

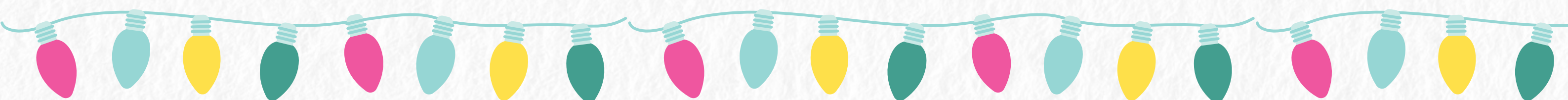


*Holiday
Activity
Pack
2021*

Holiday Riddles

Test your knowledge with the below riddles. You'll find the answers on the next page.

- 1, You will buy me to eat, but you will never eat me. Not even during Christmas. What am I?
- 2, You can hold me and shake me, but I'm easy to break. I have lots of snow, even though it's all fake! What am I?
- 3, What is something that can travel all around the world like Santa Claus and never leave its corner?
- 4, What has a lot of needles but can't sew?
- 5, What is red and white, red and white, and red and white again?
- 6, What falls at the North Pole but never gets injured?
- 7, You can catch me easily, especially around Christmastime, but you can never throw me. What am I?
- 8, People hang this, but it is not a picture. It is green in color, but it is not a coat. It is a plant, but it is not a mint. It is seen mostly in December, but it is not the Christmas tree. What is it?



