



Heathlands Activity Book No.16

Be Safe
Be Healthy
Be Kind!



Hello!!!!

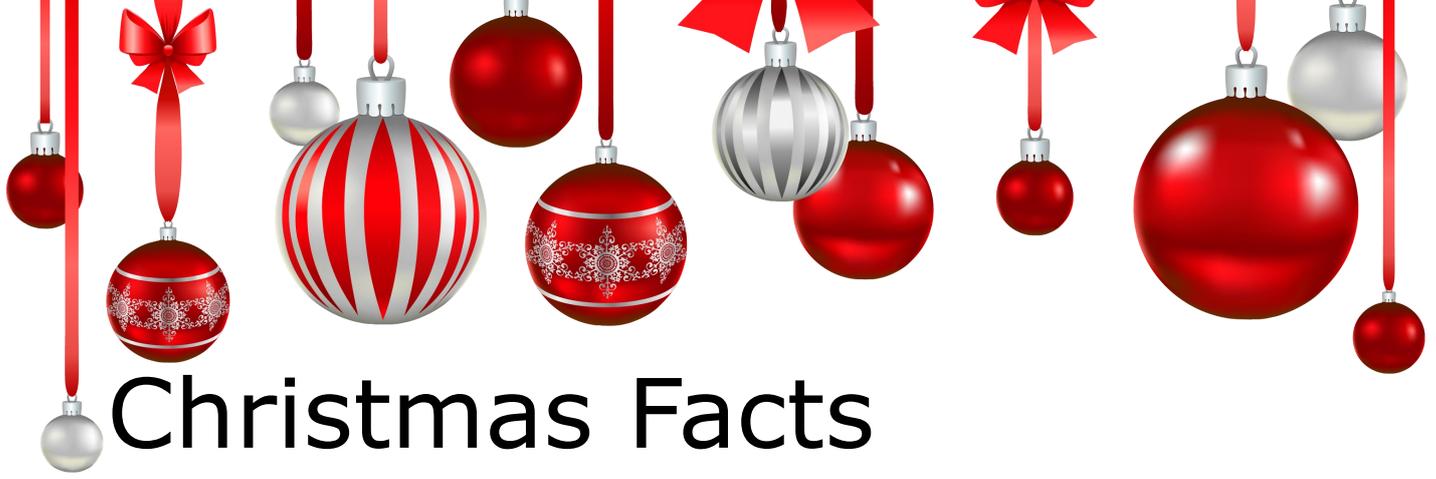
And welcome to our Christmas edition of the Heathlands at Home activity book.

Here are our latest Christmas themed activities to help you keep your mind sharp and help you stay occupied.

Also on the DVD you will find, Nick's Christmas workout and sign of the day, Helen T's how to make an origami Christmas tree and festive sausage roll recipe, Helen W's Christmas crown making video plus as a special Christmas bonus, Santa packing up all of his presents to you all to you all!

Enjoy.





Christmas Facts

"Jingle Bells" was written for Thanksgiving, not Christmas.

"Jingle Bells" was also the first song to be broadcast from space.

The first artificial Christmas Tree wasn't a tree at all. It was created out of goose feathers that were dyed green.

Iceland has 13 Santas and an old lady who kidnaps children.

1066 – King William I of England was crowned on Christmas Day.

Twenty-eight sets of LEGOS are sold every second during the Christmas season.

If you are really in to recycling, you can eat your Christmas tree. The needles provide vitamin C.

Each year since the 1970s, millions of Japanese families have celebrated Christmas Day with a "Party Barrel" from Kentucky Fried Chicken.

Forget turkey... in South Africa, many people enjoy the deep-fried caterpillars of the Emperor Moth on Christmas Day!

There is a town in India called Santa Claus.

To visit every child on Christmas Eve, Santa would have to travel at 3000 times the speed of sound, visiting over 800 homes per second!

In 2013, the record was set for the fastest time to decorate a Christmas tree. It took Sharon Juantuah 36.89 seconds and was set in Essex.

In the middle ages the tradition was to eat a mince pie every day of the twelve days of Christmas as it supposedly gives you 12 months of good luck.

Did you know that Santa would have to visit 822 homes per second to deliver presents to everybody's home on this planet, travelling at 650 miles a second.

Did you know that English people ate a pig's head with mustard as their Christmas meal before it became tradition to have turkey?

Due to world time zones Kiritimati, also known as Christmas Island, is the first place to celebrate Christmas each year, closely followed by New Zealand.

On average there are about 7000 calories in a Christmas dinner!

