Beyond Differences™ has been innovating programs for children, parents and teachers on how to create connections, acceptance and inclusion for over 10 years. We know what to do and how to do it.

During this holiday season, it is more important than ever that, as adults, we model for our children how to practice these strategies at home and in school. Before and during the holidays. Below are some tips we'd love to pass on to you to help your child create friendships beyond social distance!

1. Tell someone how much you appreciate them.
2. Invite a classmate to be your penpal. Handwrite and mail letters to each other.
3. Randomly text or call a friend or relative and ask how they're doing.
4. Create homemade cards and mail them to friends and relatives.
5. When on social media, like and comment on a friend's post, leave kind messages, acknowledge them, let them know they are seen and appreciated, especially someone who doesn't always get a lot of attention online.
6. Use the No One Eats Alone® Conversation Cards to create a fun group chat activity.
7. Host a virtual party or themed gathering -- i.e., cook/bake a recipe together, organize a poetry reading, hold a dance party or discuss a favorite book or movie.
8. Play online games with others. Invite a new friend to play games, maybe someone from school who you haven't yet had the chance to get to know very well.
9. Get outside, if weather permits, and take a hike with a relative or friend. Fresh air always sparks some good conversation.
10. Create a trivia game about yourself, your family or your school and use an app such as Kahoot! to play the game with others together.

Follow #HappyConnectionDays on Instagram for additional tips from experts throughout the holidays!