



Christmas Activities

for Kids of All Ages

Courtesy of
LEXINGTON
MEDICAL CENTER

Be well.



Christmas is the season of wonder, joy and generosity.
Brighten your holidays by taking a moment to slow
down, think about those you love and enjoy the
sights, sounds and activities of the season.

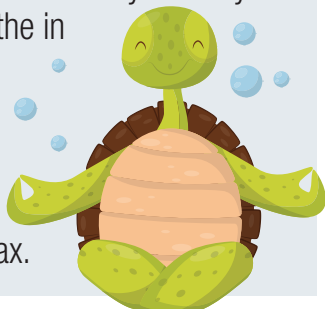
This Christmas, aim to *be well!*



1 Slow down.

When you feel stressed, stop and take a few big breaths. It may feel good to place one hand over your heart and the other on your belly.

Close your eyes. Breathe in gently and regularly, noticing your breath as it travels in and out of your body. Allow your body to relax.



2 Get moving.

Regular exercise makes your muscles, bones and heart stronger. Moving your body can improve your mood and help you feel good, too!



HOLIDAY SELF-CARE TIPS

3 Express yourself.

Listen to music, color, doodle, read, write or knit — anything that relaxes you!



3

4 Unplug to connect.

Set aside an hour or two each day to spend “screen-free” with people you care about. Play board games, go for a walk, share a hot cocoa or simply talk. Going screen-free weekly will go a long way toward building stronger relationships and helping you feel good.

4

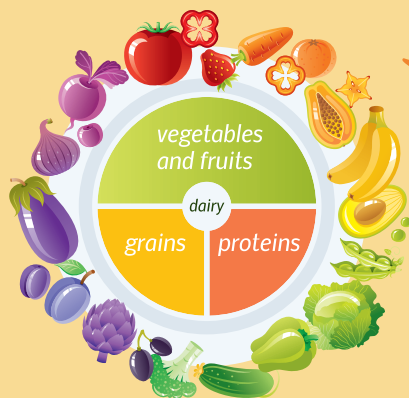


5 Eat a rainbow.

A healthy body has more energy. Fill half your plate with a variety of colorful vegetables and fruits. Divide the other half between whole grains (oats, brown rice, cracked wheat, quinoa) and proteins (meat, beans, nuts). Include a small serving of dairy.

Test your knowledge. Match the color with these tasty vegetables and fruit!

- | | |
|--------|-----------|
| Red | Eggplant |
| Blue | Asparagus |
| Green | Banana |
| Yellow | Cherry |
| Orange | Pumpkin |
| Purple | Blueberry |