Holiday Riddles Answers

1, Answer - Cutlery

2, Answer - A Snowglobe

3, Answer - A Stamp

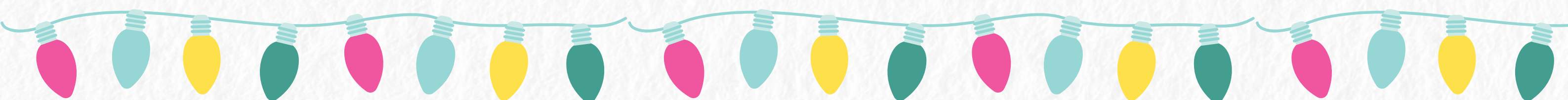
4, Answer - A Christmas Tree

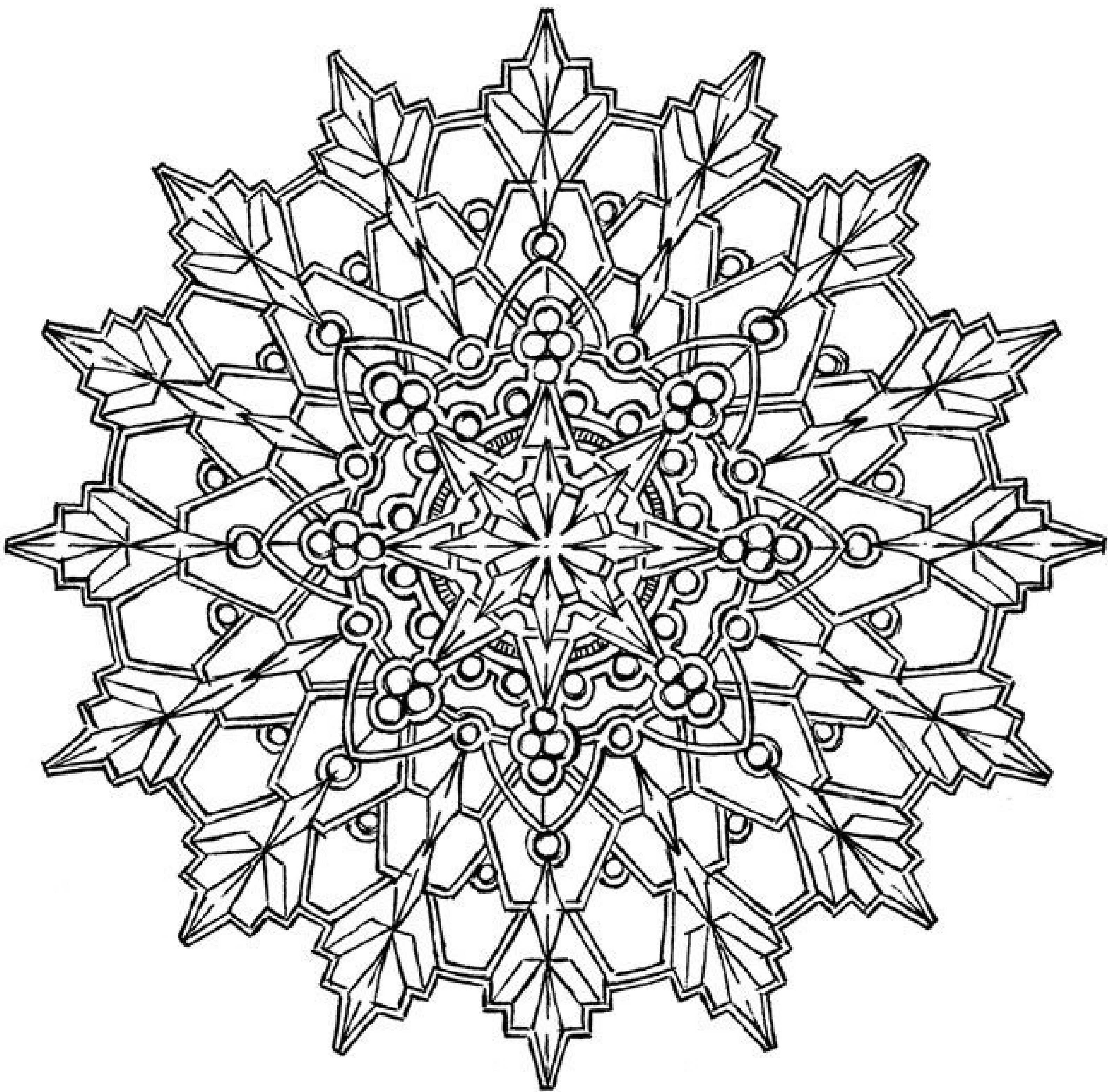
5, Answer - Santa falling down a hill

6, Answer - Snow

7, Answer - A Cold

8, Answer - Mistletoe





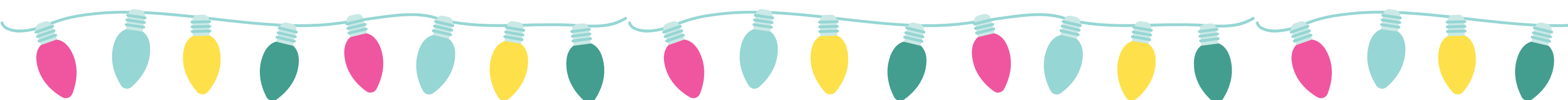
GRATITUDE

WHAT I'M LOVING

A LIST OF THE GOOD STUFF
THAT HAPPENED

WHAT I'M GRATEFUL FOR

WHAT MADE ME SMILE





EVENING INVENTORY



What did you accomplish today?

What was the best part of your day?

How did you practice self love today?

What are you grateful for?

What do you need to let go of?



Christmas Alphabet

Name something Christmas related that starts with each letter of the alphabet. How quick can you get them all?

A. _____

N. _____

B. _____

O. _____

C. _____

P. _____

D. _____

Q. _____

E. _____

R. _____

F. _____

S. _____

G. _____

T. _____

H. _____

U. _____

I. _____

V. _____

J. _____

W. _____

K. _____

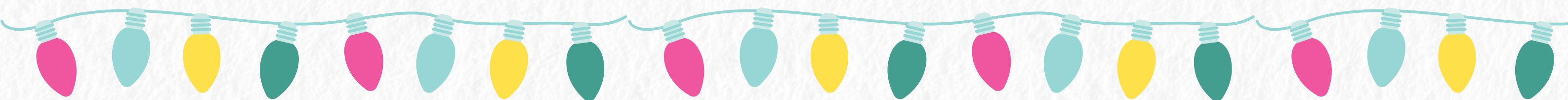
X. _____

L. _____

Y. _____

M. _____

Z. _____



Holiday Quiz

Play against family members or friends and see who has the best Christmas knowledge.

