



# Children & Young People's RESOURCE PACK

Christmas Edition

December 2025

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# Activities



## 31 Days of Doodling Ideas for December

S	M	T	W	T	F	S
30 	1 Snowflake	2 Festive bow	3 Candy canes	4 Polar bear	5 Snowman	6 Penguin
7 Angel	8 Reindeer	9 Sled	10 Slice of cake	11 Garland	12 Fir cone	13 Wool socks
14 Yule log	15 Snow globe	16 Candles	17 Cup of hot cocoa	18 Gingerbread man	19 Christmas ornaments	20 Snow-covered house
21 Wrapped gifts	22 Star	23 Christmas wreath	24 Christmas stocking	25 Christmas tree	26 Bells	27 Icicles
28 Holly leaves and berries	29 Mistletoe	30 Confetti	31 Fireworks	1 	2 	3  Ordinary & Happy



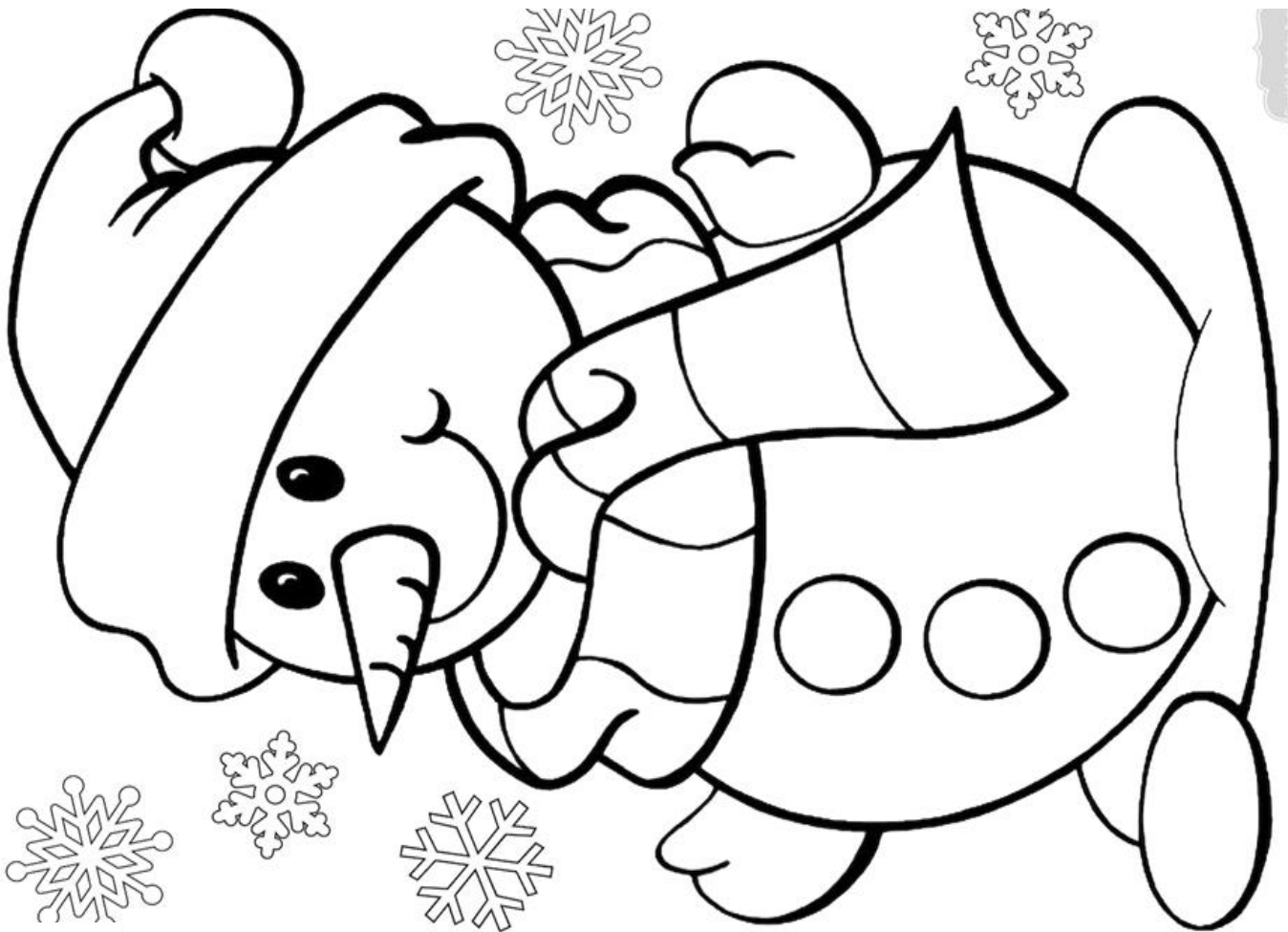
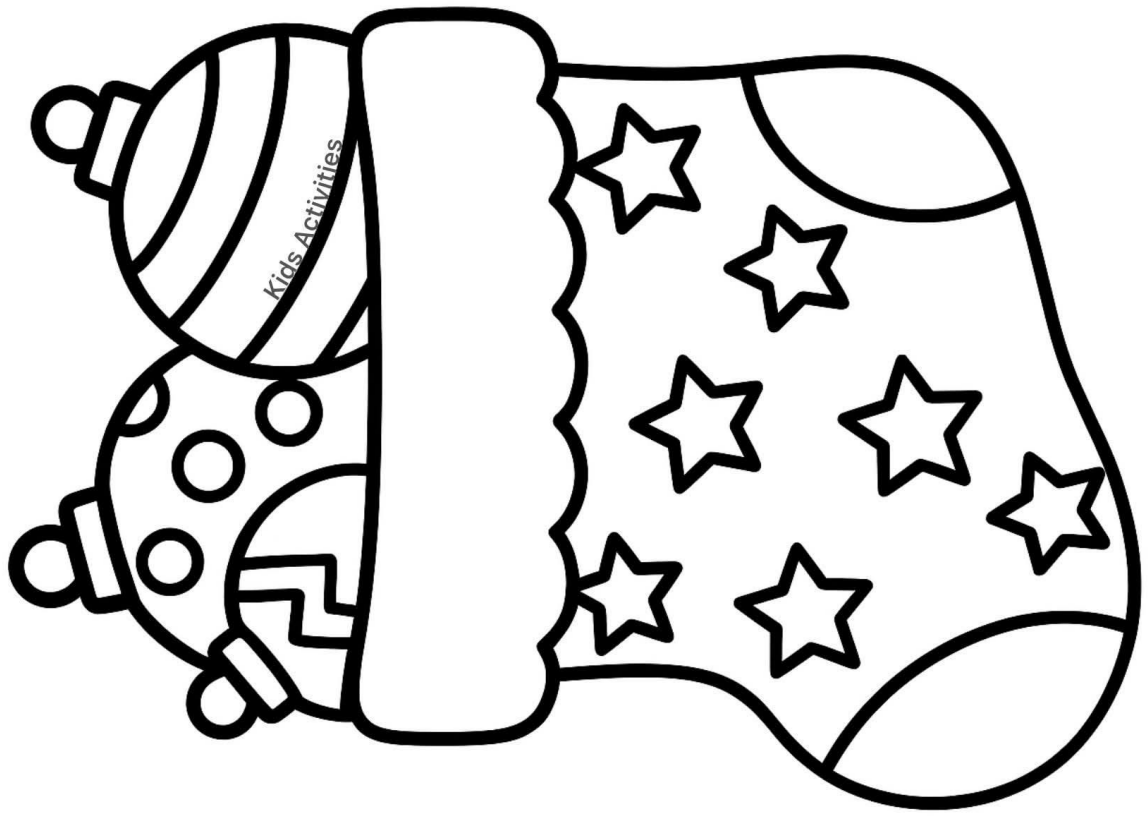
## Santa Advent Calendar