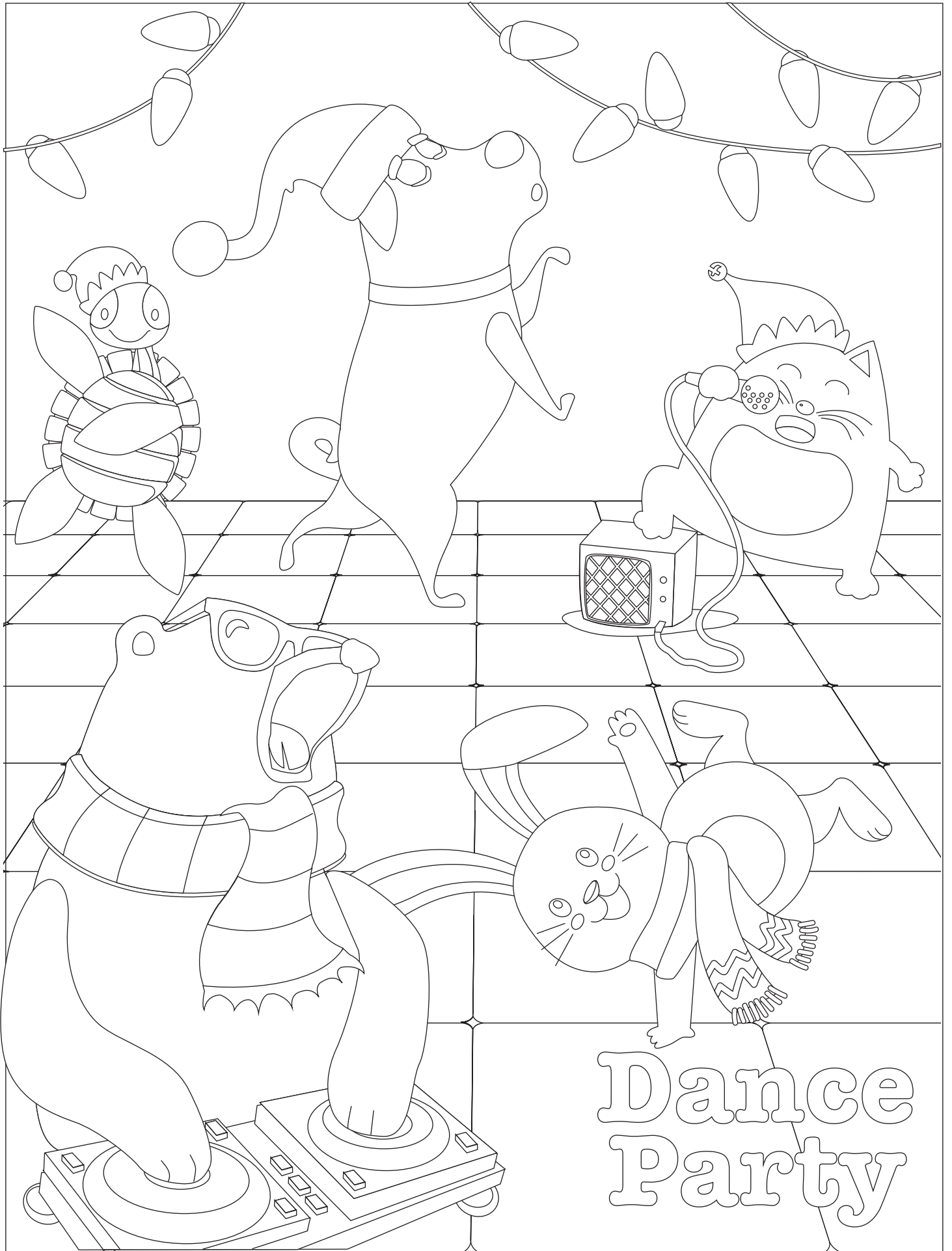


6 Go outside.

Spending time in nature can help you feel more peaceful and relaxed. When you're outside, notice what's around you, using all of your senses. Make it a game. Use your eyes, ears and nose to find:

- Something colorful or pretty.
- A pinecone.
- Something rough.
- A crinkly leaf.
- Something smelly.
- Something fuzzy.
- An unexpected treasure.





Christmas Jokes

Use the key below to decode the answers to these silly jokes.

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26



Be Well Tip

Take time for yourself. Set aside 15 to 30 minutes today just for you. You could go for a walk, work on a puzzle, read a book — or have a silly, spontaneous dance party.

What does Santa suffer from if he gets stuck in a chimney?

3	12	1	21	19	20	18	15	16	8	15	2	9	1
---	----	---	----	----	----	----	----	----	---	----	---	---	---

What do you get when you cross a snowman with a vampire?

6	18	15	19	20	2	9	20	5
---	----	----	----	----	---	---	----	---

What do snowmen eat for lunch?

2	18	18	18	-	18	9	20	15	19
---	----	----	----	---	----	---	----	----	----

Who delivers presents to dogs?

19	1	14	20	1	16	1	23	19
----	---	----	----	---	----	---	----	----

What kind of car do elves like to drive?

1	20	15	25	15	20	1
13	9	14	9	22	1	14

Why was the snowman rummaging in the bag of carrots?

8	5	23	1	19		
16	9	3	11	9	14	7
8	9	19	14	15	19	5



See page 16 for answers.

Write a Christmas Story!

Hint:

Adjective = a word that says something about a noun or pronoun

Noun = a word that names a person, place, thing or idea

Verb = words that show an action or state of being

Emotion = a feeling or mood

Be Well Tip

When you're stressed or worried, untangle your mind with a brain dump! Simply write down everything on your mind. Then look over your list and decide to either let go of the worry or tackle the problem.

Ask a relative or friend to help you write a new Christmas story by filling in the blanks!

The holidays are usually a time of celebration with friends and family, but not for Harry.

Harry was a _____ who lived in the _____ forest. Living in trees, nests and burrows, animals don't have chimneys for Santa to _____
animal *adjective* *verb*

down or fireplaces to hang their _____.
noun

Harry spent Christmas Eve _____ all by himself until he heard the
verb ending in "-ing"

_____ of Santa's sleigh. He had never been so _____! Santa
noise *emotion*
had crashed in in the _____ forest and his sleigh was broken! He needed
adjective

Harry's help to fix it.

Harry gathered his _____ and worked all day on Santa's sleigh.
plural noun

After a hard day's work, it was ready to _____! To show his thanks,
verb

Santa gifted Harry with a _____. They said their goodbyes and Santa
noun

_____ off to deliver _____ to children around the
verb ending in "-ed" *plural noun*

world. It was Harry's best Christmas ever!



