

# Koala Christmas Activity Pack



**We hope you find  
the Teens pack  
helpful over the  
Christmas break!**

**See you in 2022!**



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# Christmas Wellbeing Challenge



<p><b>Day 1</b> Watch a Christmas film.</p> 	<p><b>*Day 2</b> Make an origami tree Christmas card and give it to a friend or loved one.</p> 	<p><b>Day 3</b> Make a decoration for the Christmas tree.</p> 	<p><b>Day 4</b> Write down three things that make you happy.</p>	<p><b>Day 5</b> Dance around the room listening to your favourite Christmas music.</p> 	<p><b>*Day 6</b> Relax with some mindful colouring or draw some festive doodles.</p> 	<p><b>Day 7</b> Wrap up warm and go out for a walk.</p>
<p><b>Day 8</b> Make yourself a luxury hot chocolate or your favourite drink.</p> 	<p><b>Day 9</b> Sit back, relax, and read your favourite book.</p> 	<p><b>Day 10</b> Turn off your phone, computer, and any other electronic gadgets for an hour.</p>	<p><b>Day 11</b> Spend an hour doing something creative like painting or crafting.</p> 	<p><b>Day 12</b> Write down your greatest achievement from the past year.</p> 	<p><b>Day 13</b> Come up with three goals for the new year.</p>	<p><b>Day 14</b> Let someone know you appreciate them.</p>



\*Resources will need to be printed off.



# Santa's Workshop LEGO Challenge

(Can you build these things you would find in Santa's workshop?)