The answers are on the last page of this pack. No Cheating!!!

Question 1

The number of maids a-milking added to the number of gold rings.

Question 2

Jólabókaflóð is the Icelandic Christmas Eve tradition of drinking a hot chocolate drink, or eating chocolate, and doing what else?

Question 3

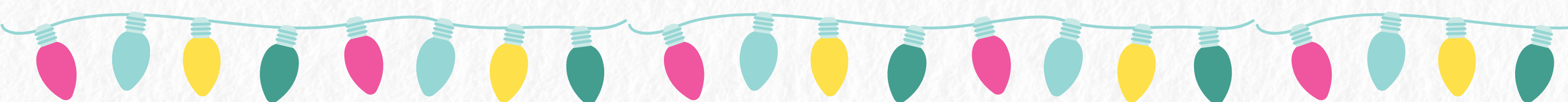
In 1984, Band Aid recorded the well-known Christmas official number one single 'Do They Know It's Christmas?' What was the name of its B-side? (When singles were released on records, the B-side was the side regarded as less important).

Question 4

In Charles Dicken's book 'A Christmas Carol', what was the name of Bob Cratchit's son?

Question 5

Each year, the Christmas tree in Trafalgar Square in London is donated by which country?



Holiday Quiz

Question 6

Which author invented the Grinch?

Question 7

In 2004, Carol Aebersold and her daughter Chanda Bell wrote a story about what mischievous Christmas character?

Question 8

Rudolph has two reindeer friends whose names start with the letter C. One is called Cupid. Name the other one.

Question 9

What type of bird, with a red breast, is often seen on Christmas cards?

Question 10

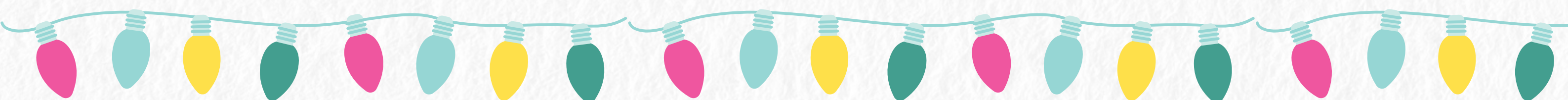
Which plant, usually with white berries, is often hung up for people to kiss under at Christmas time?

