



Five Frightfully Fun Ways to Celebrate Halloween

Now that the leaves are falling, and the days are getting shorter, it's time to break out the plastic skeletons, lawn goblins, and black cats. Adorn the trees and shrubs with cobwebs. And string the house with orange lights. Because...

It's October!

So in the spirit of ghosts, bats, and other things that go bump in the night, we came up with five fun, scary ways to celebrate Halloween.

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1. Host An Outdoor Scary-Movie Marathon



Hang a bed sheet, set up a projector, and wait for the sun to go down. Then screen the scariest movie suitable for your audience. For kids, films like *Monsters Inc*, *Casper*, *Coraline*, *Hotel Transylvania* and *Frankenweenie*. Over 18? Try *What Lies Beneath*, *The Ring*, *The Sixth Sense* or go for classics like *The Shining*, *The Exorcist* or *Psycho*. Feed them witches intestines (gummy worms), corpse eyeballs (chocolate balls) and anything gooey, slimy or disgusting. Don't forget to make them brush their teeth!

2. Play Halloween-inspired Games Outdoors in the Dark



"Ghosts in the Graveyard," anyone?



"Kick the Can," only the can is an urn of Dracula's ashes. "Flashlight Sardines," but in this version, you're not sardines, you're corpses. Check out this link for rules and more fun game ideas.

<https://www.superhealthykids.com/kid-fitness/outdoor-night-games-with-kids/>

3. Trick Your Trick-or-Treaters

Grab a baby monitor or walkie-talkie, stash it outside behind a plant or bush near the front door, and have some fun with your trick-or-treaters as they approach the house. Make spooky sounds, or pretend you're a spirit from the great beyond. (Remember, not too scary.) Be sure to reward them with extra candy for being good sports!



4. Hold a Halloween Treasure Hunt

Kids love treasure hunts. So do grown-ups. Sprinkle candy and Halloween trinkets throughout the immediate neighborhood, make up some fun clues, and you're off and running. Invite a few close family friends to amp up the fun.

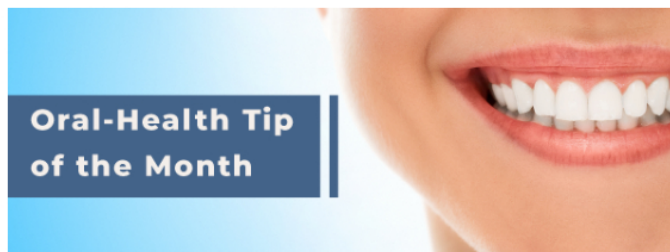


5. Make Contact With "Ghosts"



Break out the Ouija Board, dim the lights, and say hello to dear ole departed Aunt Marjorie. Halloween is the best time to make "contact," as all kinds of spirits are out having a good time. So why not invite them over for a chilling chat!

No matter what your age, Halloween is a night for having spooky fun. Heck, why limit it to one night? Celebrate the entire month!

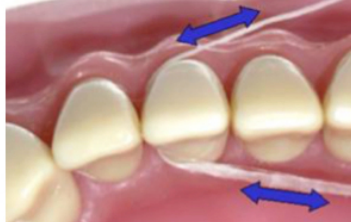


**Oral-Health Tip
of the Month**

How to Floss

We know, flossing is a pain. But it's essential if you want to avoid gum disease and premature tooth loss. To properly floss, follow these steps:

1. Hold floss firmly between your thumbs and index fingers.
2. Gently slide the floss in a "C-shape" up and down between your teeth, working it beneath the gum line on both sides.
3. Move to a clean section of floss and repeat until you have cleaned around each tooth.
4. Rinse your mouth with water or an antibacterial mouthwash.



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