Stick a cotton wool ball onto Santa's beard each day in December to count down the days until Christmas











# Christmas Word Search



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

SNOWFLAKES  
SNOW  
BELLS  
HOLLY

CHRISTMAS  
PRESENTS  
TREE

LIGHTS  
SANTA  
WREATH  
DEER

GINGERBREAD  
SNOWMAN  
WINTER  
SLEIGH

WorksheetsPDF.com





# Christmas Craft Ideas





@TheDaycareTeacher

## How to Make Snow with Salt at Home

### Ingredients:

About 2 cups of salt  
(iodized works best)

Cold water (add  
gradually)



### Instructions:

Pour the salt into a mixing bowl.  
Add small amounts of cold water (1-2  
teaspoons at a time).

Stir with a fork until the mixture reaches your  
desired texture...less water for powdery snow,  
more water for packable snow.

Shape and mold your snow into fun creations  
like snowmen or snowballs!

@TheDaycareTeacher

## Easy 2-Ingredient Fake Snow Recipe for Kids

### Ingredients:

4 cups of flour

½ to 1 cup of coconut oil  
(or substitute with  
vegetable oil, olive oil, or  
baby oil)

Glitter (optional for sparkle)



### Instructions:

Place 4 cups of flour in a bowl.

Start by adding ½ cup of oil and mix well.  
Gradually add more oil until the mixture holds  
together and can form "snowballs."

Sprinkle glitter for a shimmering effect  
(optional).



## Christmas Yoga For Kids



Christmas Tree:  
Tree Pose



Star: Star Pose



Candy Cane: Cascade  
Pose



Poinsettia:  
Flower Pose



LITTLE  
YOGIS

# Dear Santa,

My name is \_\_\_\_\_

I am \_\_\_\_\_ years old.



This year I have been:

☐ Naughty ☐ Nice

For Christmas I would like:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_



## Thank you Santa!

From \_\_\_\_\_







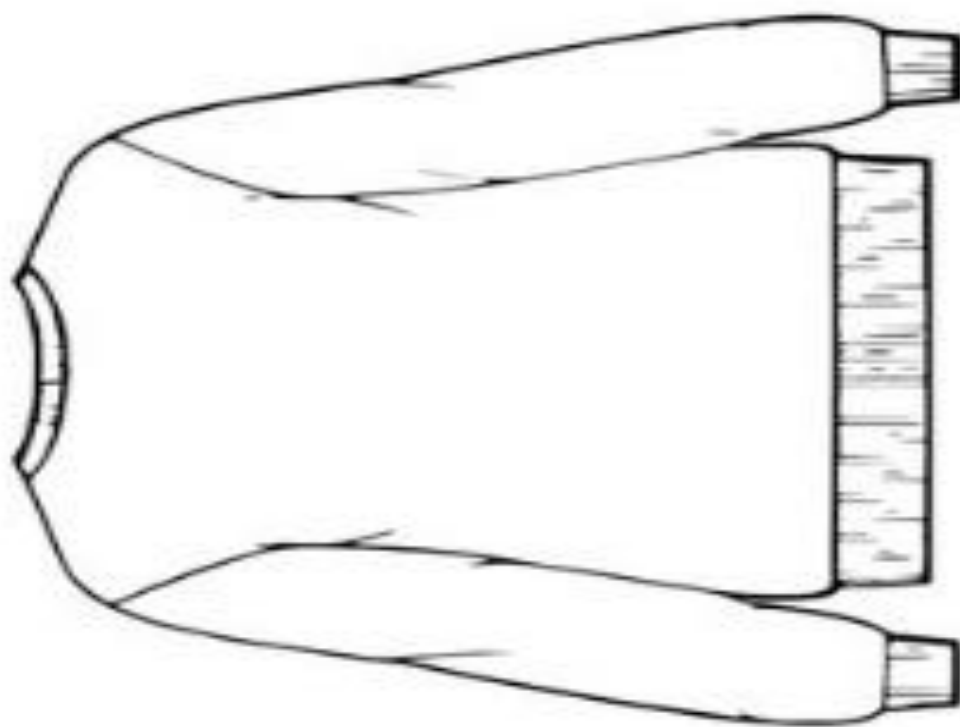
CENTRE FOR AUTISM

# Design your own Christmas jumper



© Designed and Produced by Middlesex Centre for Autism

# Design your own Christmas jumper



© Designed and Produced by Middlesex Centre for Autism





## Popcorn Christmas Garland

All you need is unflavoured popcorn (make it and leave it out overnight to go stale) Plastic Yarn needles (child safe) and thread. Tie the thread to the needle and push the popcorn through to thread.