Help Harry Find Santa's Sleigh



See page 16 for answer.

santa's reindeer



Dasher



Dancer



Prancer



Vixen



Comet



Cupid



Donner



Blitzen



Rudolph

You know Dasher and Dancer and Prancer and Vixen, Comet and Cupid and Donner and Blitzen — and Rudolph, of course! But do you know how they got their names?

1. This deer has a very special tail and can be seen streaking across the night sky.

2. This spirited, foxy deer often is on Santa's naughty list.

3. She simply loves to spin, twirl and move her feet.

4. He loves to play football and lives to rush the quarterback.

5. Her second favorite holiday is Valentine's Day. She can be quite a matchmaker!

6. In German, this deer's name means "thunder." Hint: his brother Blitzen's name means "lightning."

7. One of the showiest of Santa's reindeer. He hops, skips and jigs wherever he goes.

8. During the off-season, this deer excels at track and field.

9. Oh, you know this one: he's the one with a red nose that glows!

Answers: 1. Comet 2. Vixen 3. Dancer 4. Blitzen 5. Cupid 6. Donner 7. Prancer 8. Dasher 9. Rudolph



WHAT'S YOUR REINDEER NAME?

Month you were born...

January Razzle-dazzle

February Spicy

March Puddinghead

April Merrymas

May Lightning

June Glittertoes

July Cosmo

August BoBunny

September Eggnogger

October Blizzard

November Bling-bling

December Purdy



...plus the first letter of your first name

A Andawaywego

B Bouncymas

C Cinnamonbunbun

D Dusterfluff

E Emberboughs

F Frostypants

G Gobstopper

H Hollyhocker

I Ivebeengood

J Jollytoes

K Kringlesnap

L Lollipopper

M McMittens

N Noisymakerton

O O'Tattingham

P Pointysocks

Q Quantumcane

S Silverbottoms

T Tinseltoes

U Underwaring

V Von Claussen

W Whiskersmith

X Xanthippe

Y Youngberry

Z Zealington



My reindeer name is: _____

Be Well Tip

No joke! A hearty laugh relieves physical tension, boosts your mood, supports your immune system and can leave your muscles relaxed for up to 45 minutes after your big laugh. So, be sure to laugh every day!

Cold or Rainy Day Project: Natural Bird Feeder



Supplies

- One or two large pinecones with open seed scales
- 1 cup birdseed
- 1/2 cup smooth peanut butter
- 1/4 cup Cheerios™ cereal, optional
- 10 inches twine or string

Instructions

Tip: Use pinecones that are open (not tightly closed) to have plenty of places for peanut butter and birdseed to stick.

1. Cut a piece of twine or string about 10 inches long and tie it to the top of a pinecone. Tie a slip knot and tighten it around the top of the pinecone. Then tie the ends of the twine together to make a loop to hang the pinecone.
2. Place 1-2 tablespoons of peanut butter on a plate. Using a butter knife or your finger, carefully spread the peanut butter evenly onto the pinecone. Make sure you get a little bit on each one of the pinecone scales.
3. Once the pinecone is evenly coated with peanut butter, grip the pinecone at both the top and bottom, and dip it into a bowl of birdseed. Roll the cone side to side to coat with birdseed. The more birdseed you can stick to your pinecone, the longer your bird feeder will attract birds. (Optional: Press Cheerios into gaps of cone.)

Your bird feeder is ready to hang outside. Choose a tree branch that's easily visible from inside the house so you can enjoy watching birds come to your feeder.

Tip: Position your feeder a few feet from a bush or tree. This gives the birds a staging area from which they can wait and then swoop in, pick a few seeds and retreat to safety.

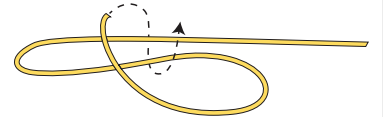


How to Tie a Slip Knot

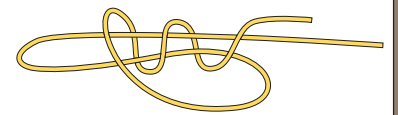
1. Make a loop, doubling twine.



