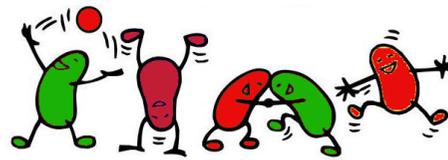


FEEL FAB CHRISTMAS CRACKERS

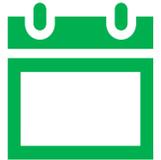


FIND YOUR CHRISTMAS BEANS



NAME _____

HOW MANY



DID YOU COLLECT?

IF YOU NEED TO RESEARCH SOME OF THE ACTIVITIES ONLINE MAKE SURE YOU ASK PERMISSION FIRST. IT'S A GOOD IDEA TO ASK FOR SOME HELP FROM AN ADULT & STAY SAFE WHEN TRYING ANYTHING NEW. Activities can be done in any order. Certificates are available from your school.

Can you achieve CHRISTMAS GOLD by ticking off at least 7 from the list? Let your teacher know if you do!

We would love to see some of your attempts on Twitter using [#FeelFabChristmasCrackers](#) and tagging: [@AshtonSSP](#) [@CSETSports1](#) [@NSSPEA1](#)

Go for a Christmas light walk as a family - where are your favourite lights?



Make a Christmas card for family and friends



Check in daily in December with a Santa Tracker



Perform at least one random act of kindness a day



Make a gingerbread house or make Christmas cookies



Host a Christmas Fun Night... games, karaoke, disco etc



Design and lead a workout or dance routine for your family and friends. Must have at least 5 activities!



Ride your bike, walk or scoot for at least 10 minutes a day



Organise a Christmas movie night or even a week then everyone gets a chance to watch their favourite film



Go for a run, walk or jog for 1km



Recycle your Christmas cards, wrapping paper or tree



Donate or gift an old toy/s to charity



Make up 6 different exercises and number them 1 to 6. Roll a dice to choose which exercise to do 10 times. Decide how many dice rolls you are going to do



Make a reindeer or other Christmas character out of recycled materials



Persuade someone in your house to do some yoga with you. Find 'Cosmic Yoga' online



Learn how to juggle with two or three balls. When you are rather good try it with satsumas instead!