If you want you can embellish with dried orange slices or cinnamon sticks you can tie on the thread. You can offer the popcorn to the birds after Christmas or decorate outside trees with them as festive bird feeders.

# Festive wildlife detective **wildlife watch**



A red-legged partridge  
(pear tree optional)



Two collared doves



Three pheasant hens



Four calling birds



Five cold things



Six geese-a-braying



Seven swans-a-swimming



Eight glades-a-tinkling



Nine red deer prancing



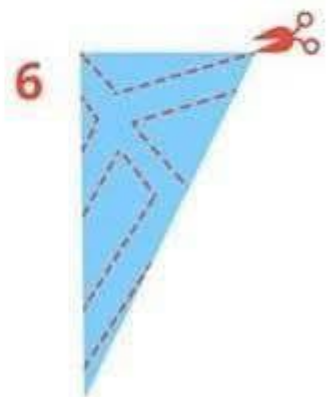
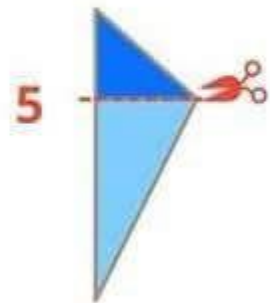
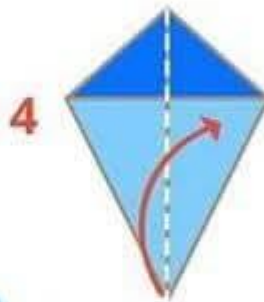
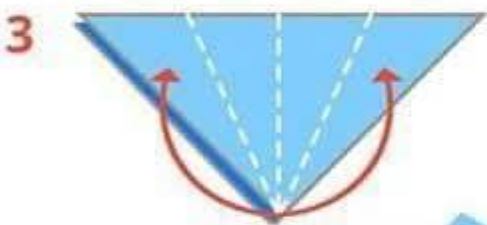
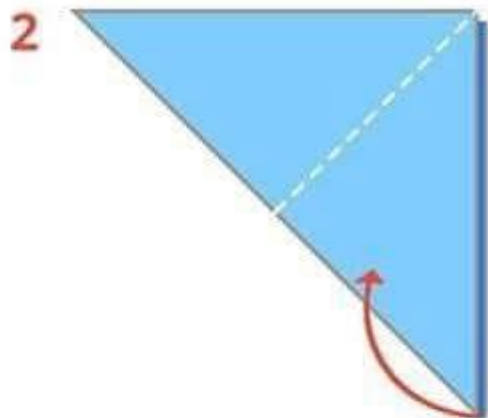
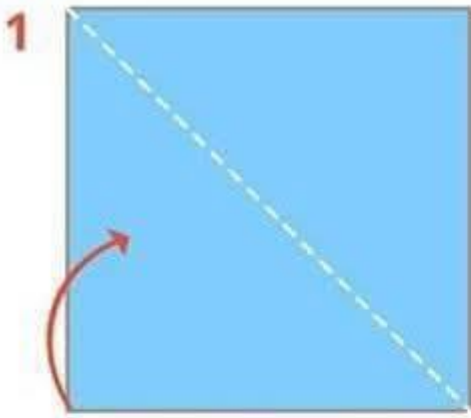
Ten paws-a-creeping



## Lollypop Stick Crafts



## How to Make a Snowflake





## Christmas on the Maritime Mile

Every evening for the Christmas season, SoundYard, SS Nomadic, Titanic Belfast and the Great Light are lighting up red!

Wrap up warm and take an evening stroll to discover the lights of the Maritime Mile.

---

### ❖ Santa's North Pole Post Box is Back in Guildhall Square! ❖

The North Pole Post Box will be at Guildhall Square until Tuesday 16th December.

Don't forget to include your name and postal address. Santa has personally promised to respond to every letter received before the deadline.







**Belfast ONE**  
Business Improvement District

**BELFAST ONE**  
*Santa's*  
**POST OFFICE**  
2 ROYAL AVENUE BELFAST

**Free ENTRY**

**16th November - 21st December**  
Visit [belfastone.co.uk](http://belfastone.co.uk) for more details



**Jingle Bell Trail**  
**FREE EVENT**

**Bangor Castle Walled Garden**  
**Sat 6 to Sun 21 December**  
**Daily 10am-3pm**

Ards and North Down Borough Council



**Christmas Twinkle Trail**

SEASONAL LIGHT TRAIL  
SHAFTESBURY PARK, CARRICKFERGUS

7-11 December  
4pm-8pm

[midandeastantrim.gov.uk/Christmas](http://midandeastantrim.gov.uk/Christmas)

**Free Entry**  
**No ticket required**

Department for Communities  
[www.communities-ni.gov.uk](http://www.communities-ni.gov.uk)

Mid & East Antrim Borough Council

<https://www.midandeastantrim.gov.uk/news/carrickfergus-christmas-twinkle-281125>



# my Year in Review

My name .....  
My age .....  
The Year in Review .....

## My Favorites this Past Year

Color .....

Book .....

Movie .....

Song .....