Christmas Sausage Rolls



Ingredients:

500g pack of premade puff pastry
400g pack of sausage meat
1/2 pack of your favourite stuffing
½ a pack of precooked chestnuts - these are optional
1 egg
Flour for dusting

Method:

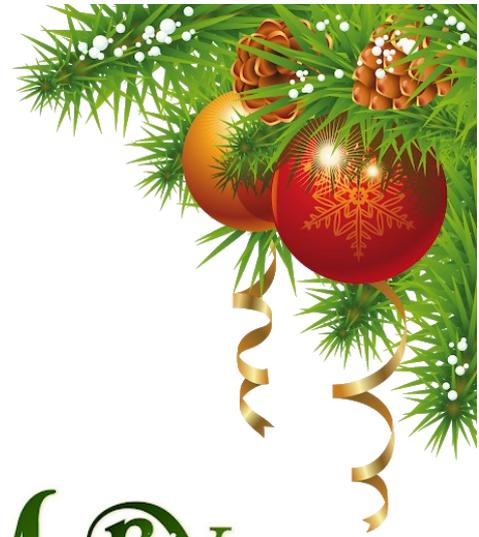
1. Preheat your oven to 190°C.
2. Remember; you should ALWAYS wash your hands before and after cooking. This is very important as you are handling raw meat.
3. Make your stuffing to the packets instructions, remembering to half the water as we are only making half the packet. Allow this to cool.
4. Roughly chop your chestnuts if you are using them.
5. Combine your sausage meat, stuffing and chestnuts.
6. Roll out your pastry sheet onto a dusted surface to stop it sticking. Add your sausage meat in a line, leaving enough space to fold over the pastry and egg wash next to it.
7. "Crimp" the edges of the pastry with a fork and cut to desired length. Slit the tops, egg wash and decorate with seeds if you want to.
8. Place on a non-stick baking sheet or line a baking sheet with greaseproof paper. Bake at 190°C for 20 minutes, allow to cool a little and enjoy!



