



CHRISTMAS THINGS TO DO



Support Phone Line: 01223 734000

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We know times are tough at the moment for a lot of people and families.

We hope the activities in this pack will give you some ideas of cheap and free things to do over the festive season.





Things to do at home for Christmas.



- ❖ **Make paper chains.** You can use anything you have at home, spare wrapping paper, newspaper, colourful paper, packing paper...
- ❖ **Christmas movie and popcorn night.** What's your favourite? See the link further into this pack for a link to Christmas 2023 TV. Did you know you can borrow DVDs and games from your local library?
- ❖ **Find a book you already have and have a cosy night reading.** Get your blankets or duvet and a hot drink and lose yourself in your favourite book.
- ❖ **Make paper snowballs and have an indoor snowball fight.** Can you balance your snowballs and make a snowman!?
- ❖ **Have a pyjama day.** And relax!
- ❖ **Fill a jar with kind words, written on paper, that you can read when you need them most.** How would you make a friend feel better? Use that same kindness to yourself, you matter, and you are enough.
- ❖ **Put on some Christmas music and sing along.** Whether it be classics or up to date songs, music has an incredible healing power...pump up the volume!
- ❖ **Take some silly selfies.** Have some fun and be silly, you'll be amazed how much brighter you feel after making yourself and others laugh!
- ❖ **Make a den with cushions, pillows, and blankets.** Maybe you could use this as your reading nook for your pyjama day?
- ❖ **Deep breathing for relaxation.** There are some great techniques further into the pack.
- ❖ **Mindful colouring.** Put on some relaxing background music and take some time out.
- ❖ **Write a letter to someone you haven't seen for ages.** Who doesn't love receiving a personal letter or card through the post?! When it feels like technology is taking over let's get back to basics. If you'd like to write to us, we'd love to hear from you! Our address is later in the pack.
- ❖ **Make paper snowflakes.** Ideas for designs on the next page!



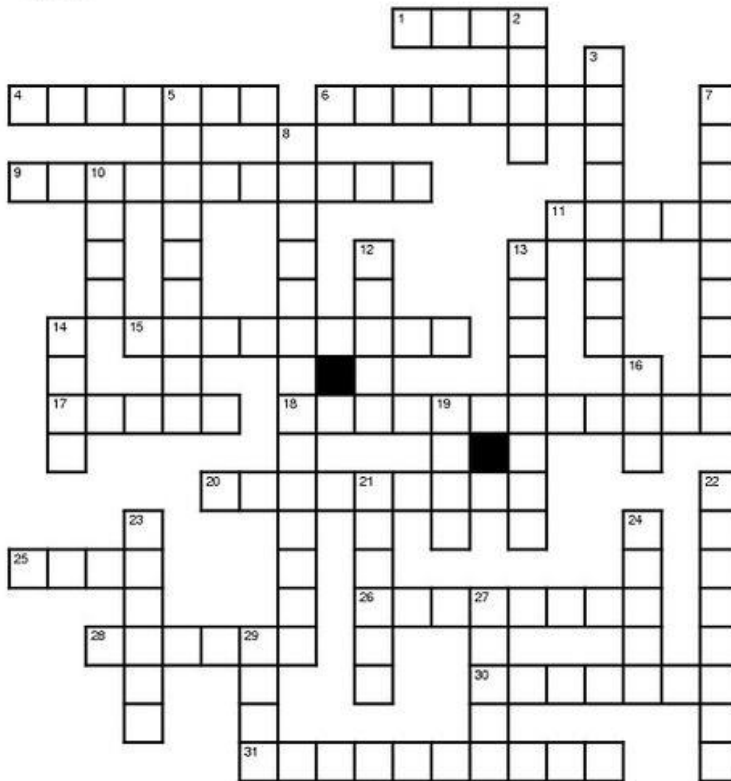


HOW TO CUT PAPER SNOWFLAKES





Christmas Crossword



Merry Christmas!

Across

1. Another word for present.
4. Santa's door?
6. Animals that pull Santa's sleigh.
9. What people put on their Christmas tree.
11. Something on Santa's face.
15. The day after Christmas.
17. Santa's helpers.
18. The day before Christmas.
20. A piece of snow.
25. What Santa gives to bad girls and boys.
26. A sock that hangs by the chimney.
28. People put these bright things on there house.
30. A reindeer with a red nose.
31. A jolly man in a red suit with a beard.