Food .....

Friend .....

## \*\*\*\*\* Highlights \*\*\*\*\*

My favorite memory from this year was .....

The hardest thing about this year was .....

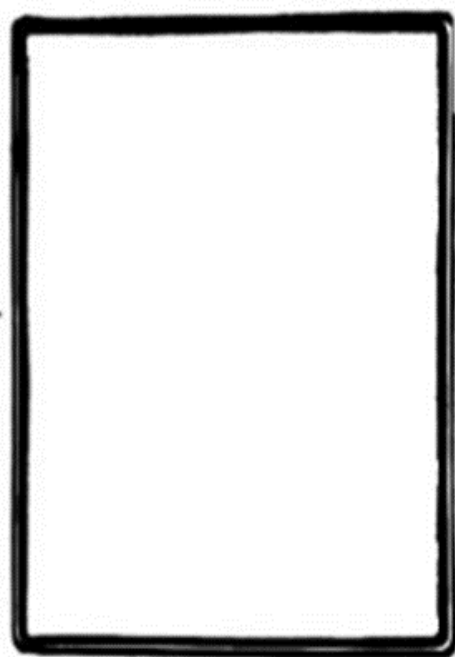
The coolest thing I did this year was .....

## Looking at Next Year

I want to learn how to .....

I want to get better at .....

I hope that I'll be able to .....



Me last year





# Disability



## A Sensory Winter Walk

Write down some of the things you might see, hear, smell, feel and taste when out for a winter walk.

I see

1. *example: robin*

2. \_\_\_\_\_

3. \_\_\_\_\_



I hear

1. *example: leaves crunching*

2. \_\_\_\_\_

3. \_\_\_\_\_



I smell

1. *example: chimney smoke*

2. \_\_\_\_\_

3. \_\_\_\_\_



I feel

1. *example: snow*

2. \_\_\_\_\_

3. \_\_\_\_\_



I taste

1. *example: hot chocolate*

2. \_\_\_\_\_

3. \_\_\_\_\_



## DEAR SANTA!

My name is \_\_\_\_\_ I am \_\_\_\_\_ years old.

For Christmas this year, my family and I are planning to make it the best one ever!  
I have chosen ...

### SOME SAFE FOODS TO EAT



### SOMETHING COMFY TO WEAR

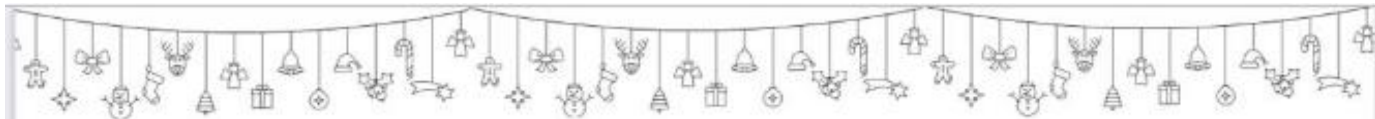


### A QUIET PLACE FOR A BREAK



### SOMETHING ELSE THAT WILL HELP MAKE IT GREAT



*For Christmas this year, I would love ...*

**SOMETHING I WANT  
(TO DO WITH MY PASSIONS)**

**SOMETHING I NEED  
(FOR MY SENSORY WELLBEING)**

**SOMETHING TO WEAR  
(THAT IS SUPER COMFY)**

**SOMETHING TO READ  
(OR IS COOL TO WATCH)**

**THANK YOU, SANTA!**







# Visitors at Christmas

1



At Christmas, my family or friends might come to visit my home. Sometimes, it is one person and sometimes there might be more. It is okay to feel nervous or excited when visitors arrive.

2



There are things that I can do to make myself feel comfortable. I also know that my family are always here to support me.

3



When visitors arrive, I may hear the doorbell ring or a knock to the door. I may know some of the visitors and some may be new to me.

4



I might hear people talking and laughing because they are excited to say hello. Sometimes visitors might also bring gifts. I can choose to say hi, wave, stay close to my family or go to a quiet, comfortable place, like my bedroom.

5



At any time, it's okay for me to take a break and go to my bedroom or to another cosy place where I can relax. I can use my favourite \_\_\_\_\_ to feel calm.

6



My family understand that I might need breaks. If I want someone from my family to come with me to my quiet space, I can ask.

7



After a few hours, visitors will say goodbye and leave, and things will go back to normal again.

8



Christmas can be fun, by preparing myself I know that I can handle things being different in my own way and I can feel proud of myself.



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Whether you're looking for fun inside or outside the home, accessible gifts and toys or want to enjoy your seasonal trip to the pantomime, this RNIB guide has your Christmas covered.

[https://media.rnib.org.uk/documents/The\\_Joy\\_Makers\\_Guide\\_to\\_Christmas.pdf](https://media.rnib.org.uk/documents/The_Joy_Makers_Guide_to_Christmas.pdf)

## Autism and Christmas



Christmas can be a really fun time, but it's not always easy for everyone. For some autistic people, all the changes like different routines, bright lights, loud sounds, and surprises can feel a bit overwhelming. It's okay to feel that way, and there are ways to make things calmer and more comfortable.

Autism NI has put together this helpful guide packed with tips to make Christmas feel a bit less stressful. They know that Christmas looks different for everyone, and that's totally okay - this resource is all about making the festive season work for you!

<https://autismni.org/assets/general/files/2022AutismNIFactsheet-AutismandChristmas.pdf>







Christmas is often filled with joy and celebration, but it can also be a challenging time for many autistic children and young people as it brings changes to routine, new foods, family gatherings, bright lights and loud music.

Here are some strategies from Belfast Health & Social Care Trust's Child and Adolescent Autism Service, to help make Christmas a little easier and enjoyable for children and young people who struggle with many of the changes and sensory aspects of Christmas.