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Sudoku

Answers in the back of this book



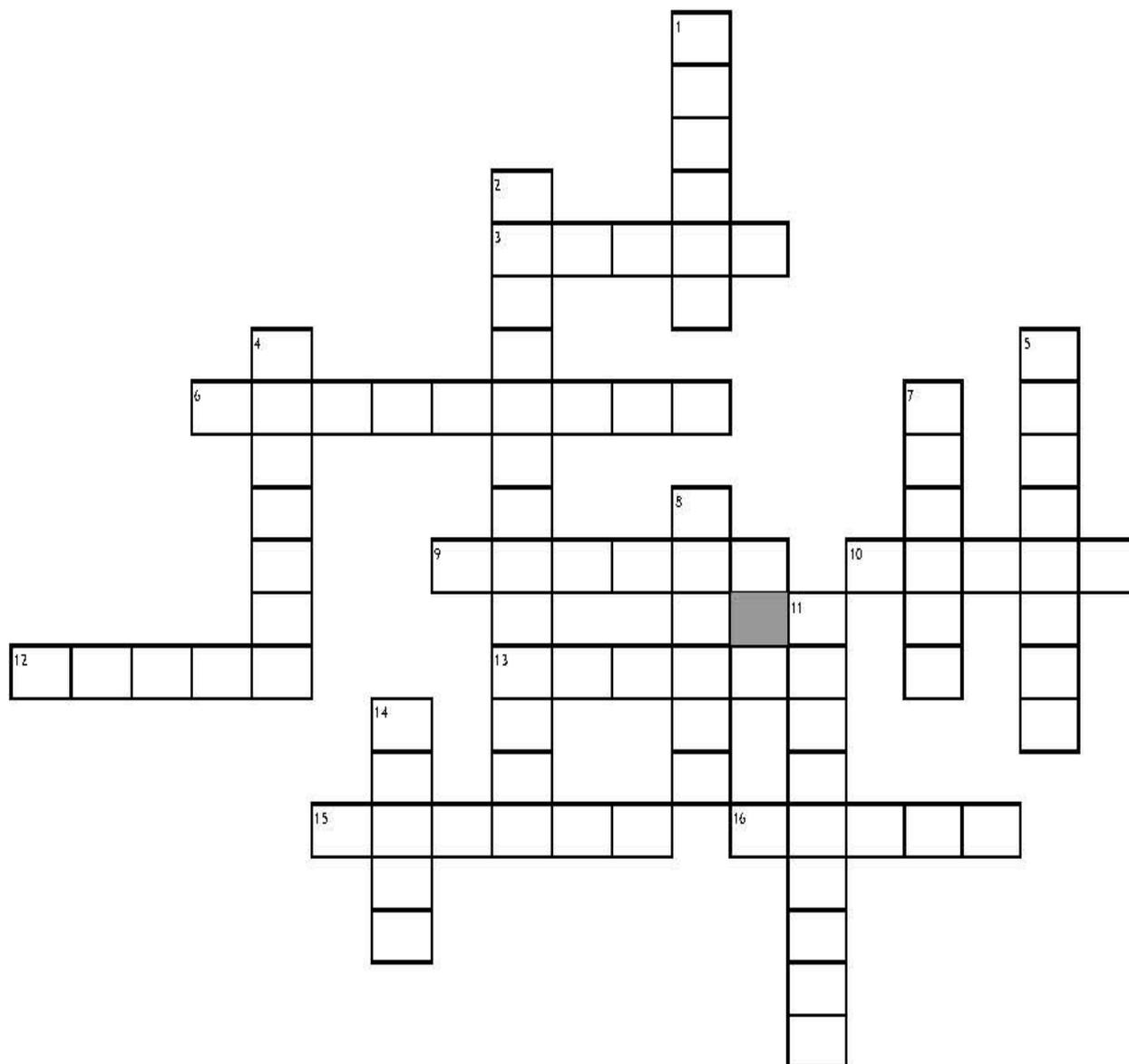


How many words with 3 or more letters can you make out of Christmas?

How many words with 3 or more letters can you make out of DECEMBER?

Answers in the back of this book

Christmas Carols Crossword



Across

- 3. The _____ and the Ivy
- 6. Good King _____
- 9. Away in a _____
- 10. Silent _____
- 12. God rest ye _____ gentlemen
- 13. _____ Days of Christmas
- 15. We three kings of _____ are
- 16. In the _____ mid winter

Down

- 1. Hark the herald _____ sing
- 2. Rocking around the _____
- 4. Ding dong _____ on high
- 5. Oh come all ye _____
- 7. Once in Royal _____ city
- 8. Angels from the _____ of glory
- 11. Oh little town of _____
- 14. Joy to the _____

Answers in the back of this book



Christmas Word Scramble



1. NRAGDAL _____
2. NORTH POLE _____
3. NYADC NASEC _____
4. DELCNA _____
5. OINDTCSOERA _____
6. OLYLH _____
7. TASAN _____
8. RYACRBNER SAECU _____
9. LEEVS _____
10. TIINYVAT _____
11. SRNPSEET _____
12. ECOSORG _____