2. Double back towards the loop and let twine form a second loop below the doubled line.



3. Make one or two turns with the end around the double line and through the loop.

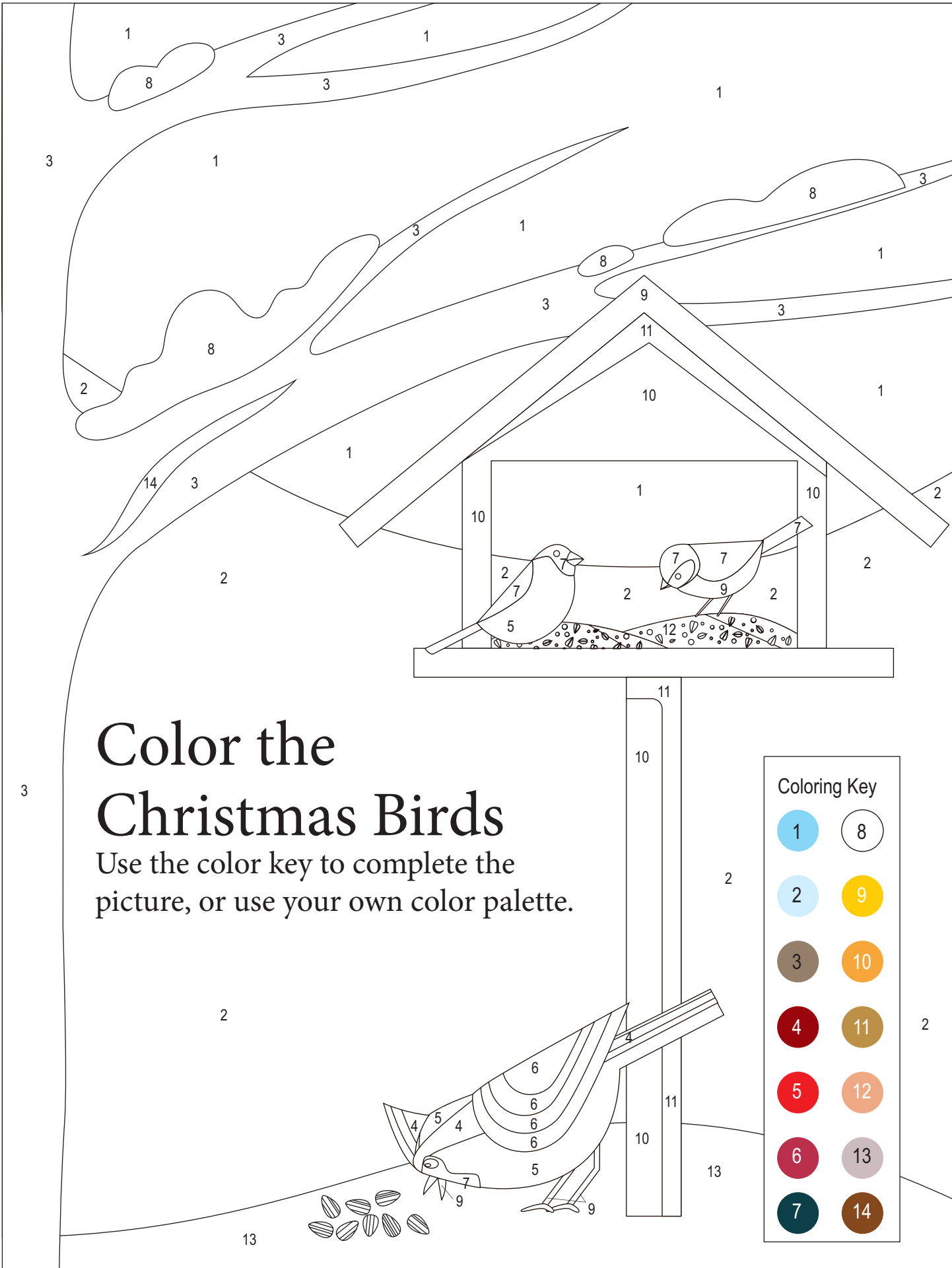


4. Pull end to snug up the turns.



Be Well Tip

Birdwatching is good for you! It's a free activity that can help hone your senses and help you observe little details. Spending time around nature can be a meditative activity that helps to lower your stress and help you relax.



Color the Christmas Birds

Use the color key to complete the picture, or use your own color palette.

Coloring Key

1	8
2	9
3	10
4	11
5	12
6	13
7	14

Pajama Day Word Find



How could you spend a cold winter's day?
Find the ideas listed, then decorate your Christmas pajamas to dress for your favorite activity.

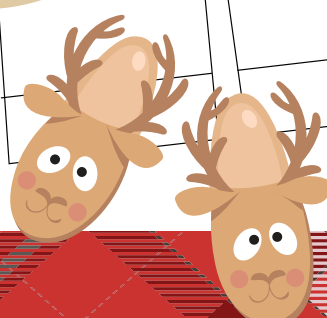
- Bake cookies
- Board games
- Build a snowman
- Crafts
- Dance
- Gingerbread house
- Ice skating
- Nature walk
- Paper snowflake
- Play tag
- Puzzle
- Read a book
- Scavenger hunt
- Sleepover
- Snowboarding
- String popcorn
- Watch a movie
- Yoga