Question 11

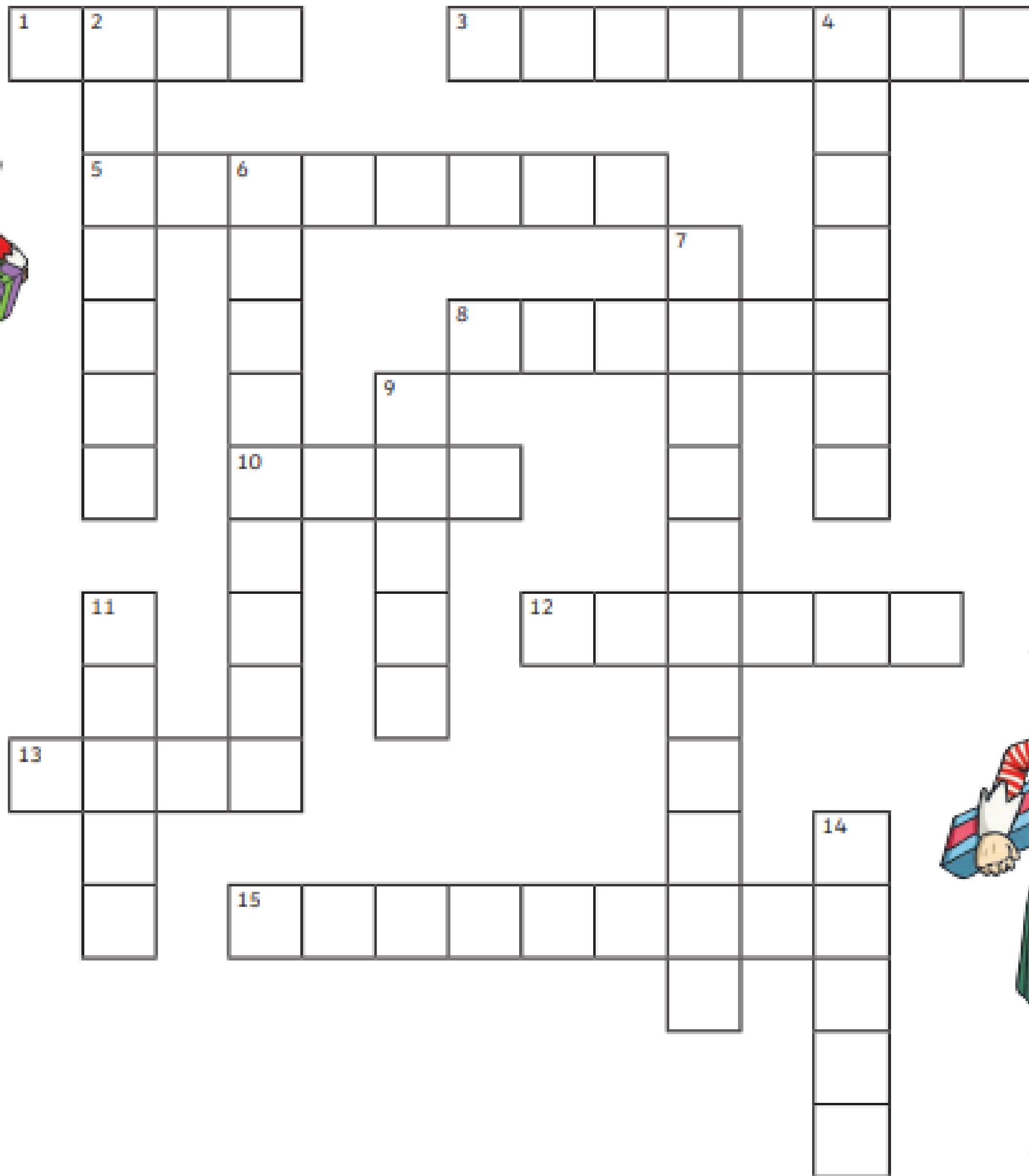
If Christmas Eve is on a Monday, what day will New Year's Day be in the following year?

Question 12

Complete the following song title: All I Want for Christmas is?



Christmas Elf Crossword



Across

1. Elves love listening to _____ music!
3. The elves wrap these in Santa's workshop.
5. The elves' busiest month of the year.
8. The elves help to pack which of Santa's vehicles.
10. An elf's favourite type of weather.
12. An adjective to describe an elf's hat.
13. Elves are good listeners because of the size of their big _____.
15. An adjective to describe an elf's size.

Down

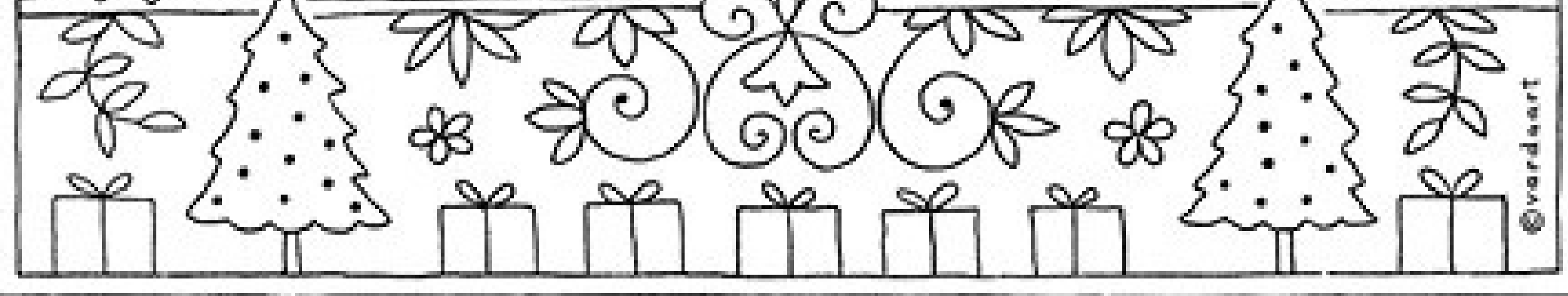
2. The elves' favourite reindeer.
4. The elves have a _____ or nice list.
6. The elves' favourite religious festival.
7. An adjective to describe an elf's personality.
9. Santa's elves live in the _____ Pole.
11. Many male elves have which hairy facial feature?
14. Elves have these on the end of their toes.