Answers in the back of this book

Word Search

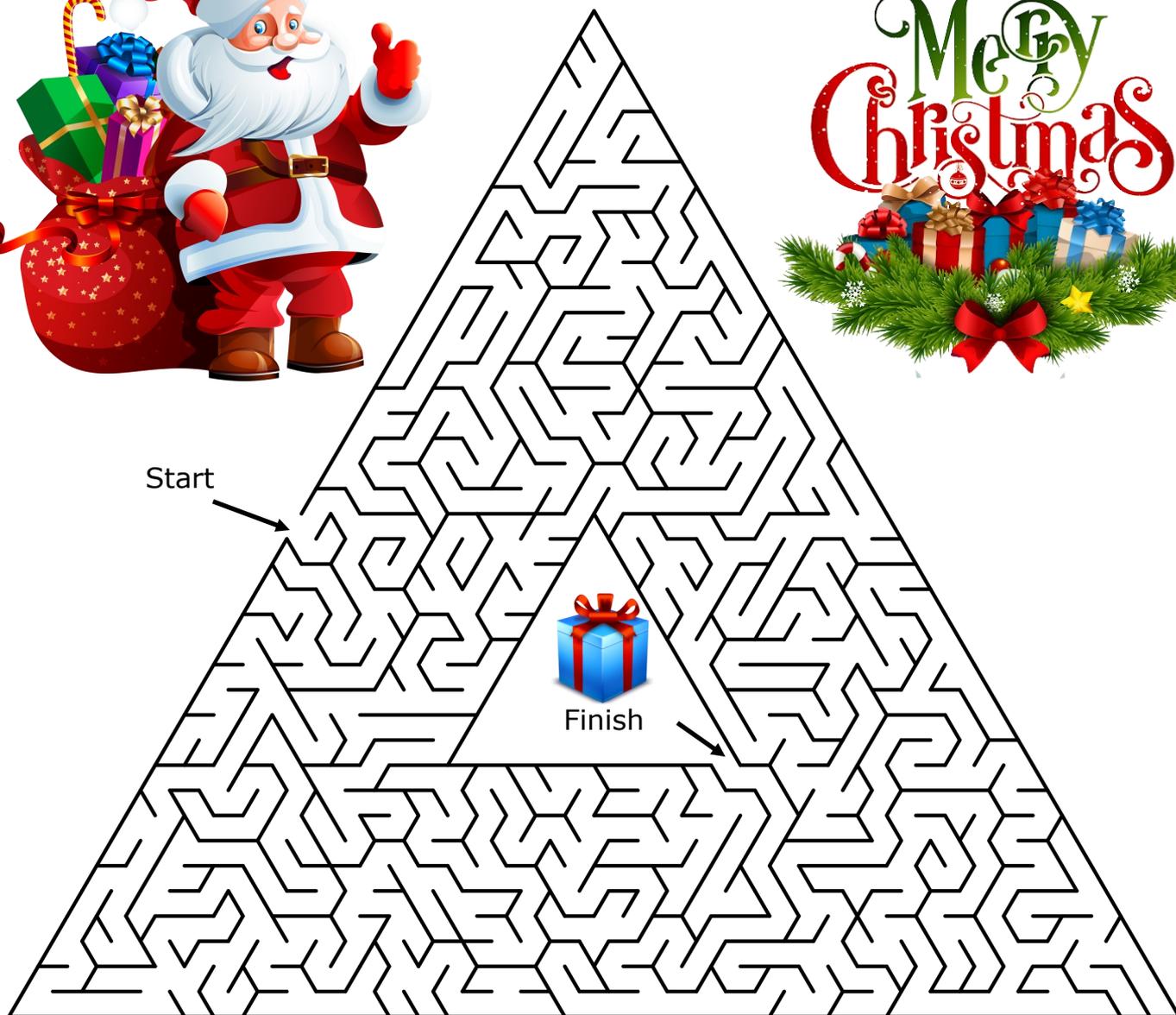
R S N S C D M R V U L G S V O A H X B N P Q Y C
H J T L M H C F G Y L R B P C S Z T R I R I V M
C N A G D G R Q E J N M E T H T O G M X P M T E
H W H O O R T I J D O U T E I X Z T Q E I A K R
R Y P Z M P A H S T C C X Z D E P L J S N V W P
I U R J A Y R C V T L O B E L N K C T C E Y R G
S L E T Z L I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

Yule log Mistletoe Holly Sleigh Santa Elves Reindeer Decorations Christmas cake
Pigs in blankets Turkey Mince pies Christmas card Christmas carol Celebration Carolling
Wreath Bells Angel Presents Tinsel Ornament Christmas tree



Answers in the back of this book

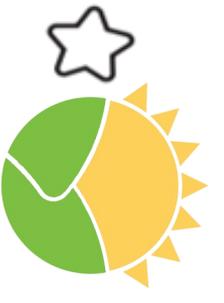
Help Santa find the missing present at the centre of this Maze!