D P H T H S E I K O O C E K A B O
 K R Y O R E V O P E E L S K U P I
 P W P L D V H Y Q P L A Y T A G J
 S G I N G E R B R E A D H O U S E
 S E F F N K O O B A D A E R F N E
 C P M G S A I C E S K A T I N G W
 A G B A K N M N E Z F J P U O D A
 V Y O F G L O W I Z F D N N A C T
 E A G O Y D A W O S U C E N Q B C
 N V J Z Z S R W B N K I C E C V H
 G Q N M E G W A E O S E Q M O P A
 E Z N B Y X S C O R A A H N J H M
 R E R I V S Q G T B U R D A H Q O
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Be Well Tip

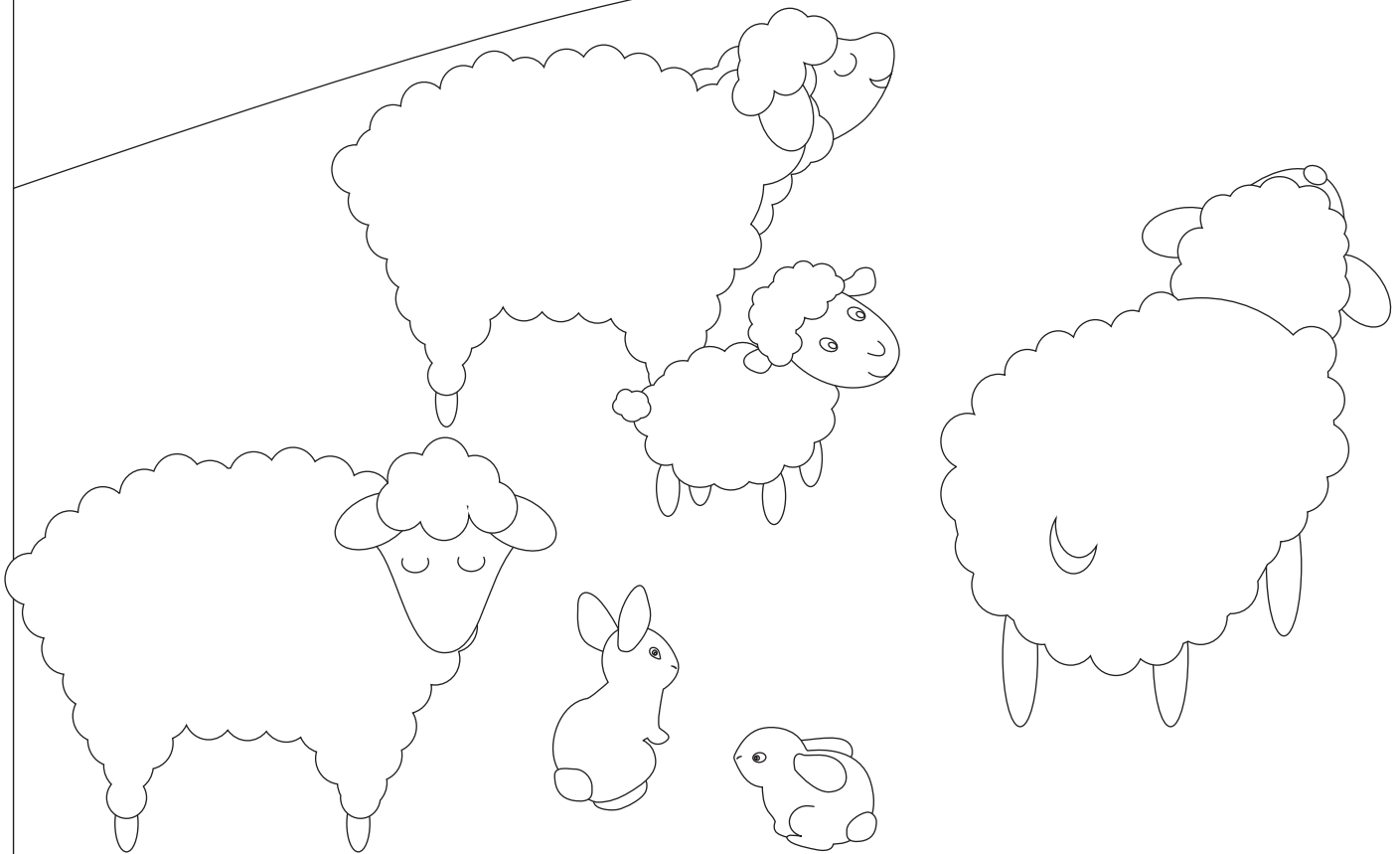
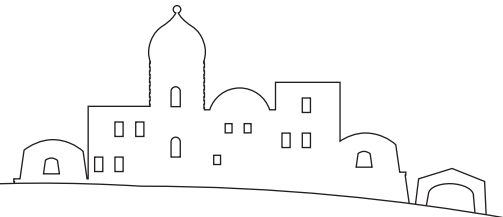
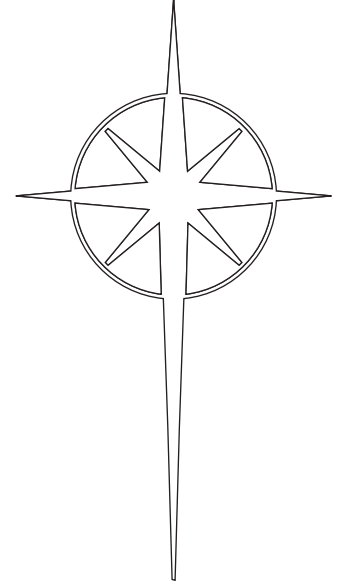
Getting enough sleep keeps the immune system functioning smoothly, helps your heart stay healthy and recharges your brain. Try to get between seven and nine hours of sleep every night!