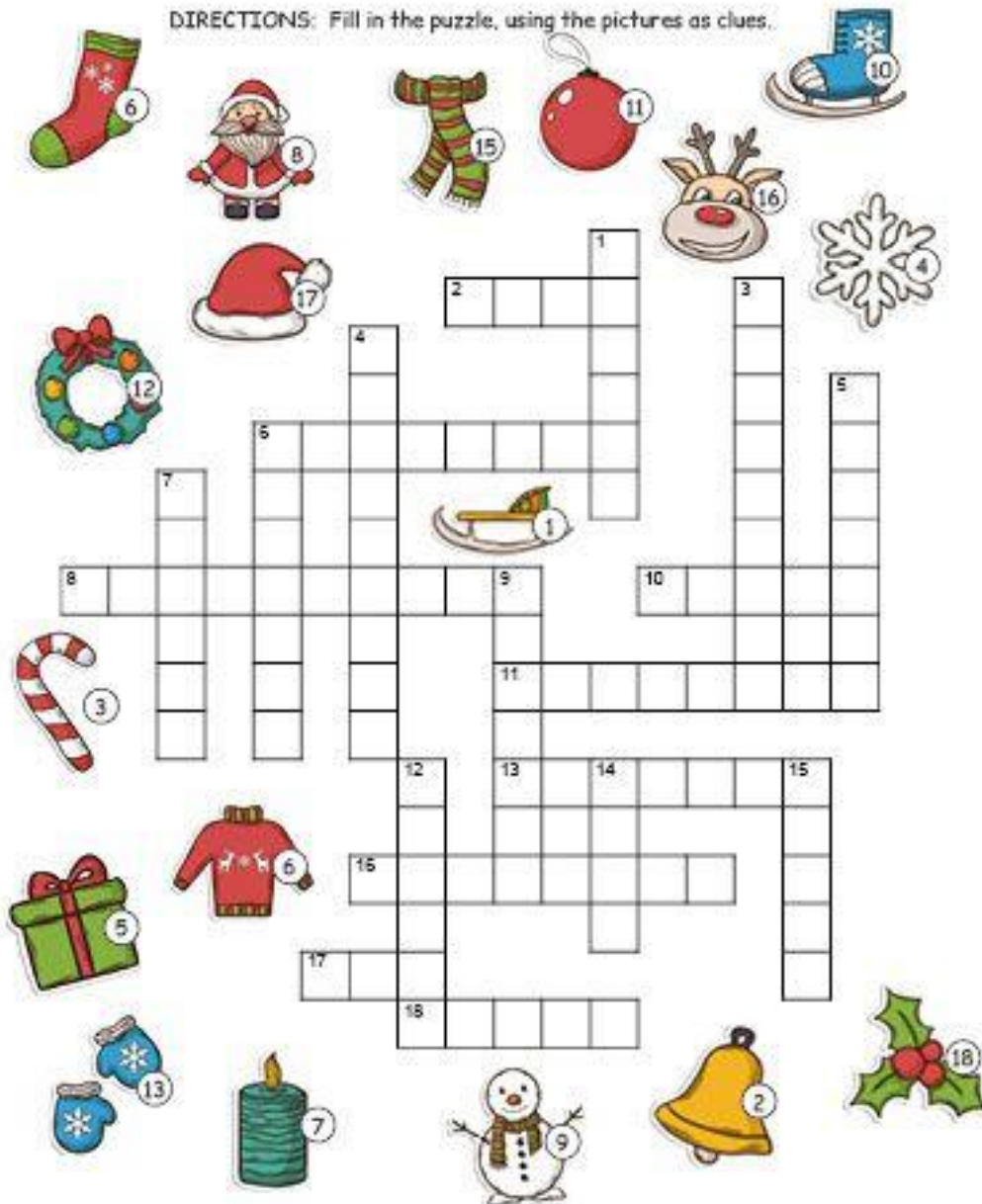
Down

2. Something people decorate.
3. What people give each other.
5. Where Santa's workshop is located.
7. A striped Christmas treat.
8. Drink and food left for Santa.
10. Something people send to each other to say 'Merry Christmas'.
12. The presents are usually _____ the tree.
13. The month of Christmas.
14. Look at a present before you should.
16. The color of Santa's suit.
19. A common decoration for the top of the tree.
21. A famous snowman.
22. The place where Santa makes toys.
23. Santa's car?
24. A common decoration for the top of the tree.
27. A Christmas song.
29. What Santa gives to good girls and boys.



Christmas Crossword

DIRECTIONS: Fill in the puzzle, using the pictures as clues.