<https://view.pagetiger.com/autismatchristmas/1>



Christmas is a time of joy and celebration, but it can be difficult for some autistic people. The National Autistic Society have compiled a list of autism- friendly tips for the festive period.

<https://autism.org.uk/advice-and-guidance/topics/going-out-leisure-and-travel/christmas/tips>





It's that time of year when days are more likely to be filled with changes and unusual events. This calendar from Middletown Centre from Autism can be used to clarify what is happening each day, especially when there is a change to the normal routine.



Name: \_\_\_\_\_

COUNTDOWN TO  
CHRISTMAS CALENDAR

2025



December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24 <i>Christmas Eve</i>	25 <i>Christmas Day</i>	26 <i>Boxing Day St. Stephen's Day</i>	27
28	29	30	31 <i>New Years Eve</i>			





Christmas is such an exciting time of year! 🎄 But for many autistic children and young people, it can also bring stress.

Check out these tips from EA's Autism Advisory & Intervention Team to help make this festive season special and stress-free for everyone.

Let's spread joy while supporting our autistic community!

## Top Tips for an Autism Friendly Christmas at home

All I want for...

**C** - Communicate with me about change and be consistent with my routines

**H** - Help me to prepare for decorating a little at a time, I like the room just as it is

**R** - Remember to use a calendar to plan our visits together to relatives and outings

**I** - I love it when you let me wear my regular clothes and have my calm box with me

**S** - Surprises may not work well for me- give me clues for what my presents will be

**T** - Try to use social stories and photos to remind me of what Christmas looked like for us last year

**M** - Maybe I could eat my own food that tastes nice to me

**A** - Allow me time to recharge my batteries and settle with routines after the holiday

**S** - So all I want for Christmas is you, patient and predictable you



\*\*\*\*\* PLEASE NOTE: THERE MAY BE A CHARGED ASSOCIATED WITH THESE EVENTS \*\*\*\*\*

Places offering quiet sessions, relaxed performances, and inclusive events designed to make family time more enjoyable and accessible.



## Christmas events

Enchanted Winter Garden - 4<sup>th</sup> and 10<sup>th</sup> December

Winter circus relaxed show - 17<sup>th</sup> December

Christmas at Glenarm - 7<sup>th</sup> & 14<sup>th</sup> December

Titanic - a magical Christmas experience - quiet sessions - 7<sup>th</sup>, 13<sup>th</sup> & 15<sup>th</sup> December

ASD friendly Santa's Christmas grotto at Hill of the O'Neill & Ranfurly house - 18<sup>th</sup> December

Balmoral Hotel - The Grinch's Christmas game show- Autism friendly- 14<sup>th</sup> December

Ark farm quiet nights - 3<sup>rd</sup> & 10<sup>th</sup> December

Theatre at the mill - Robin Hood - Relaxed performances - 6<sup>th</sup> & 13<sup>th</sup> December

Jack and the beanstalk - Waterfront hall - Relaxed performances - 13<sup>th</sup> December

Indiana land silent ASD disco - 19<sup>th</sup> December

Grand opera house - Pinocchio - Relaxed performance - 6<sup>th</sup> January



# Mental Health

**CYPSP**  
Children & Young People's Statistic Partnership

## Youth Wellness Web

A place where everyone deserves to be helped at any time, no matter how big or small the problem is!

If you're struggling, it's okay to reach out:

Visit  
[cypsp.hscni.net/youth-wellness-web/](https://cypsp.hscni.net/youth-wellness-web/)

Scan QR code

**SCHOOL  
BULLYING  
WELLBEING  
BEREAVEMENT  
MENTAL HEALTH**

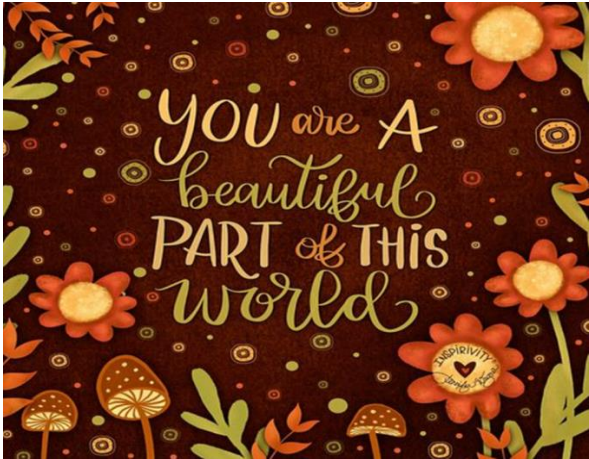
Call Childline on:  
0800 1111

Call LIFELINE on:  
0808 808 8000

Text Shout:  
852558

Deaf & hard of hearing  
textphone users:  
18001 0808 808 8000

<https://cypsp.hscni.net/youth-wellness-web/>



This is a hug from me to you,  
to let you know I am thinking of you.

Although I have nothing to say,  
you know I have thought of you today.

*Winnie the Pooh*

## DON'T forget TO:

#POSITIVELYPRESENT

CREATE a LIFE YOU LOVE

OPEN YOUR HEART to OTHERS

MAKE TIME for FUN & SILLINESS

LET YOURSELF FEEL how YOU FEEL

ENJOY the PRESENT MOMENT

FILL YOUR DAYS with PURPOSE

ACCEPT where YOU ARE NOW

CELEBRATE your UNIQUENESS

FILL YOUR DAYS with PURPOSE





# December Kindness 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Spread kindness and share the December calendar with others

2 Contact someone you can't be with to see how they are

3 Offer to help someone who is facing difficulties at the moment

4 Support a charity, cause or campaign you really care about

5 Give a gift to someone who is homeless or feeling lonely

6 Leave a positive message for someone else to find

7 Give kind comments to as many people as possible today

8 Do something helpful for a friend or family member

9 Notice when you're hard on yourself or others and be kind instead

10 Listen wholeheartedly to others without judging them

11 Buy an extra item and donate it to a local food bank

12 Be generous. Feed someone with food, love or kindness today

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Say hello to your neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Give thanks. List the kind things others have done for you

18 Ask for help and let someone else discover the joy of giving

19 Contact someone who may be alone or feeling isolated

20 Help others by giving away something that you don't need

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself!

