

4 Alcohol-Free Ways to Celebrate St. Patrick's Day

Americans often view St. Patrick's Day as a day to overindulge in alcohol. But, for parents of young children, people in addiction recovery, and those who are under age 21, it can be difficult to enjoy the day because so many celebrations center on alcohol. If you are looking for a way to celebrate the luck of the Irish without drinking green beer or Irish coffee, and without being subjected to people who drink irresponsibly, you will find our suggestions helpful.

1. Host an Alcohol-Free St. Patrick's Day Party

When you host a St. Patrick's Day Party, you control the food and beverages that are served. If you have kids, you may want to take advantage of the learning opportunity and spend



some time researching traditional [Irish foods](#) together. Let the kids choose one dish they think they will eat and then spend time cooking it together: consider making an Irish stew, corned beef and cabbage, or shepherd's pies. If you have younger kids who are hesitant to try the new dish, you can help them get in the spirit of the day by dyeing their food green.

No party is complete without games or music. Guests of all ages will enjoy playing [Shamrock Scramble](#). Make four large shamrocks out of green poster board and tape them to the floor in four corners of a room – if you have several party guests, tape them in random spots throughout a couple of rooms. Play Irish music and ask everyone to dance until you stop the music. When the music stops, everyone should run to stand on a shamrock. The last person to make it to a shamrock loses. Continue playing until there is one player left; he is the winner. Play a few times and give the winners custom St. Patrick's Day [T-shirts](#) to commemorate the evening.

If you're not sure which [music](#) to play, choose a streaming station and play Irish music. If you'd rather make your own playlist, use songs from Stiff Little Fingers, Dropkick Murphys, Flogging Molly, U2, Enya, The Cranberries, The Dubliners, or Van Morrison.

2. Enjoy Irish Artists

If you prefer celebrating more quietly, plan an evening watching [Irish films](#) alone, with your family, or with a small group of friends. Some of the most popular Irish films include

Walking Ned Devine, The Crying Game, The Snapper, Intermission, My Left Foot, and The Commitments.

If you'd rather spend the evening [reading](#), pick up some poems by W. B. Yeats James Joyce's collect of short stories, The Dead, or Samuel Beckett's Waiting for Godot. Edna O'Brien's The Country Girls is a controversial novel that has been banned and burned in Ireland over the years, and it makes for a great read.

3. Get Crafty

If you love to make [crafts](#) and DIY decorations, take advantage of the holiday and go green by making St. Paddy's Day projects for your family members and friends. This is a great family-friendly activity, or you can take a mental health break and enjoy a stress-free holiday by crafting while listening to some Irish tunes. Try making paint chip shamrocks, yarn vases, and cute votive holders.

4. Take an Irish Dance Class

There are schools of [Irish dance](#) around the country, and if you want to learn how to do an Irish dance, look for one near you. Some dance instructors hold open classes as St. Patrick's Day approaches, so take some time and find one that interests you. Jigs, reels, and hornpipe are some of the easier Irish dances to learn.

No matter how you choose to spend your alcohol-free St. Patrick's Day, make sure you spend time doing something that celebrates the spirit of the holiday and that provides you with a fun break from the humdrum of everyday life. If you do choose to drink to St. Patrick, do so responsibly so that you can enjoy the holiday safely.

Image via [Pixabay](#) by Wokandapix