1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

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Christmas Word Search



CANDY CANE
CAROLS
CHRISTMAS
DECEMBER
ELVES
GINGERBREAD
JINGLE

HOLLY
LIGHTS
MERRY
NORTH POLE
ORNAMENTS
PRESENTS
REINDEER

SANTA
SLEIGH
STOCKING
TREE
WINTER
WREATH



CRAYONSANDCRAVINGS.COM



CHRISTMAS WORDSEARCH



U Z E Q O X A N W M
 I K L E T R E E R I
 O X F W R F Q M E S
 G E M P G P E V I T
 K H O L L Y G S N L
 L I G H T S C A D E
 P R E S E N T N E T
 O Q V G F X F T E O
 K C O O K I E A R E
 N C A N D Y C A N E

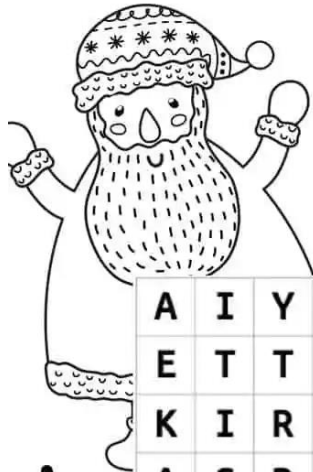


WORD LIST

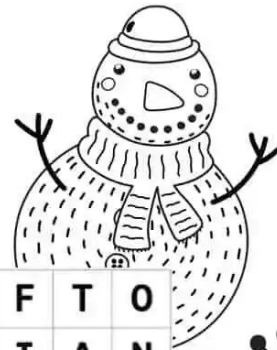
CANDY CANE	MISTLETOE
COOKIE	PRESENT
ELF	REINDEER
HOLLY	SANTA
LIGHTS	TREE



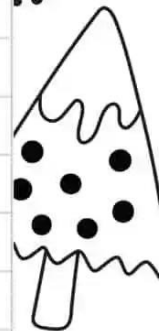
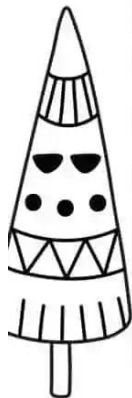
Homemade
GIFTS MADE EASY



Merry Christmas



A	I	Y	K	O	T	G	N	O	G	I	F	T	O
E	T	T	T	E	G	L	T	O	I	M	I	A	N
K	I	R	G	R	C	A	N	D	Y	C	A	N	E
A	S	R	T	A	S	G	R	U	D	O	L	P	H
L	A	G	L	S	I	T	I	L	I	R	E	E	L
F	N	N	R	N	A	T	I	V	I	T	Y	T	G
W	T	I	E	L	V	E	S	L	H	G	N	A	O
O	A	K	S	G	G	A	N	G	E	L	H	G	I
N	Y	C	S	T	N	E	M	A	N	R	O	T	E
S	G	O	T	S	L	E	I	G	H	E	R	V	S
T	N	T	G	G	O	T	E	H	T	A	E	R	W
R	E	S	I	W	K	R	I	N	G	L	E	V	A
N	O	C	T	L	N	E	S	N	O	W	M	A	N
T	R	E	I	N	D	E	E	R	E	S	E	E	O

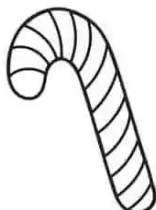


SLEIGH
REINDEER
RUDOLPH
ORNAMENTS

NATIVITY
TREE
WREATH
SNOWFLAKE

ANGEL
LIGHTS
SANTA
STOCKING

GIFT
CANDY CANE
ELVES
SHOWMAN



Skip TO MY Lou.ORG





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...AND BREATHE

Creating calm

If you're feeling anxious, try this quick relaxation technique:

- Sit with your feet flat on the floor.
- Make sure you are warm and comfortable.
- Concentrate how your feet feel on the floor.
- Close your eyes and breathe into your belly.
- Try breathing in through your nose and out through your mouth.
- As you breathe in try to count up to 5 steadily.
- Then, without holding your breath, breathe out to the count of 5 gently.
- Try to do this for 3-5 minutes every day.





LINKS FOR MORE IDEAS AND INFORMATION.

TV AND FILM FOR CHRISTMAS 2023.

<https://ukchristmastv.weebly.com/>

Check out things to do in your local area at:

[Free Christmas Days Out | Top Things To Do | DOWTK \(dayoutwiththekids.co.uk\)](#)

FOOD AND DRINK

Food banks: <https://www.trusselltrust.org/get-help/find-a-foodbank/>

Kids Eat Free: <https://moneysavingcentral.co.uk/kids-eat-free>

SUPPORTIVE ORGANISATIONS.

Mind - <https://www.mind.org.uk/> Tel: 0300 123 3393

The Samaritans - <https://www.samaritans.org/> Tel: 116123

Give us a Shout - <https://giveusashout.org/> Text 'SHOUT' to 85258

If you would like to write to us at Steel Bones our address is:

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