26 Get outside. Pick up litter or do something kind for nature

27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy

29 Turn off digital devices and really listen to people

30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2026



ACTION FOR HAPPINESS

Happier · Kinder · Together



Every young person should know they are

safe to feel their feelings

never a burden

not weak for needing support

free to learn and grow

okay to make mistakes

not alone



Planting the seeds of hope  
**DECEMBER**  
REMEMBER IT'S OKAY TO:



BE TIRED



HAVE A GOOD TIME



BE YOURSELF



SAY NO TO OTHERS



MAKE MISTAKES





Smell the Flower,  
Blow Out the Candle



Dance Your  
Feelings



Sculpt Clay  
or Play Dough



Blow Up  
a Balloon



Count Down  
From 100



Use Your Words



Hug a Stuffed  
Animal

Walk Like  
an Animal



Organize Your  
Backpack



Build With  
LEGO



Walk or Play  
With a Dog



Share Gratitude

## 20 COPING STRATEGIES FOR KIDS

Snuggle With  
a Pet



Blow Bubbles



Hold Hands

Work on a  
Jigsaw Puzzle



Move in Slow  
Motion



Touch Finger to  
Palm One At a Time

Squeeze a  
Stress Ball



Play in a  
Sensory Bin



WE ARE  
TEACHERS



LIGHT A  
CANDLE



SLOW  
DOWN



GET  
A HOUSEPLANT

DRINK  
HOT  
COCOA



MOISTURIZE



STAY  
CONNECTED



## Winter Self-Care

©COLORMEHAPPY

READ  
A  
NEW BOOK



ASK FOR  
HELP



TREAT  
YOURSELF



SEND A  
CARD



BUNDLE UP



PRACTICE  
GRATITUDE



BAKE  
COOKIES





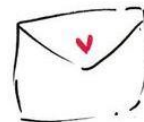
# Kindness Advent Calendar 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1. Tell a Christmas Joke to make someone laugh	2. Tidy up your toys	3. Give someone a big smile!	4. Check in on someone and how they are feeling	5. Sing a Christmas song with a friend	6. Dance around the house to Christmas music	7. Feed the birds or put out some water for the animals
8. Hold the door open for someone	9. Make a Christmas card for a friend	10. Do something that makes you laugh	11. Write a list of what you are thankful for	12. Give a hug to someone special	13. Go on a winter walk	14. Share a Christmas treat with someone
15. Make a Christmas decoration with a friend	16. Share your toys with someone to make them smile	17. Draw a Christmas picture for someone at home	18. Pick up litter while out for a walk	19. Leave a kind note for your teacher	20. Share a story with someone	21. Do a chore in your house
22. Compliment 3 people	23. Help to wrap a present for someone	24. Wish someone a Merry Christmas!	25. MERRY CHRISTMAS!			



December

put up your decorations  
wear your festive jumper  
send a card to a loved one  
sing christmas songs  
Look for robins  
watch a classic movie



# Bereavement



If Christmas is hard,  
If you've lost someone dear,  
Just look in your heart,  
And you'll know they're still here.  
The start in the sky,  
The light falling snow,  
The robin outside,  
It seems like they know.  
If this is a time,  
When you are struggling through,  
Just do what you can,  
For what matters, is you.  
There's no need to be merry,  
There's no need to be bright,  
Just do what you can,  
It will be alright.

(Credit for the poem goes to Lorna @tootsdesign)

Remember them  
with decorations



Cruse  
Bereavement  
Support

## Permission slips if you are grieving

Stay in  
your  
pyjamas  
all day

Laugh  
at a TV  
show

Cry  
as much  
as you  
need to

Take a  
nap and  
rest

Have fun  
with your  
friends

Turn your  
phone  
off





Activities can be a useful way to help grieving children and young people to explore and express their feelings and emotions and to help them maintain memories of the person who has died. Winston's Wish have a range of activities to try including a mental health first aid kit and story stones.

Activities for bereaved children and young people -  
<https://www.winstonswish.org/activities/>

Christmas grief activities for children and young people -  
<https://winstonswish.org/christmas-grief-activities/>

## Ways to remember someone at Christmas



Christmas can be really difficult when you're grieving. When you're bombarded with memories of the years before, it can be hard not to spend the day thinking of those who have died. If you're facing Christmas after a bereavement, it might help to find some special ways to remember them.

Ways to remember someone at Christmas -  
<https://www.cruse.org.uk/understanding-grief/managing-grief/ways-to-remember-someone-at-christmas/>



# A to Z

Bereavement  
support tips

## A-Z Tips

"Making a memory jar helped a lot as it reassured me that there were still memories there."

Abbey



## Tips from young people on managing grief



Free downloadable resources  
from Child Bereavement UK

'When someone special dies' is a series of leaflets aimed at helping young people to understand their feelings after a bereavement.

There are versions available to download for children under 7 and from 7-11 and for young people.

To view and download the leaflets:

[childbereavementuk.org/when-someone-special-dies-leaflets](http://childbereavementuk.org/when-someone-special-dies-leaflets)



### **Coping at Christmas**

Ways to remember your special person during Christmas.

- On Christmas morning, light a candle to remember the person who died, acknowledge that you will miss them today.
- Take time to listen to some music - maybe their favourite music.
- Write a memory on a star tag.
- Talk with other family members about your memories of your special person and how you feel about them not being here.
- Write a note to them letting out all the things you would like to share with them.
- Make or buy a new frame for your favourite photograph.
- Blow some bubbles sending some love and a thought with each bubble.
- Eat their favourite Christmas food, as a way of remembering them.
- Visit the grave or a place they enjoyed going.