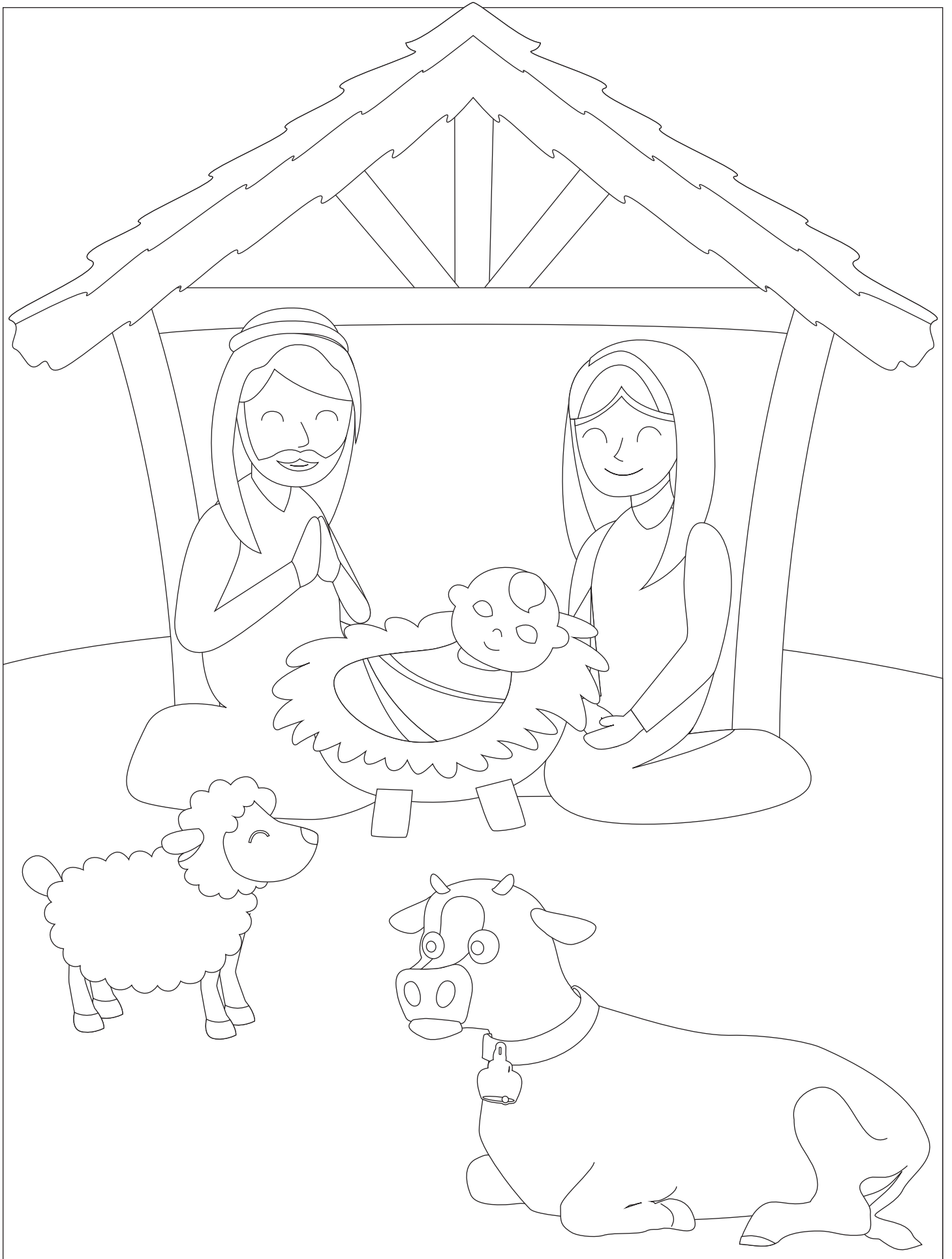
See page 16 for answers.



