FAMILY ACTIVITY: HYGGE YOUR HOME

Hygge (pronounced hoo-gah), is the Danish word for “cosiness and surrounding yourself with the things that make life good, like friendship, laughter and security, as well as more concrete things like warmth, light, seasonal food and drink.” Hygge is often stated as the way that the Danish survive cold winters.

In the greater Chicago area, we experience winters that are similar to Denmark with snow and temperatures below freezing. Hygge your home with your child and family to survive this winter.

MATERIALS AND INSTRUCTIONS

Materials (any of the below, depending on which hygge strategies you want to try):

- Candles
- Cat grass seeds, soil, and a pot
- Books and/or a library card
- Pillows and blankets
- Paper, paint brushes, and orange, yellow and red paint
- Tea or herbs to make your own tea blend

Instructions: Select any of the ideas below to try with your family to hygge your home

- Light candles around your home. Follow instructions here to make your own.
- Open the curtains and shades on your windows to let in natural light.
- Incorporate natural elements like wood and plants into your home. Cat grass is an easy plant to start from seed and grow indoors. Find out how to here.
- Cozy up with a good book. If you don’t want to purchase books, consider visiting your local public library to check out a new read.
- Create a nook where you can get cozy and enjoy your time indoors. Nooks can be in the corner or a room, on the sill of a window, or in any small space in your home. Fill your nook with pillows and blankets, then get cozy.
- Add warm colors to your home using art, pillows, and blankets. Youth can create their own art using warm colors like orange, yellow, and red, which can be displayed at home to add warmth.
- Drink plenty of hot beverages like tea. Make your own herbal tea blends by purchasing herbs from the grocery store and combining your favorites. Get some inspiration here.

QUESTIONS TO EXPLORE

1. What makes you feel the most cozy at home?
2. What are some things that you like to do indoors to survive the winter?
3. What are some things that you like about winter? What are some things that you don’t like about winter?
4. How would you like to hygge our home?

1 https://theeverygirl.com/10-ways-to-hygge-your-home/