© CBS Dec 2020



*Cruse* Bereavement  
Support

*We see them in every twinkling light  
and every bright star, and know they  
are with us at the holidays and  
always.*

-Unknown





# Other Resources



## CHRISTMAS JOKES



What do you sing  
at a snowman's  
birthday party?

'Freeze a jolly good fellow!'

What do you call an  
old snowman?  
Water!



What's a Christmas tree's  
favorite candy?  
Ornamints!



What do snowmen eat  
for breakfast?  
Frosted flakes!



Who delivers  
presents to cats?  
Santa Paws!



What kind of bug  
hates Christmas?  
A humbug!



## SIMPLE PLAY AND CRAFT IDEAS

**5 Benefits of Playing  
Outdoors in the  
Winter**

**Bright Path**

**1. Promotes good  
physical health**

**Try these at home:**

- Hiking
- Skating
- Go sledding
- Roll a giant snowball
- Play on the playground
- Have a snowball throwing contest!

**Bright Path**

**2. Supports emotional  
and mental health**

**Try these at home:**

- Build a snow fort
- Go for a winter walk
- Have a winter picnic
- Have a snowball fight
- Warm up around a winter campfire

**Bright Path**

**3. Skill-building**

**Try these at home:**

- Make a snowman
- Create a snow maze
- Build snow castles
- Write your name in the snow
- Invite neighbours over to play!

**Bright Path**

**4. Learn  
something new**

**Try these at home:**

- Hang a winter bird feeder
- Identify different tracks in the snow
- Blow bubbles and watch them freeze
- Have a winter-themed scavenger hunt!

**Bright Path**

**5. It's fun!**

**Try these at home:**

- Create snow art
- Make snow angels
- Bury your legs in the snow
- Measure your body with snowballs

**Bright Path**





## Santa's Sleigh

\*(Tune: Baa Baa Black Sheep)\*

Santa, Santa, where's your sleigh?  
Flying through the sky today.  
With reindeer pulling all the toys,  
For all the little girls and boys.  
Santa, Santa, where's your sleigh?  
Flying through the sky today!



## Jolly Santa Claus

\*(Tune: Mary Had a Little Lamb)\*

Santa has a big red sleigh,  
Big red sleigh, big red sleigh.  
Santa has a big red sleigh,  
To bring us toys today!

## Christmas Tree

\*(Tune: London Bridge Is Falling Down)\*

Christmas tree is shining bright,  
Shining bright, shining bright.  
Christmas tree is shining bright,  
Oh, what a lovely sight!

## Let's Decorate the Tree

\*(Tune: The Farmer in the Dell)\*

Let's decorate the tree,  
Let's decorate the tree,  
With lights and bows and ornaments,  
Let's decorate the tree!

## Jingle Bells Are Ringing

\*(Tune: Row, Row, Row Your Boat)\*

Ring, ring, ring the bells,  
Ring them loud and clear.  
Santa's coming very soon,  
Christmas time is here!

@TheDaycareTeacher



## Call Rudolph

TUNE: 5 LITTLE MONKEYS

Eight iittie reindeer pulling Santa's sled.  
One fell down and bumped his head.  
The elves called Santa & Santa said,  
"Can seven little reindeer pull my sled?"

*Continue down to one little reindeer...*

One little reindeer pulling Santa's sled.  
He fell down and bumped his head.  
The elves called Santa & Santa said,  
"Call Rudolph!"



## Snowflake, Snowflake

Snowflake, snowflake  
twirl around.

Snowflake, snowflake  
touch the ground.

Snowflake, snowflake  
land on my nose.

Snowflake, snowflake  
freeze my toes.

Snowflake, snowflake  
in the air.

Snowflake, snowflake  
tickle you everywhere!

## @TheDaycareTeacher Fun Turkey Facts for Kids to Enjoy!



Only male turkeys,  
called toms, gobble.  
Female turkeys, or hens,  
make softer sounds.

A group of turkeys  
is called a flock or  
a rafter.

A turkey's head  
changes color (red,  
blue, or white)  
based on its mood.



Turkeys have  
excellent eyesight  
and can see nearly  
360 degrees.

A baby turkey  
is called a  
poult.

Turkeys sleep in  
trees to stay safe  
from predators.

Benjamin Franklin  
admired turkeys and  
thought they were  
more respectable  
than bald eagles.

Turkeys have  
over 5,000  
feathers.

Wild turkeys  
can run up to  
20 mph and fly  
at 55 mph for  
short distances.





## Winter An Geimhreadh ann gave-rue



How is the weather today?

Cad é mar atá an aimsir inniu?

Ca-jay mar a-taw aan am-sheer in-you?

It's...

Tá sé...

Ta shay...

cold  
freezing  
snowing  
raining  
cloudy  
windy

fuair  
sioctha fuair  
ag cur sneachta  
ag cur fearthainne  
scamallach  
gaofar

foor  
shuck-hee foor  
ig kur snyackta  
ig kur farheenya  
scam -al-ah  
geefar



Christmas  
An Nollaig  
Ann Null-ig

Tree Crann  
Decorations Maisiúcháin  
Star Réalta  
Angel Aingeal  
Lights Soilse  
Wreath Fleasc Nollag

Cran  
Mash-oo-hine  
Rell-ta  
Ang-il  
Sull-sha  
Flask Null-ig



The tree is up

Tá an crann in ainde

Taa an cran in are-jah

I wrote a letter to  
Santa

Scríobh mé litir chuig Daidí na  
Nollag

Scr-eve may lit-chure hig  
da-gee na null-ig



Christmas  
An Nollaig  
Ann Null-ig

Christmas  
Christmas Eve  
Merry Christmas  
New Years Eve  
Happy new year  
Santa  
Sleigh



