



All Active Academy Christmas Wellbeing



As we approach the end of 2023, looking after our physical and mental health remains incredibly important and with a new year about to start is often a great time to reflect and reset. The information, tips and links you will find within this newsletter are to support the whole family (adults and children) to improve their overall wellbeing through opportunities that are linked to the '5 Ways to Wellbeing'. The All Active Academy would like to wish schools and families across the district a very

Merry Fitmas & a Happy New Year!



Connect with other people.

Make and send a Christmas card: Christmas is a time of goodwill. It is a time when people make an effort to think of others, particularly those who might be finding this time of year difficult. Why not make a Christmas card for someone who might be on their own, whose family are far away and unable to be with them or who might be finding it a particularly sad or stressful period. What kind words can you say that might make a difference to how they are feeling? Feel free to use templates to get you started - <https://imp.sh/8bvVBOLE>

Take time each day to be with your family:

Check out our '25 days of Christmas family activities'. How many activities can you do during December?

Arrange a catch-up call with friends and/or family:

Whether this be a video-chat or phone call, set time aside one day during the holidays, to stay in touch. This might be with someone who you haven't spoken to in a while, is on their own or who lives far away from you!

25 DAYS OF CHRISTMAS

Family Activities



1 Make a hot chocolate	2 Write Christmas cards	3 Go Christmas Shopping	4 Watch Christmas films in pyjamas	5 Decorate Christmas tree
6 Listen to Christmas music	7 Have a games night	8 Sing Christmas carols	9 Decorate gingerbread	10 Wrap presents
11 Read a Christmas book	12 Write a letter to Santa	13 Christmas jumper day	14 Go ice skating	15 Make paper chains
16 Make paper snowflakes	17 Visit Santa Clause	18 Bake Christmas cookies	19 Make homemade gifts	20 Eat mince pies
21 Have a Christmas party	22 Post Christmas cards	23 Have a Christmas Quiz	24 Draw a snowman if you can't build one	25 Random act of kindness



Learn new skills.

Learn to draw: Check out **Art for Kids Hub** YouTube Channel. Lots of art lessons, perfect for any age and even more fun to do together as a family. All you need are a few basic supplies! Make a start on your Winter and Christmas Art projects - www.youtube.com/playlist?list=PLnoO3k54vcBRDtZRzGWMFZECXx-ORI2Yc

Try getting creative with something new: Have a go at making some fun festive treats that you can either eat or use to decorate your tree!

www.bbcgoodfood.com/recipes/christmas-cinnamon-biscuits

Santa's Magic Milk experiment: Why not give this fun Science experiment a go and make some of [Santa's magic milk!](#)

Santa's Magic Milk

Science Experiment



Method

1. Pour some milk in the shallow dish.
2. If you would like the experiment to smell, add some peppermint essence.
3. Sprinkle the eco-glitter on top of the milk then add small drops of food colouring towards the edge of the dish.
4. The food colouring will sit on top of the surface.
5. Dip the lolly stick in the liquid soap then place that end of the lolly stick in the centre of the milk.
6. This is when the magic happens!
7. The food colouring will slowly begin to swirl.
8. The eco-glitter will jump to the edge of the dish.

You will need:

Whole milk or half-fat milk
Green food colouring
Red food colouring
Green eco-friendly glitter
Red eco-friendly glitter
Peppermint essence
Liquid soap
A lolly stick
A shallow dish





Be physically active.

Bodenham's Nativity Trail: (Sat 25th Nov – Sun 7th Jan) Follow the stars that take you on a walk around the Arboretum's 'Big Pool' and take part, if you wish, in their walk-along Christmas quiz! The trail takes you to the Farmyard where you can see live nativity scenes and where the farm animals reside for the winter months. You can explore the rest of the Arboretum – over 5 miles of woodland walks! See here for more info - www.ticketsource.co.uk/whats-on?q=Bodenham%20Arboretum%20nativity

Farmer Christmas experience at Churchfields: Join Churchfields for their most magical and interactive Christmas yet and immerse yourself in a world of wonder as you journey through twinkling lights, snowy trees all with a dose of their famous Churchfields festive cheer! To book this fabulous family festival day out, see here – <https://bookings.churchfields.farm/book/christmas-at-churchfields/184>