Rocking  
Horse  
1

**Wrapped  
Gift**  
2

ELVES  
WORKING  
3

Wreath  
4

DOLL  
HOUSE  
5

TOY AIRPLANE  
6

**Santa**  
7

TEDDY  
BEAR  
8

**Candy  
Canes**  
9

Hot Cocoa  
10

Hammer  
11

**Christmas  
Tree**  
12

SANTA'S  
BOOTS  
13

Train Set  
14

SUGAR  
COOKIES  
15

Letters To  
Santa Mailbox  
16

**STOCKINGS**  
17

FIREPLACE  
18

North Pole  
Sign  
19

**BICYCLE**  
20

**Saw**  
21

**Ornament**  
22

**Candle**  
23

ICE  
SKATES  
24

**Candy**  
25

Spinning  
Top  
26

JACK IN THE  
BOX  
27

REINDEER  
28

Christmas  
Lights  
29

Santa's  
Sleigh  
30



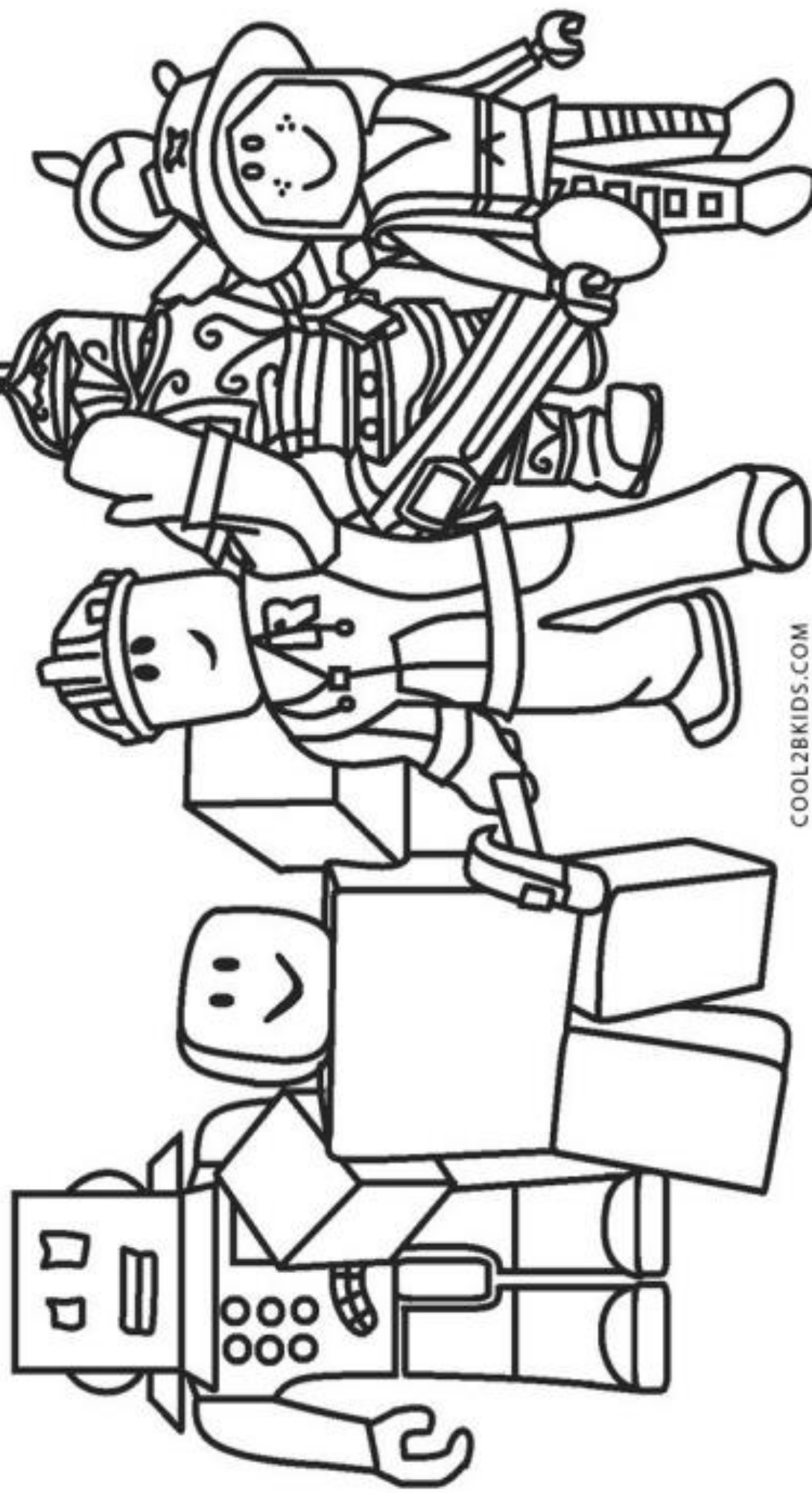
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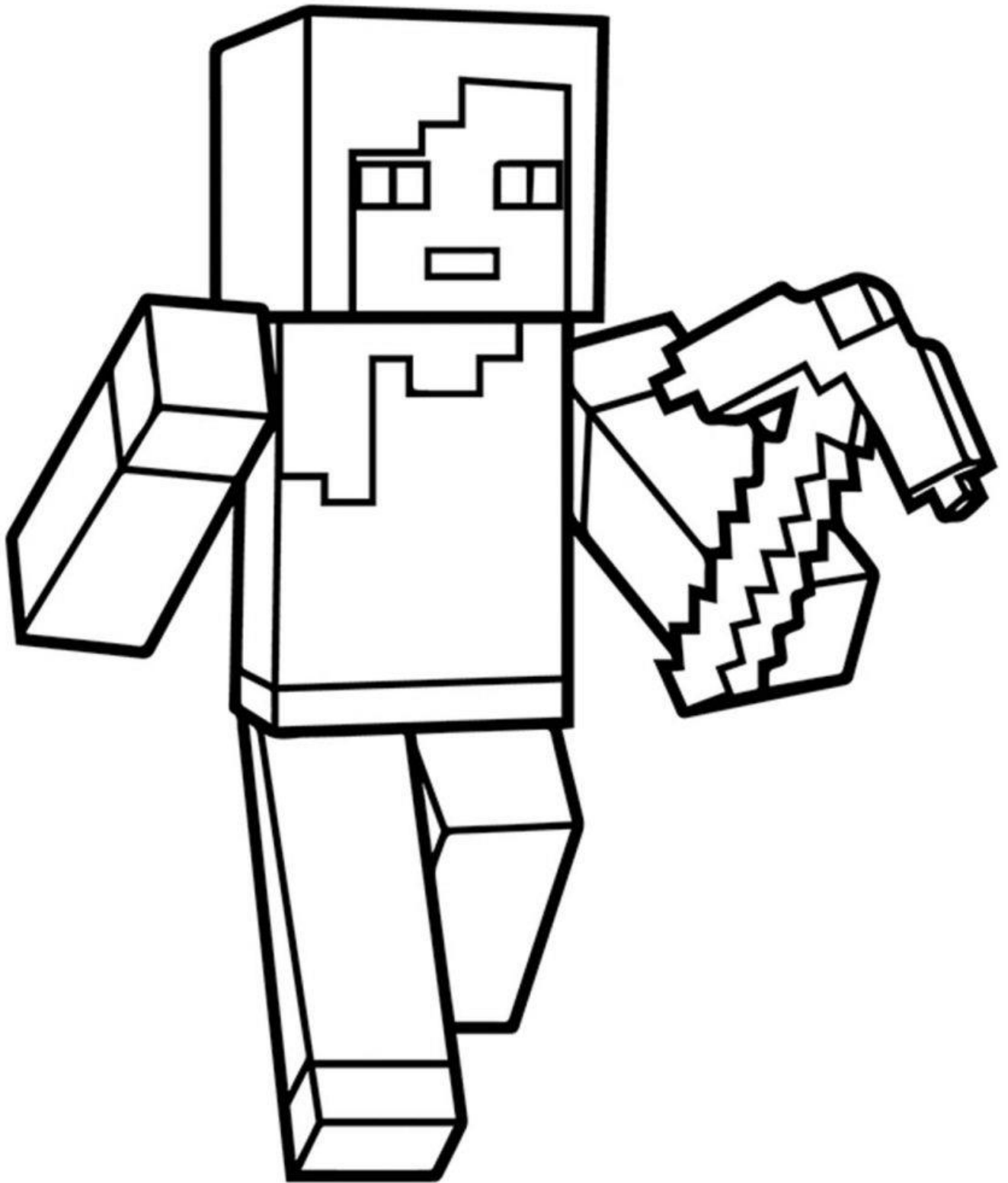