Nollaig  
Oíche Nollag  
Nollaig shona  
Bliain úr  
Bliain úr faoi mhaise  
Daidí na Nollag  
Sleamhnán  
Null-ig  
Ee-ha Null-ig  
Null-ig hun-a  
Blane oo-er  
Blane oo-er f-wee wash-a  
Da-gee na Null-ig  
Slauw-nan

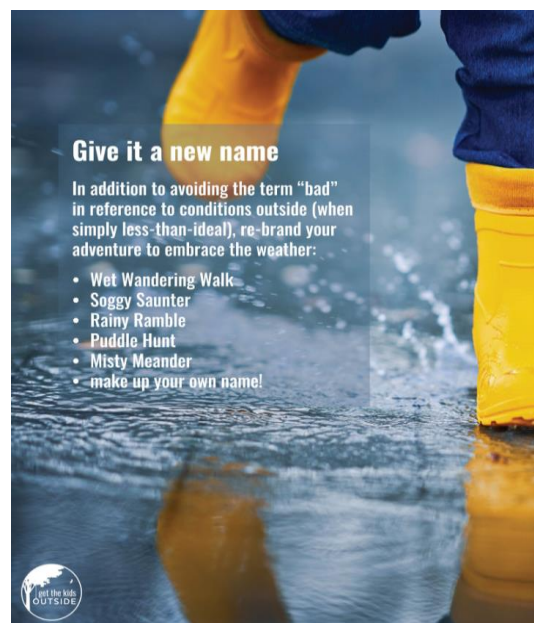
It's Christmas  
Santa is coming

Tá an Nollaig buailte linn  
Tá Daidí na Nollag ag teacht

Taa an Null-ig bull-cha lin  
Taa Da-gee na null-ig ag cha-akt











## Healthier Christmas Snack Ideas

Christmas Snack Plate



Rudolph Sandwiches



Snowman Pancakes



Banana Pop Penguins



Santa Bananas



B B C  
BITESIZE

### Eco-friendly Christmas Decorations

#### Repurpose old baubles and tinsel

Turn them into a garland for the doorway or a wreath!

1

B B C  
BITESIZE

### Eco-friendly Christmas Decorations

#### Decorate your trees with nature

Paint some pinecones and bundle twigs with twine!

2

B B C  
BITESIZE

### Eco-friendly Christmas Decorations

#### Get your house smelling festive with fruit

Slice some oranges and bake for 45 minutes for some fragrant décor!

3



Public Health Agency

## Do I need to keep my child off school?

### Chicken Pox

At least 5 days from onset of rash and until all spots have crusted over

### Conjunctivitis

No need to stay off but school or nursery should be informed

### Diarrhea &/or Vomiting

48 hours from last episode

### Respiratory Illness

(e.g colds & flu) Can return when no longer have a high temperature and well enough

### Glandular Fever

No need to stay off but school or nursery should be informed



### Hand, foot & mouth

No need to stay off if well enough, but school or nursery should be informed

### Impetigo

Until lesions are crusted & healed or 48 hours after commencing antibiotics

### Head Lice

No need to stay off but school or nursery should be informed

### Measles

4 days from onset of rash

### Mumps

5 days from onset of swelling

### German Measles (Rubella)

5 days from onset of rash

### Scarlet Fever

24 hours after commencing antibiotics

### Scabies

Until after first treatment

### Slapped Cheek

No need to stay off but school or nursery should be informed

### Threadworms

No need to stay off but school or nursery should be informed

### Tonsillitis

Can return when no longer have a temperature and well enough, school or nursery should be informed

### Whooping Cough

48 hours after commencing antibiotics

Use this guide to find out when they should stay off, and when they can go back if they are well enough to do so.






No young person should have to navigate alone how distressing and scary it can be to have an image or video shared.

Childline Service and the Internet Watch Foundation are working together to keep young people safe online.

Search 'Report Remove' to find out more



**Did you know,**  
**if a young person has a nude shared online there's a tool that can help remove it?**

[Find out more →](#)

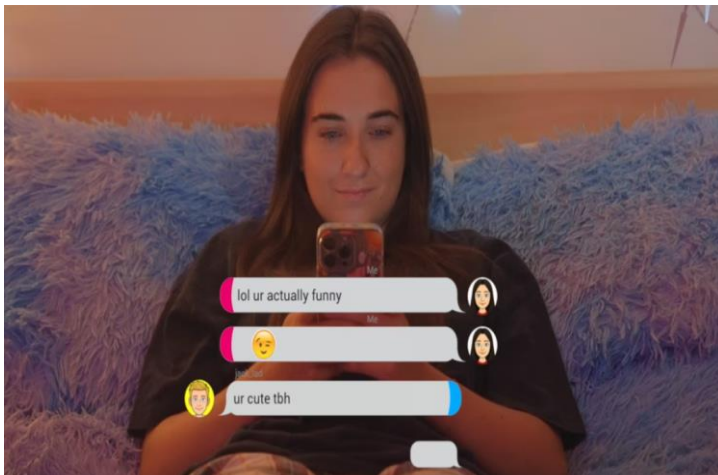
Our Childline Report Remove tool helps under 18s confidentially report and remove sexual images and videos of themselves from the internet.

[There's 3 steps →](#)

**Confirm age**  
If they're 13 or older, they can choose to use an age verification service called Yoti.

**Sign in**  
Create or sign in to a Childline account to make a report and stay updated.

**Report**  
Share the image or video securely. Specialists from the Internet Watch Foundation will work to remove the content.



## Sextortion Awareness Video

Video created by young people from Cookstown Youth Centre, aimed at raising awareness around the issue of Sextortion.

This impactful piece is the combination of a 10-month programme that began with a focus on Ending Violence Against Women and Girls and evolved into a vital exploration of online safety following insightful discussions with PSNI officers who work in the field of online safety.

<https://vimeo.com/1095594505/8c5816a9fa>

