WHAT Christmas MEANS TO ME

FREE ACTIVITIES!

Magic Reindeer food recipe



Ingredients:

1 cup of porridge oats
1 plastic sandwich bag or cellophane bag
Hundreds and thousands or coloured sugar
Mixing bowl
2 brown pipe cleaners
1 set of googly eyes
1 red pom pom
PVA glue to stick decorations on

Instructions:

1. Mix the porridge oats and hundreds and thousands together in a mixing bowl
2. Pour the mix into a bag and tie the bag
3. Make two antlers using the pipe cleaners and stick on the top of your bag
4. Stick two *googly* eyes on the front of the bag
5. Glue one red pom pom on the front of the bag to make a nose
6. Spread your reindeer food on your path on Christmas Eve to help Santa's reindeer find their way

.....'s Wish List



Dear Santa,

I have been very good this year. Here is my wish list:

- _____
- _____
- _____
- _____
- _____

Thank you so much, Santa!

Love,

.....

P.S. I will put some reindeer food out on our path so your reindeer can find us easily.

SALT DOUGH BAUBLES RECIPE



Ingredients:

Approx 250g of plain flour
Approx 125g of table salt
Approx 125ml of water
Grease proof paper
Baking Tray
Mixing bowl
Cookie cutter shapes
Rolling pin
Paint to decorate
Glitter to decorate

Instructions:

1) Preheat your oven on the lowest setting
2) line a baking tray with some grease proof paper
3) Mix the flour and salt together in a bowl. Add all the water and stir until it comes together into a ball
5) Flour a work surface and transfer the dough to it. Using a rolling pin roll out the dough
6) Cut out shapes using your chosen cookie cutter. Make a small hole in the top of the shape. This is where you will thread it to hang
7) Transfer shapes to the baking tray and PLace in the oven. bake for 3 hours
8) Take out and Leave to cool and then decorate
9) Tie some ribbon or string through the hole in the top of your bauble and hang on your tree

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LETTER TO SANTA



Dear Santa,

All I Want for Christmas is...

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MAKE YOUR OWN SNOW

Ingredients:

Approx 454g of baking soda

1 large can of shaving foam

Large mixing bowl

Instructions:

1. Pour the baking soda into the large mixing bowl
2. Add some shaving foam into the mixing bowl, adding small amounts at a time until you have a crumbly mixture
3. Knead the snow
4. Your snow should now be ready to enjoy!

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GINGERBREAD CHRISTMAS SLIME



Resources needed:

1 cup of PVA glue
1 teaspoon of bicarbonate of soda
1 tablespoon of Saline (contact lens solution- available in most supermarkets)
A large squirt of brown paint- acrylic paint is best
1 tablespoon of ginger seasoning
Glitter

Step by step:

1. Mix the glue and the paint
2. Add the bicarbonate of soda, ginger seasoning, glitter and saline and mix until it becomes stringy
3. Once it starts to separate from the bowl take it into your hands and knead it until it becomes soft and stretchy
4. It's ready to play with!

Please note this activity is not edible and children should be supervised throughout.

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TOP TIPS FOR GIVING AT CHRISTMAS

DON'T SUCCUMB TO SOCIAL PRESSURES

At this time of year there will always be that ‘must have’ toy, however what might be one child’s ‘must have’ may not be suitable for your child.

THINK ABOUT THE NUMBER OF PRESENTS YOU ARE GIVING

It’s not necessarily about limiting gifts, but more about limiting how many are given at one time.

CONSIDER SPECIAL INTERESTS

When buying toys- working with a person's special interest can enhance other areas of learning. For example, if they are interested in trains you could use these to teach numbers, or even use them to meet sensory needs.

CONSIDER SENSORY NEEDS

Is the person hypo or hyper sensitive (with regard to any sense), or both? We know there are lots of big impressive toys on sale at this time of year, but they can be very noisy or have flashing lights. It may be useful to see the toy in action first before purchasing.

CONSIDER THE LEARNING OUTCOME/PURPOSE OF A TOY

There are toys available that can aid development in areas such as communication, maths, and imaginative play. Do you have an aim in mind for what the toy could support with? Is it realistic? Will your child still enjoy the toy?

THINK ABOUT ELEMENTS OF SURPRISE

Some types of toys may cause too much anxiety for the person. Similarly, not knowing what gifts they are going to receive on Christmas day can cause huge anxiety. If that applies, then allowing some control over choosing gifts may be useful. Consider wrapping presents in a clear cellophane so the person can see what's inside.

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CONSIDER PREPARATION

Consider buying stocks of batteries in advance. Having to wait for batteries - may cause added stress. Similarly having to wait for gifts to be built may cause stress, can they be built the night before? Be prepared with a back up plan- new toys on Christmas day might just be too much; have familiar items on hand, just in case.

CONSIDER DEVELOPMENTAL AGE, NOT CHRONOLOGICAL AGE

Some toys may not be suitable or safe for your child or young person despite packaging and suggested ages.

CHOOSE TOYS THAT STIMULATE AND CHALLENGE – OR BRING PEACE AND CALM

Mechanical toys or ‘cause and effect’ toys can be stimulating and can, in turn, help develop a sense of achievement when mastered. But it may be that toys designed for use at the end of the day when they need to relax, would be equally well received. Toys that play lullabies or have additional sensory elements can help with decompression at the end of the day.

AND FINALLY...

If giving the person control of how they spend their time is something you want to encourage -download our ‘Toy Time Vouchers’ today. They can be used to gift extra time with something the person enjoys. Your young people can also use them to ask for some time doing something they love, offering them an element of control.