*And the angel said to them, "Fear not,
for behold, I bring you good news
of great joy that will be for all the people.
For unto you is born this day in the city of
David a Savior, who is Christ the Lord."*

– Luke 2:10-11





Christmas Yoga

Put on comfortable clothes and take off your shoes to try these holiday yoga poses. Breathe in and out slowly, holding each pose for several cycles of breath.



1. Candle Pose (*Mountain Pose*)

Stand very tall with your hands by your sides. Move your wrists side to side like the flame of a candle.



2. Candy Cane Pose (*Side Bend*)

Reach overhead, clasping hands together. Bend slightly to the left and then to the right.



3. Christmas Tree Pose (*Tree Pose*)

Become tall in your spine. Stand on one leg and lift the other one making a triangle shape with your knee. Sparkle your fingers like Christmas lights! Switch sides.



4. Reindeer Pose (*Warrior 1*)

With your right leg, step into a high lunge. Bend your front leg at a 90° angle. Bring the back foot flat to the ground, pointing your toes outwards at a 45° angle. Raise your arms up like you have antlers.



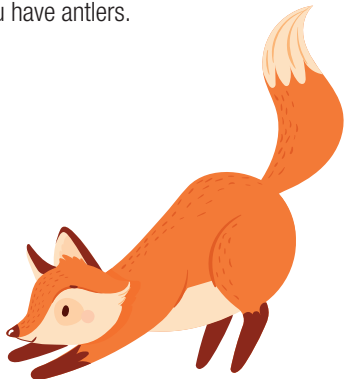
5. Star Pose (*Reverse Triangle*)

From Reindeer Pose, straighten right leg. Lean backwards, reaching the right hand upwards to catch a shining star.



6. Ice Dancer Pose (*Dancer Pose*)

Keep your right leg on the floor. Lift your left leg off the floor, bending at the knee. Catch your foot with left hand. Reach your right hand forward. Pretend to be an ice dancer! Repeat steps 4-6 with left leg in front.



7. Santa Dog Pose (*Downward Dog*)

From your hands and knees, spread your fingers out and press your hands down in to floor, shoulder-width apart. Curl your toes under and lift up your tail. Move your hips side to side like you are wagging your tail or shaking off snow.



8. Sleigh Pose (*Upward Dog*)

From Santa Dog Pose, push your head through your hands as you bring your legs to the floor. Push up on your arms to arch your back and raise your head high. Pretend you're guiding Santa's sleigh!



9. Yule Log Pose (*Easy Pose or "Criss-Cross, Applesauce"*)

Sit cross-legged like a warm fire. Take a couple of deep breaths to finish your yoga practice.

Animal Trivia



Across

5. A _____ bear's hair is not white – it's colorless. Each thick strand of hair is hollow and reflects the light, making it appear white.
6. Porcupines are covered in _____ all over their body except their belly, face and feet. If a porcupine loses a quill, it grows a new one.
7. Huskies are the ideal sled _____. They can run at speeds of around 20 mph, have a ton of endurance, a high tolerance to cold and the ability to survive on very little food.
8. Sea _____ have the densest fur of any mammal. A large male has around 800 million hairs, compared to just five million on a human.
9. This cold climate bird's black and white feathers act as camouflage while it is swimming. The black coloring on its back makes the bird hard to see from above, while the white on its front mimics the sun reflecting off the surface of the water when seen from below.

Be Well Tip

Get a dog! Dog owners are more likely to be physically active than non-dog owners. They tend to walk more and are more likely to get the recommended level of physical activity.

Down

1. Did you know? This fluffy-tailed rodent's eyes are positioned so they can see behind them! You'll spot this grey or tan animal in backyards, parks and woodland areas.
2. _____ are the only deer species in which both the male and female can grow antlers.
3. This sly animal is more like a cat than a dog! Similar to cats, it is nocturnal, can climb trees, uses its whiskers to navigate and even stalks its prey like cats. Also, it can retract its claws — just like cats.
4. What animal is an expert thief and wears a mask as a disguise? Hint: They live in forests and woodlands, but they also live near farms and even in cities. Because they're so smart, they can adapt to different areas.
10. One fascinating species found only in the Arctic is the narwhal, often referred to as the '_____ of the sea.' Why? Well, male narwhals have a straight tusk projecting from the front of their heads that can grow to over 3 meters in length!

See page 16 for answers.

ANSWERS

Christmas Jokes

What does Santa suffer from if he gets stuck in a chimney?

Claustrophobia

What do you get when you cross a snowman with a vampire?

