpture Garden**
<https://thecontemporaryaustin.org/lagunagloria/>
15. **Umlauf Sculpture Garden**
<https://www.umlaufsculpture.org/exhibitions>
16. **Peter Pan Mini Golf**
<https://peterpanminigolf.com/>
17. **Top Golf**
<https://topgolf.com/us/>
18. **Yellow Bike Project**
<https://austinfamily.com/yellow-bike-project/>
19. **Peppermint Parkway—Circuit of the Americas**
<https://do512.com/events/2022/11/25/peppermint-parkway-tickets>

Fun Adventures an Hour or so from Austin

1. **Exotic Resort Zoo, Johnson City**
<https://www.zooexotics.com/>
2. **Explore Caves and Caverns**
<https://www.austintexas.org/austin-insider-blog/post/underground-austin/>
3. **Natural Bridge Caverns, San Antonio**
<https://naturalbridgecaverns.com/>
4. **San Antonio River Walk (holiday lights are up)**
<https://www.thesanantonioriverwalk.com/>
5. **Johnson City Tree Lighting**
<https://www.johnsoncitytexas.info/lights-spectacular.html>
6. **LBJ Ranch**
<https://www.nps.gov/lyjo/index.htm>

7. **Go birding with Travis Audubon**
<https://travisaudubon.org/>
or on your own to Austin's best birding sites
<https://www.austintexas.org/things-to-do/outdoors/birding/>
8. **Explore Gruene**
<https://gruenetexas.com/>
9. **Explore Wimberley**
<http://www.visitwimberley.com/>
10. **Explore Fredericksburg**
<https://www.visitfredericksburgtx.com/things-to-do/>
11. **Hike Enchanted Rock**
<https://tpwd.texas.gov/state-parks/enchanted-rock>

Adventures at Home

1. **Look through everyone's videos** from the past year—if possible, together on one screen. Hold a contest to find the funniest one, the most embarrassing one, and the most artistic one. First edit your library and mark your favorites.
2. **Share a stash of old printed photos.** Bring out the albums! If photos are loose, empty onto a table and take turns choosing one. Parents get to tell the stories behind the photos.
3. **Each person makes a list of all the dance moves** they can think of. Pool the lists. Take turns demonstrating the moves. Find music that goes with each one (e.g. the Macarena, disco, salsa, swing, the floss, other fortnight dances....)
4. **Cloud Gazing.** [Why should we look at clouds?](#) To slow down and calm down, be in the present. Is that a cat dancing the salsa?
5. **[Walk to a neighbor's house together to say thank you](#)** —for whatever you can think of. It's an exercise in expressing appreciation and also building community.
6. **Board game revival!** Bring out the old games or try something new. What did you enjoy as a kid that you'd like to share? monopoly, battleship, charades (try winging it!) chess, [scattergories](#), scrabble. [More recommendations](#). Also see **Game Night** under "Fun Indoor Activities".
7. **[Random Acts of Kindness](#).** Challenge each family member to do one-a-day over the break, whether you're traveling or not.
8. **Family dinner:** Everyone write down an ethnic cuisine they'd like to try making (Indian, Ethiopian, Colombian, Afghan). Choose winner out of a hat. Divide tasks (find recipe, go shopping, prep, cook, etc).

9. **Recount an old holiday memory.** Everyone make a recording of this memory and play all the recordings over dinner.
10. **Design holiday or New Year's cards** and send to friends and family. (See Where to Take a Family Portrait below).
11. **Play volleyball with a helium balloon.**

Table Topics: Inspire Meaningful Conversations

1. [Table Topics Original](#)
2. [Therapy Table Topics](#)
3. [Happiness Table Topics](#)
4. Describe yourself in 5 years, 10 years? Hair style, dress, school, job, car, city...
5. Describe your top 5 personal values, and why: honesty, integrity, independence...

