

Ten January Activities for Catholic Families



- 1. **Celebrate New Year's Day (or Eve) with your family.** Make it a memorable day with fun activities, treats (maybe even sparkling juice), and family togetherness.
- 2. **Attend Mass on the solemnity of Mary, Mother of God (January 1st).** It's a Holy Day of Obligation. Here's a coloring page for the day of Mary with Baby Jesus: <https://www.reallifeathome.com/mary-and-baby-jesus-coloring-page/>
- 3. As the new year begins, **reminisce with your family about the past year and talk about plans and goals for this year.**
- 4. **Make a beautiful, decorative sign or piece of art work with Jesus' name on it to honor the Most Holy Name of Jesus** (January 3rd). If you prefer, here is a Holy Name of Jesus coloring page: <https://www.reallifeathome.com/most-holy-name-of-jesus-coloring-page/>
- 5. **Do an Epiphany Home Blessings by writing 20+C+M+B+18 above your front door in chalk (using the current year).** You can search for more details about this tradition or use those shared in this wonderful post from Joyfilled Family: <http://joyfilledfamily.blogspot.com/2012/01/feast-of-epiphany.html>
- 6. **Go star gazing to celebrate Epiphany.** Have the children to find the brightest stars in the sky. Discuss how the wise men might have felt while they were traveling to meet the new King, Jesus.
- 7. **Make or buy a King Cake to mark Epiphany.** If your kids are old enough for it to be safe, hide a coin, bean, or baby Jesus figure inside. The one who finds it can wear a crown that you buy or make. Here's a 20 minute version: <https://www.reallifeathome.com/easy-king-cake-20-minutes/>
- 8. To celebrate the Baptism of Our Lord (Sunday after Epiphany), **share pictures and keepsakes of your children's baptisms with them.** Tell them about the events and emotions of that day.
- 9. Many January saints taught others, such as St. John Bosco, St. Elizabeth Ann Seton, St. Angela Merici, and St. Thomas Aquinas. In their honor, **learn a Bible verse, prayer, or activity to teach others about your faith.**
- 10. **Try to learn to juggle** like Saint John Bosco (January 31st) did to entertain people.