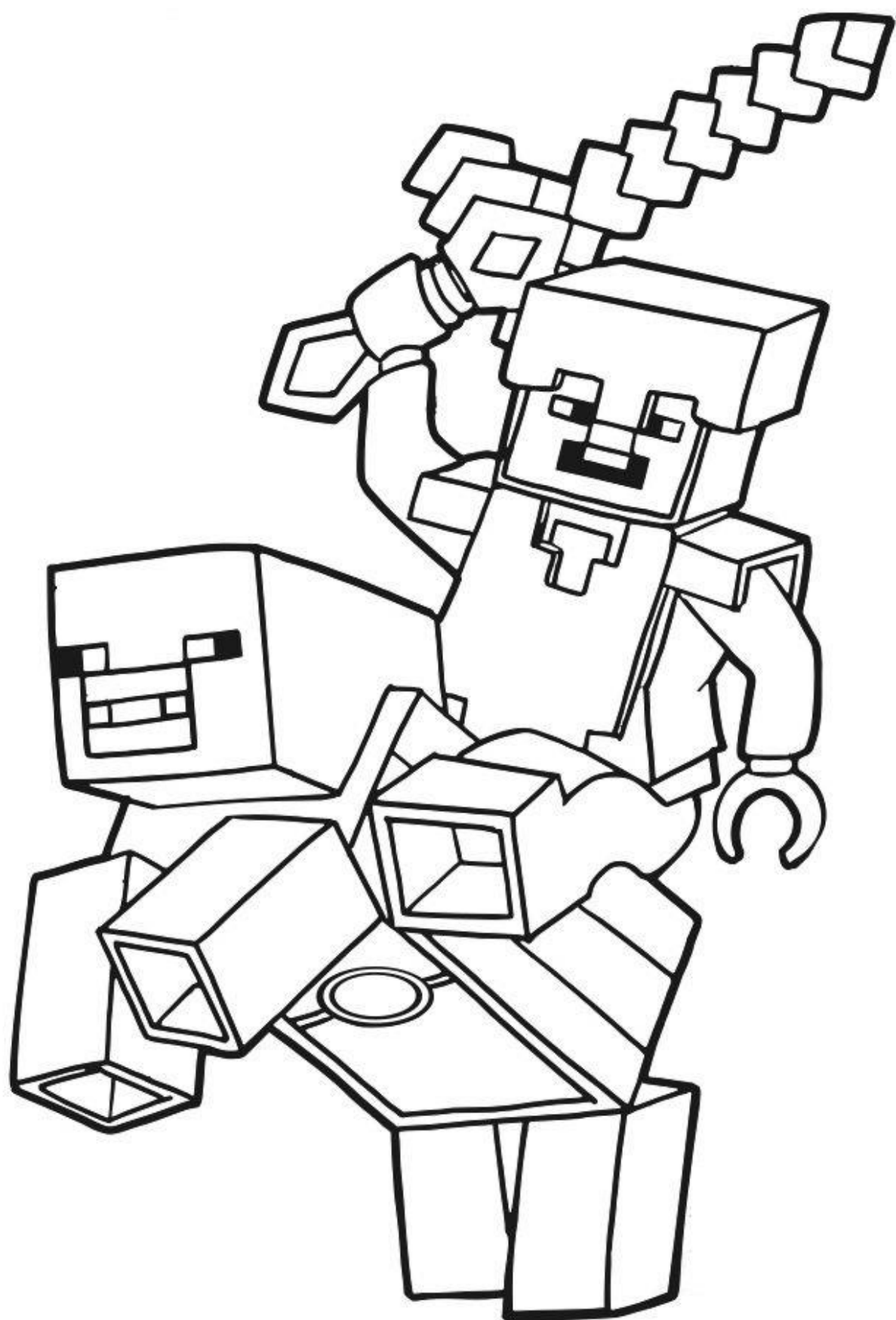


# REBBLX

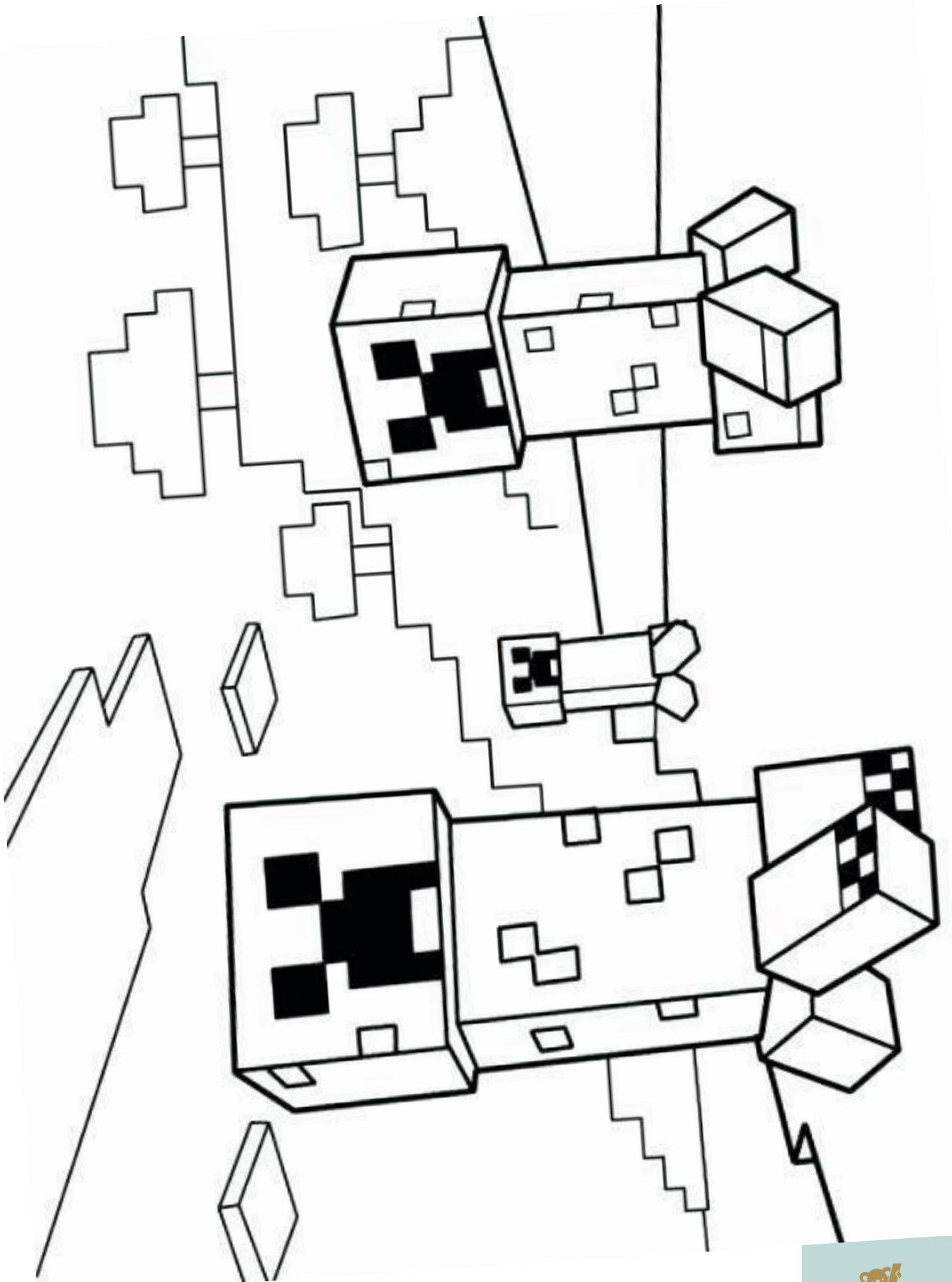






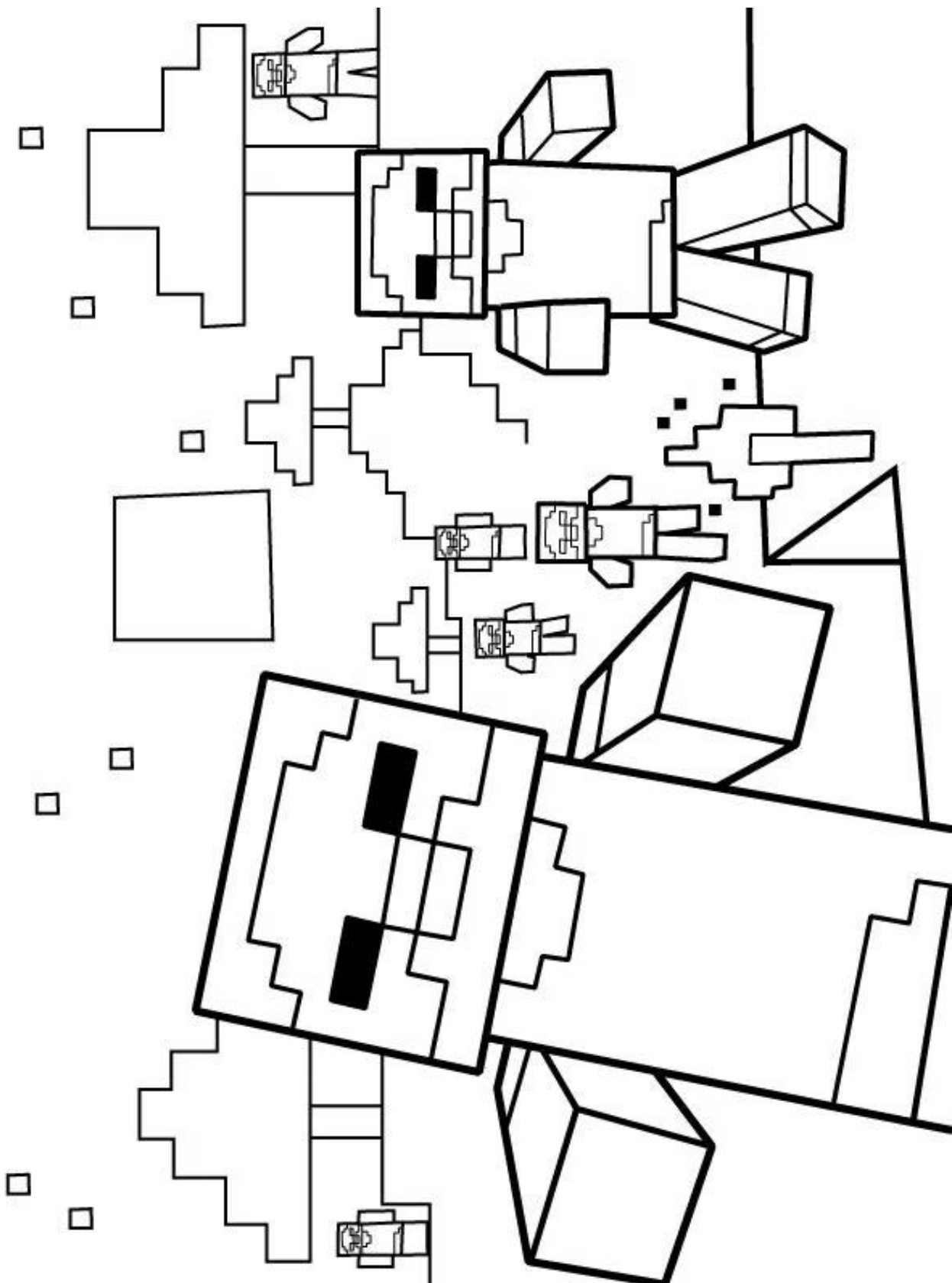