Where to Take a Family Portrait

1. In the evening at the holiday decorated Long Center with the city lights behind you
2. From Covert Park on Mount Bonnell with Austin skyline in background
<https://www.austintexas.org/austin-insider-blog/post/mount-bonnell-for-beginners/>
3. Along Ladybird Johnson hike and bike trail with fall leaves and lake in background
4. Pick a quintessentially Austin mural backdrop
<https://www.preservationaustin.org/news/2021/1/14/austins-vibrant-mural-culture-instills-sense-of-community-in-the-urban-landscape>

Volunteering/Charity

1. **Austin Pets Alive**
<https://www.austinpetsalive.org/volunteer>
2. **Renew A Spirit of Giving: 5 Austin Donation Centers**
<https://austinfamily.com/renew-a-spirit-of-giving-5-austin-donation-centers/>

3. **Capital Area Food Bank**
<https://www.centraltexasfoodbank.org/get-involved/volunteer>
4. **Caritas/ prepare and serve meals to homeless**
<https://caritasofaustin.org/get-involved/volunteer/>
5. **UUMC / prepare meals on Saturday (from 7.30 to 10.30)**
<https://www.uumc.org/serve>
6. **Meals on Wheels/deliver meals to homebound seniors**
<https://www.mealsonwheelscentraltexas.org/get-involved/volunteer>
7. **Bookspring/volunteer at warehouse to sort and label books**
<https://www.bookspring.org/en/support/volunteer/>
8. **Green corn Project/ plant gardens/start your gardening journey**
<https://www.greencornproject.org/volunteer/>
9. **Foundations Community (Sponsor a Foundation Community Household and provide their requested gifts/gift cards.)**
<https://foundcom.org/about/holiday-assistance-program/>
10. **Offer to help a neighbor with a Christmas tree** (put up, take down, put out for mulching etc), other holiday decor, yard work, putting up lights, picking up packages, getting groceries.
11. **Post food and household items on your neighborhood list serve or FB give/trade.**

Resources: Cajoling your Teen into Unplugging

1. **Child Mind Institute**
<https://childmind.org/article/how-to-give-kids-effective-instructions/>
2. **How To Talk so Kids will Listen and Listen so they will Talk**
https://www.amazon.com/How-Talk-Kids-Will-Listen/dp/1451663889/ref=asc_df_1451663889?tag=bngsmtphsnus-20&linkCode=df0&hvadid=80882941400144&hvnetw=s&hvqmt=e&hvbmt=be&hvdev=c&hvlocint=&hvlocphy=&hvtargid=pla-4584482469346820&psc=1
3. **Opportunities for Conversations with Teens**
<https://www.familyeducation.com/search/Opportunities+for+Conversation+with+Teens>
4. **How to Talk to Teenagers: Parents Need to Know**
<https://famousparenting.com/how-to-talk-to-teenagers-parents-need-to-know/>

5. **Why Spending Time with Family is Important**
<https://www.aha-now.com/why-family-time-is-important/>
6. **Ways to Help your Teen Unplug**
<https://lucerospeaks.com/6-ways-to-help-your-teen-unplug/>
7. **20 Ways to Connect with your Teen**
<https://www.todaysparent.com/family/parenting/20-ways-to-connect-with-your-teen/>
8. **The Ties that Bind Us: How to Reconnect with your Teenager**
<https://yourteenmag.com/family-life/communication/how-to-reconnect-with-teens>
9. **How to set Reachable Expectations for Your Teens**
<https://www.outwardbound.org/blog/how-to-set-reachable-expectations-for-your-teen/>
10. **How to Talk to Teens: 3 Ways to Get Your Teen to Listen**
<https://www.outwardbound.org/blog/how-to-set-reachable-expectations-for-your-teen/>

This list has been compiled by a group of moms who are sharing their personal recommendations based on past experiences using their judgment on what other parents might like. No individual businesses have been endorsed by LASA.

This list will be posted on the Facebook pfLASA page where parents are invited to contribute their own resources.

The Wellness Committee is dedicated to bringing parents programming and resources on topics of interest to give them the tools to better support their teens. For more information or if you want to join the committee: nina@goodfoodfighter.com. Happy Holidays!