The Enchanted Gardens Neverland at Webbs: From Friday 17th November through to Wednesday 3rd January, Webbs of Wychbold are delighted to bring you their magical light trail - 'The Enchanted Gardens Neverland'. Fly with Peter Pan and Tinkerbell to Neverland - a magical island where children never grow up! Their popular light trail will take you on an unforgettable adventure to a land of mermaids, fairies and pirates including the evil Captain Hook! The route should take up to 1 hour to complete then you can warm up inside, where a great selection of food and drink will be available. www.webbsdirect.co.uk/enchantedgardens/

Little Owl Farm Park Christmas Grotto 2023: If you are looking for a festive, family day out this Christmas, then a visit to Little Owl Farm Park should be at the top of your list. Spend the day with us visiting Santa plus all the fun of visiting the farm too! www.littleowlfarmpark.co.uk/whats-on/christmas/

Father Christmas and the Winter Barn Workshop at Attwell Farm Park: Make your Christmas magical this year and experience Father Christmas in his Winter Barn Workshop at Attwell Farm Park. Father Christmas & his elves have been hard at work to bring you their best Christmas event yet!! As you approach Father Christmas' Grotto, you will be greeted by his head elf who will check if you are on the naughty or nice list. You will then get to meet Father Christmas as he prepares for his big night. If you have been good this year, you will get to enter his exclusive toy shop at the farm to pick a present of your own! <https://attwellfarmpark.co.uk/events/christmas/>

West Midlands Santa Safari: Join West Midlands Safari Park between 24th November – 24th December for a magical festive day out for the whole family, combining a four-mile winter Safari and a visit to Santa in his grotto. After meeting Santa, you will make your way to the Elves' Workshop where children can pick their own present. With a wide selection of gifts to choose from, the children will be spoiled for choice! To book, visit: www.wmsp.co.uk/wmsp-events/santa/#/pick-your-place/5e816780-088b-4086-b7e0-46f80bfb4094

**The adventure theme park will be closed throughout winter.*

Christmas day Parkrun: Start your Christmas day with some Christmas cheer at your local festive Parkrun! Have lots of fun completing the course with friends and family. To add to the festivities, why not wear something Christmassy to mark the special day! To find out where you can take part, visit the following link - www.parkrun.org.uk/special-events/



Give to others.

Reverse Advent Calendar: This year, local Foodbanks are encouraging families to create a 'reverse Advent Calendar'. Find a box and everyday add in an item either from the list opposite, or of your choice. Deliver your full box to your local Foodbank so that those in need can enjoy Christmas without worrying about food!

Delivering joy with Dunelm: Help us deliver joy at Christmas by making a difference to someone in your local community. 3 ways to get involved:

- 1) Buy a gift
- 2) Make a gift
- 3) Donate spare decs.

Check out how to get involved here and make someone's Christmas -

www.dunelm.com/info/delivering-joy-at-christmas

REVERSE ADVENT CALENDAR

EACH DAY ADD AN ITEM TO A BOX.
ON CHRISTMAS EVE DONATE THE CONTENTS TO A
FOOD BANK.

December 1 - box of cereal
December 2 - peanut butter
December 3 - stuffing mix
December 4 - boxed potatoes
December 5 - macaroni and cheese
December 6 - canned fruit
December 7 - canned tomatoes
December 8 - canned tuna
December 9 - dessert mix
December 10 - jar of applesauce
December 11 - canned sweet potatoes
December 12 - cranberry sauce
December 13 - canned beans
December 14 - box of crackers
December 15 - package of rice
December 16 - package of oatmeal
December 17 - package pasta
December 18 - spaghetti sauce
December 19 - chicken noodle soup
December 20 - tomato soup
December 21 - can corn
December 22 - can mixed vegetables
December 23 - can carrots
December 24 - can green beans

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Pay attention to the present moment (mindfulness).

Christmas mindfulness colouring party placemats: Try making some festive placemats for the dinner table on Christmas Day? Here are 6 different designs: <https://jmp.sh/lvKPUIh>

Christmas wordsearches: Test your logic/puzzle skills with these Christmas themed wordsearches – there are 3 puzzles to complete!

<https://jmp.sh/QezBP5D>

Yoga in a Winter Wonderland: Bend like a candy cane! Balance like a Christmas tree... Enhance your physical and mental wellbeing through some winter-themed yoga -

<https://jmp.sh/XLe7GHm>



5 Ways to Wellbeing



We welcome any feedback on this newsletter and would love to see any photos/videos of families taking part in any of the Wellbeing activities. Please Tweet or email us:



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