HAVE

YOURSELF



CHRISTMAS



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To feel good this Christmas...

Share how you are feeling, whatever you are feeling, with someone you trust.

Spend some time outdoors.

Take some time to relax, reflect and be calm.

Spend some quality time with family and friends.

Give the gifts of love, care, kindness and time to the special people in your life.

Eat a balanced diet and get enough sleep.

Focus on the things you are grateful for.

Remember you are special!

Choose to do some activities which make you feel happy.

Christmas Positive Mental Health Planner

Plan how you will help to keep your mind healthy and emotional wellbeing balanced this Christmas.

Planned responses if I don't want to do something:

e.g. 'That sounds lots of fun. I'd love to come when I'm feeling less tired, but tonight I'm going to have an early night instead'.

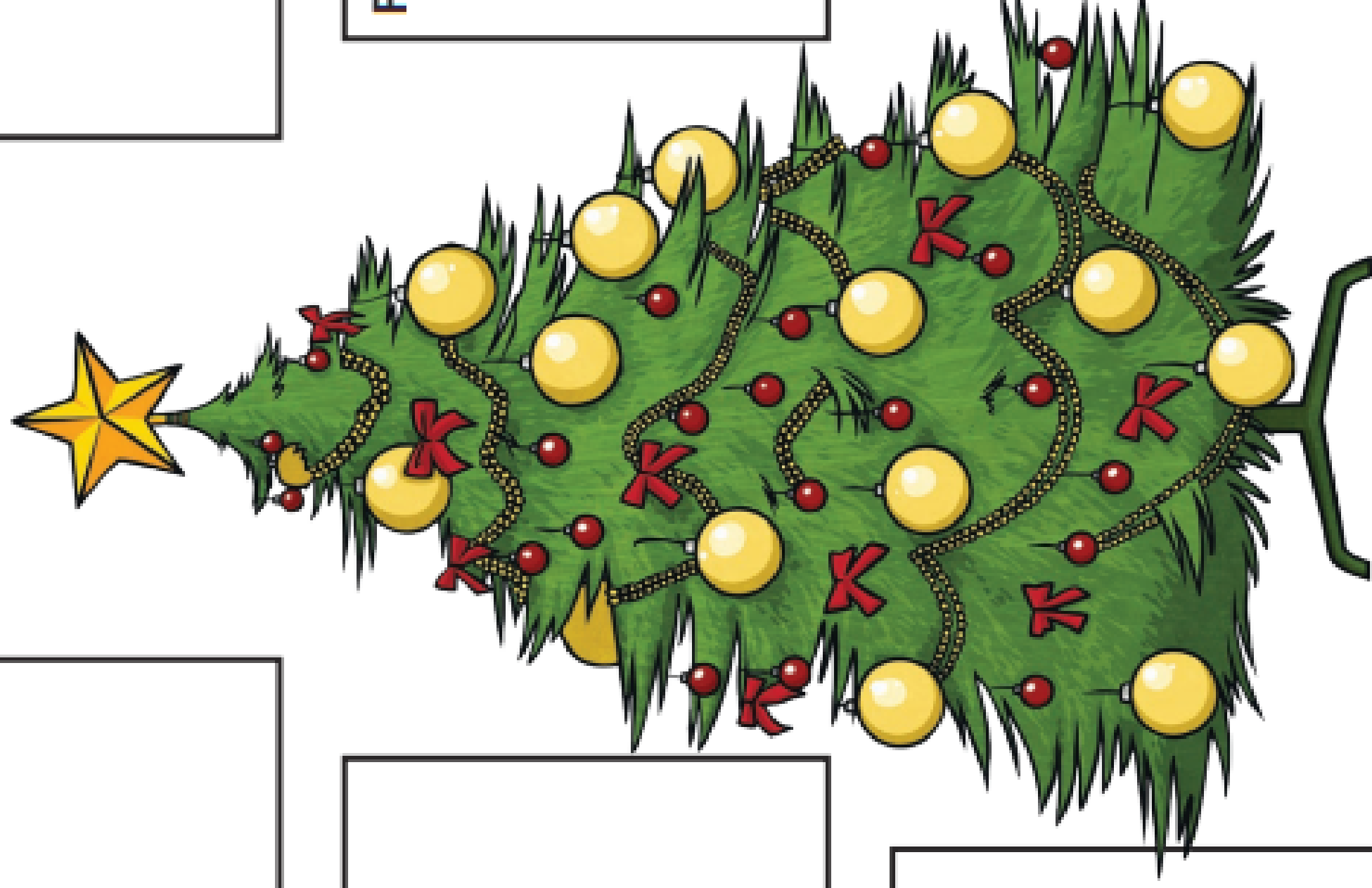
Things I would like to achieve:

Food and drink I want to consume:

People I want to spend time seeing or speaking to:

Exercise I want to do:

Jobs at home I want to complete:





Holiday Wordsearch



CANDY CANE

HOLLY

SANTA

CAROLS

LIGHTS

SLEIGH

CHRISTMAS

MERRY

STOCKING

DECEMBER

NORTH POLE

TREE

ELVES

ORNAMENTS

WINTER

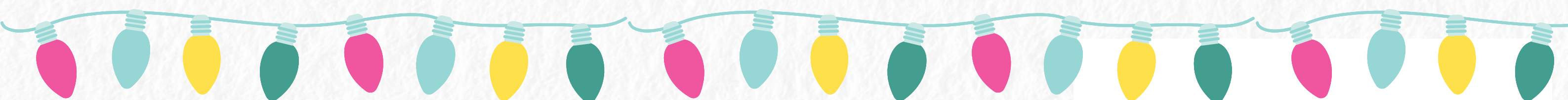
GINGERBREAD

PRESENTS

WREATH

JINGLE

REINDEER







**HAPPY
HOLIDAYS**

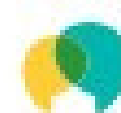
togetherall 

A safe place to express yourself and support each other, alongside courses and resources.

togetherall.com

**A confidential,
online mental health
support community,
available 24/7.**

Free to all students.





IF YOU FIND YOURSELF IN CRISIS

Call 999

Call NHS 111

Call your GP

Visit Accident and Emergency (A&E)

NHS Mental Health Crisis Line - 0800 028 8000

EXTERNAL SUPPORT SERVICES

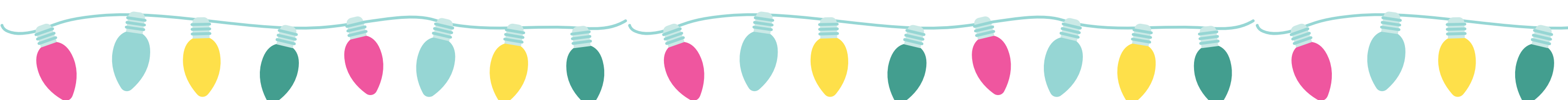
Samaritans – Call 116 123

NSPCC – Call 0800 1111

Shout – Text 85258

ONLINE MENTAL HEALTH SUPPORT

Togetherall – togetherall.com



Holiday Quiz Answers

Question 1 - $8 + 5 = 13$

Question 2 - Exchanging and/or reading books.

Question 3 - Feed the World.

Question 4 - Tim or Tiny Tim

Question 5 - Norway

Question 6 - Dr Seuss

Question 7 - The Elf on the Shelf

Question 8 - Comet

Question 9 - A Robin

Question 10 - Mistletoe

Question 11 - Tuesday

Question 12 - You