Frostbite

What do snowmen eat for lunch?

Brrr-rito

Who delivers presents to dogs?

Santa Paws

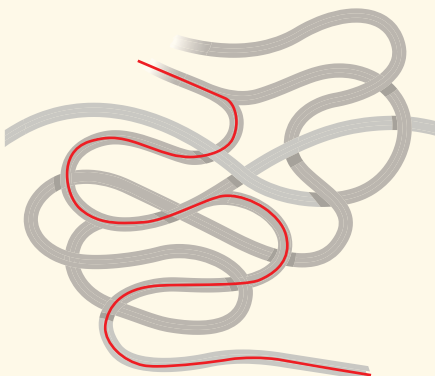
What kind of car do elves like to drive?

A Toyota minivan

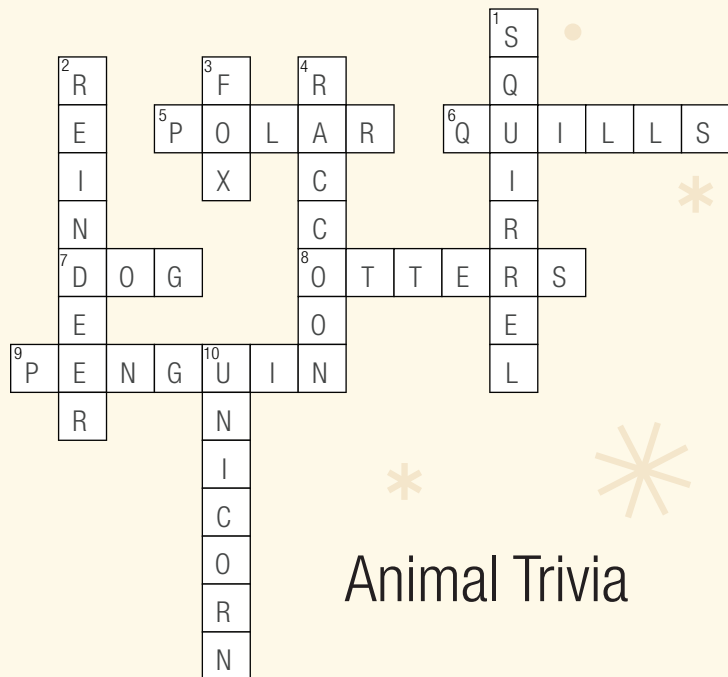
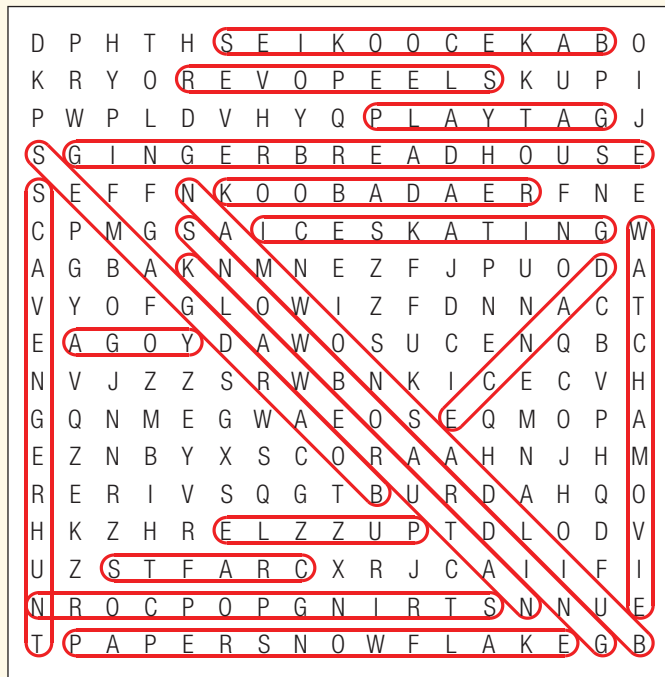
Why was the snowman rummaging in the bag of carrots?

He was picking his nose!

Harry's Maze



Pajama Day Word Find



Animal Trivia



MY CHRISTMAS WISH LIST



One of the main reasons the custom of giving and receiving presents at Christmas began was to remind us of the presents given to Jesus by the Wise Men. The act of giving and receiving gifts can help you show people you care about them. How would you complete this wish list?

If I could, then I would give _____ a _____ .

If I could give my mother anything possible, I would give her _____ .

If I could give my father anything possible, I would give him _____ .

If I could receive only one gift this Christmas, I would ask for _____ .

If I could take my family on a Christmas vacation anywhere in the world, we would go to

_____ and do/go _____ .

If I had lots and lots of money, I would _____

_____ .





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