**MINECRAFT**

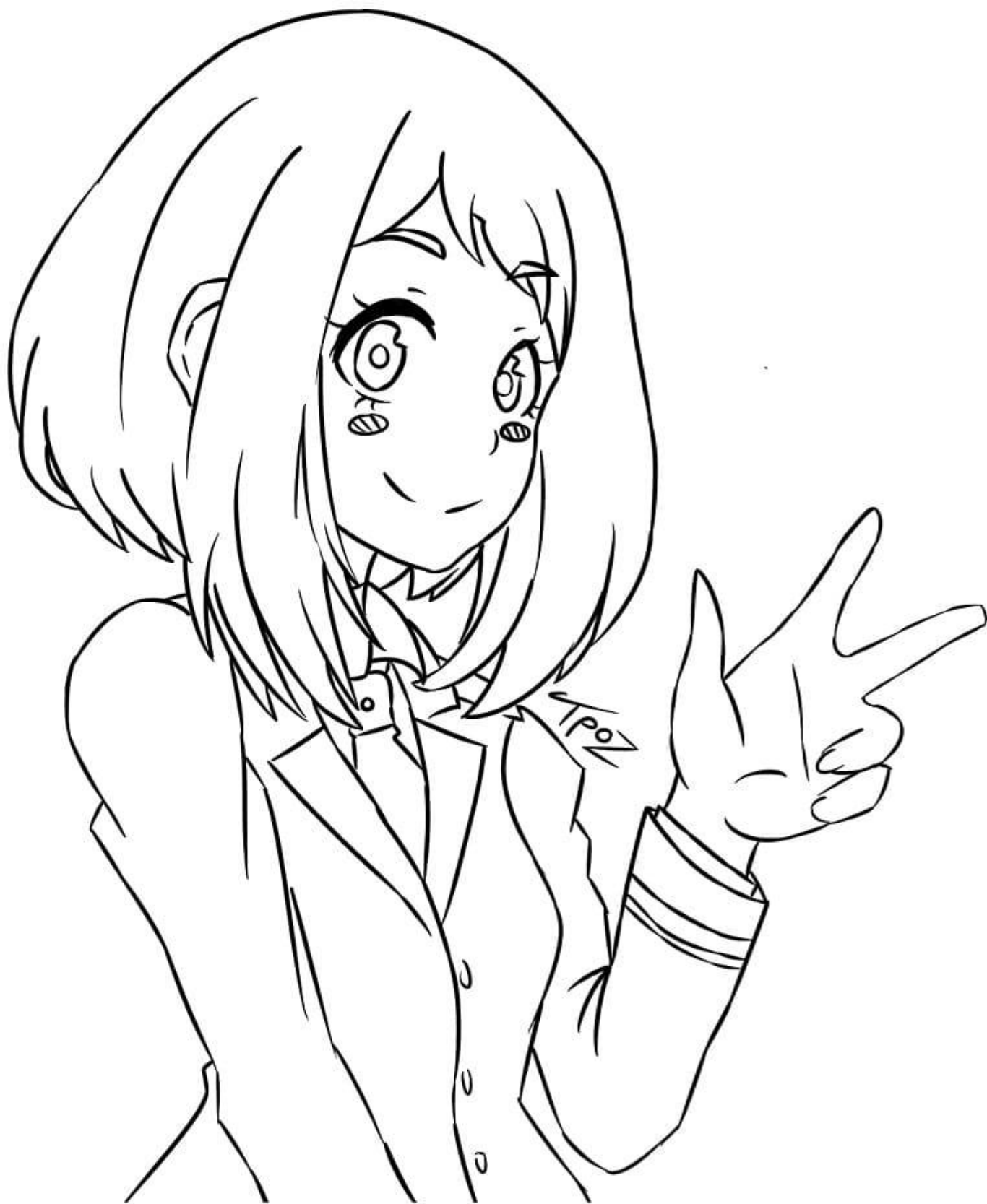


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**This is the easiest playdoh recipe that we've found. Use cookie cutters and rolling pins – infact anything you can find in the kitchen!**

