

The winter solstice has been my favourite time of year for as long as I can remember - feeling the deep breath the earth seems to be taking in and letting out before the sunlight shifts and the days start lengthening again. Sometimes it's hard to notice that pause, in the midst of the noise and rush that the holiday season has become. But it's still there - I saw it, this morning:



We wish you time to pause and breathe over the holidays, along with warm, joyful memories with your family and friends.

If you find yourself looking for things to do with your kids or visiting relatives over the holidays, or you're committing yourself to learning more and taking action in the new year, here are a few ideas!

1. Spread holiday cheer into the new year

There's still time to send your MP a holiday card calling for a cap on oil and gas emissions. Visit the [All I Want website](#), add your message, and we'll look after the printing and delivery. You can also download a card to design and print yourself.

The timeline for federal regulations on emissions from the oil and gas sector is stretching into the new year and likely into the spring, so your message can have a big impact as MPs return to the House in January.

2. Think about financial health

The Banking For Our Kids Campaign got off to a great start this fall, and we're hoping to keep building momentum in the new year, as we look toward Move Your Money Day and the Big Bank AGMs.

Want to learn more? [Here's a quick update and a few holiday action ideas](#) from Bank Campaign Organizer Gabrielle.

3. Take a deeper dive

How are racism, climate injustice and colonization linked, and why does climate action include addressing systemic racism? We've compiled [some resources here](#) we hope are helpful in deepening understanding and commitment to action. Do you have more that we can share? Let us know at hello@forourkids.ca

4. Find what moves you

Yes, the climate challenge is enormous. We need to eliminate greenhouse gas emissions from electricity, agriculture, transportation, industry, and buildings. We must protect and restore ecosystems. We have to change society, policy, economy, and culture. This is about transformation.

Also yes: there is something meaningful each of us can contribute to climate solutions. This is the work of our lifetimes.

These words from Ayana Elizabeth Johnson are from her introduction to the [Climate Action Venn Diagram exercise](#) you'll find on her website. If you're looking for a way to bring your strengths, skill and passion to addressing the climate challenge and you're just not sure how to do it, this exercise will help you find your place.

Tip: this exercise involves self-reflection but you can still do it in a group - invite others to join you and share your results, along with your questions, thoughts, and challenges along the way.

5. Get caught up with all the FOK things!

Check out the network's [stories](#) and [media coverage](#) over the past year. It's remarkable what parents, grandparents, and all those concerned about our kids' futures have done by coming together. Stay tuned for more details in FOK's year-in-review report in January.

And if all of that leaves you wanting more, you can always find ideas on FOK's [Take Action page](#).

Thanks for taking action for your kids. Remember you can always reach us, your FOK national support team, at hello@forourkids.ca with your questions or comments.