## **EASIEST PLAY DOUGH RECIPE EVER**

*1 Cup Flour*

*1/4 Cup Salt*

*1/2 Hot Water*

*2 tbsp Oil*

*Food Colouring*



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**We love these easy sensory bottles!  
The detergent they refer to is clothes  
washing detergent:**



1. Fill  $\frac{1}{4}$  of your bottle with washing detergent
2. Now fill the rest of your bottle with warm water
3. Add  $\frac{1}{2}$  a teaspoon of glitter
4. Screw on the lid as tight as you can
5. Shake

# 25 Days of Christmas

## Festive Fitness Activities

With only 25 days left until Christmas, Santa is getting all of his workers active and ready for the big day. Each day, join in with a partner or your class to complete one of the fitness activities, or take the challenge to do all 25 activities in a PE lesson or during break time.

### Santa High Knees

Do 10 high knees



### Gift Balance

Balance a book on your head



### Gingerbread Jumps

Do 10 jumping jacks



### Candy Cane Claps

Jump in the air and clap



### Elf Dance

Dance like a mischievous elf



### Bell Sit-Ups

Do 10 sit-ups



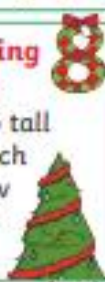
### Reindeer Run

Gallop like Rudolph



### Decorating the Tree

Stand up tall and crouch down low 10 times.



### Snowman Squats

Do 10 squats



### Santa Star Jumps

Do 10 ten star jumps to warm up



### Snowman Push-Ups

Do ten push-ups



### Wrap Presents

Sing or play some Christmas music - do a hand jive



### Catch a Bauble

Throw and catch an object



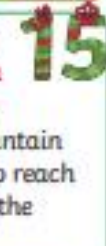
### Elf Stretch

Stretch high and low to put the present in Santa's sleigh



### Chimney Mountain Climbers

Do 15 mountain climbers to reach the top of the chimney



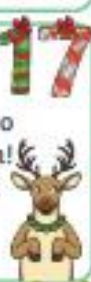
### Christmas Stocking Squats

Do 20 squats



### Reindeer Kicks

Get ready to go, Rudolph! Do 10 front kicks



### Gingerbread Jumping Jack

Do 15 jumping jacks



### Christmas Pudding

Roll over



### Tinsel Twists

Twist and jump from side to side



### Starry Sky Stretch

Pluck a star from the sky - stretch and reach to the stars



### Deliver Christmas Cards

Walk around, pretending to post your cards



### Santa's Sleigh Star Jumps

Do 15 star jumps



### Nutcracker March

March on the spot for 30 seconds like a soldier



### Christmas Dance Party

Show off your best party dancing



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**Below are some brilliant websites and resources and we recommend for keeping little people (and bigger ones) occupied!**

Cosmic Kids Yoga: [https://www.youtube.com/watch?v=hK30\\_gcOfMc](https://www.youtube.com/watch?v=hK30_gcOfMc)

The Body Coach : <https://www.youtube.com/watch?v=d3LPrhI0v-w>

Minecraft Workout : [https://www.youtube.com/watch?v=y\\_5sOYdNmj8](https://www.youtube.com/watch?v=y_5sOYdNmj8)

Roblox Workout: <www.youtube.com/watch?v=mDR0vBC3eE0>

Spongebob Workout: [https://www.youtube.com/watch?v=Fxeh28\\_8Ha4](https://www.youtube.com/watch?v=Fxeh28_8Ha4)

Grinch Workout: [www.youtube.com/watch?v=88Kwmm-\\_0h8](www.youtube.com/watch?v=88Kwmm-_0h8)

Olaf Workout: <www.youtube.com/watch?v=K8yaRigRCS4>

Dinosaur Chase: <www.youtube.com/watch?v=3Uuq6Bky0Dc>





**Many of us feel overwhelmed at Christmas, below are some people who can help – just click on the images:**



### **YoungMinds Crisis Messenger**

Text YM to 85258 for free any time day or night to speak to a trained volunteer via text message.