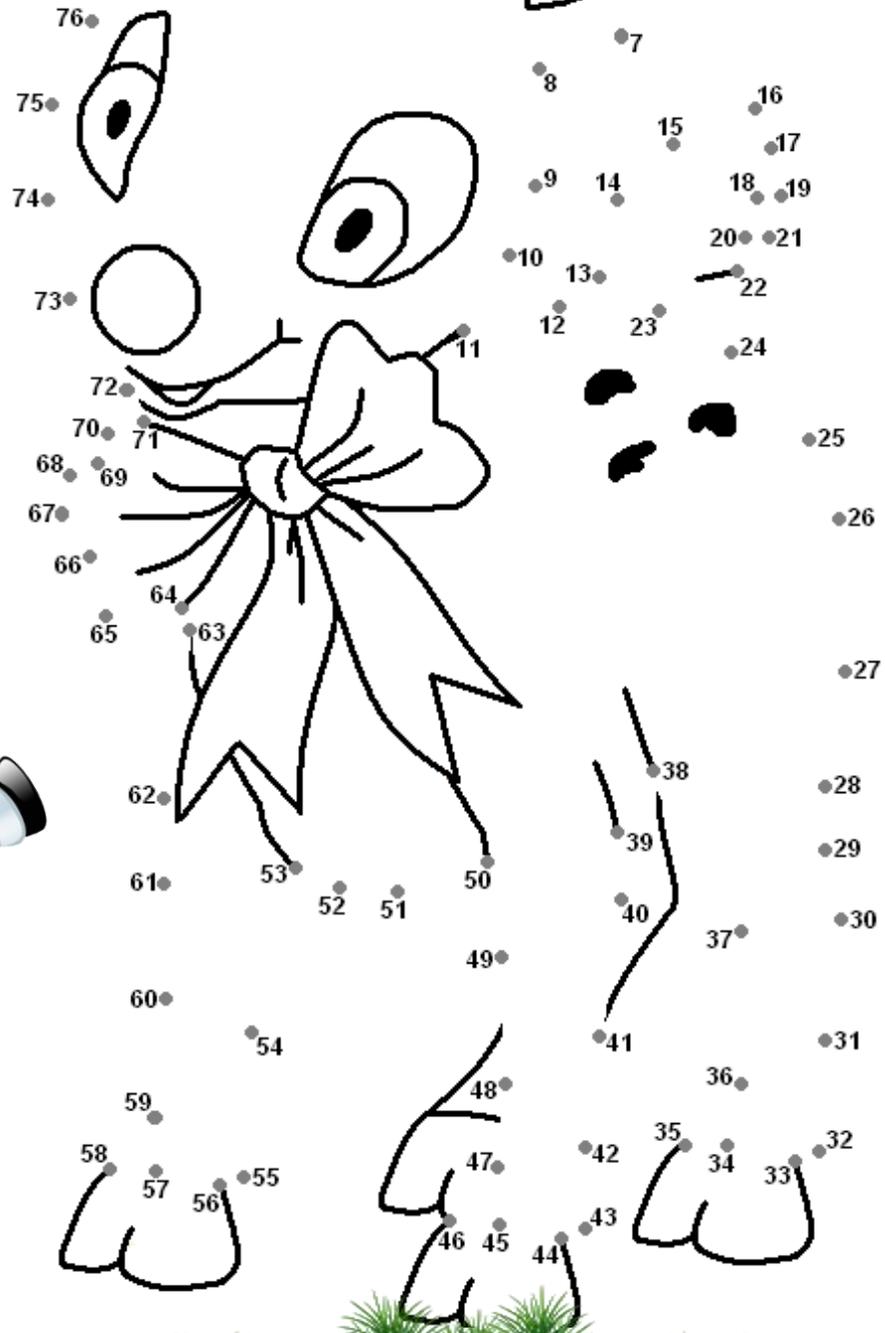
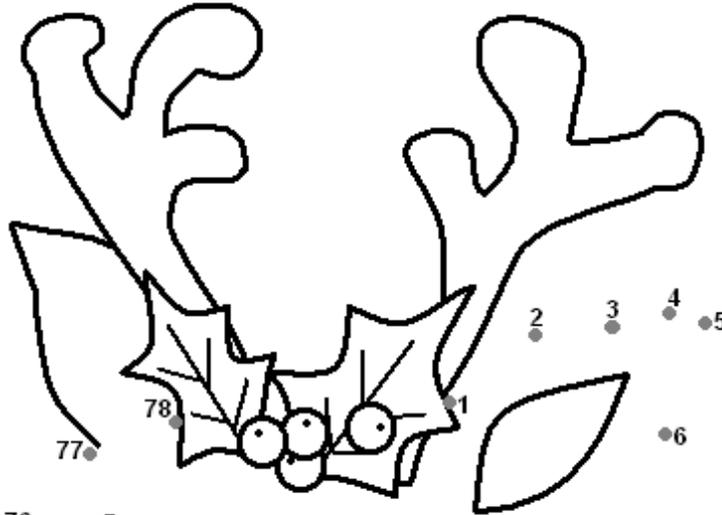
Answer in the back
of this book



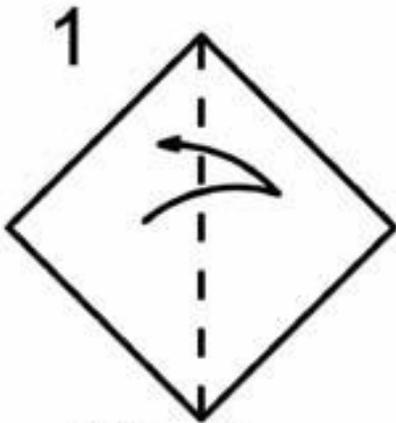
Colour in Santa and his Reinders!



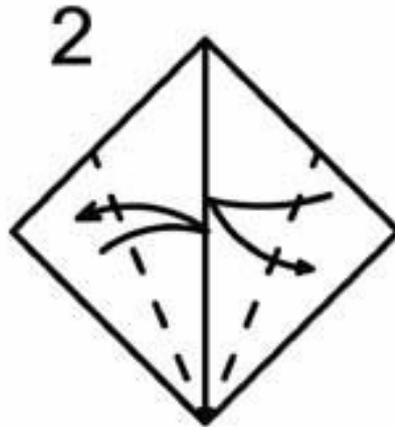
Christmas - dot to dot



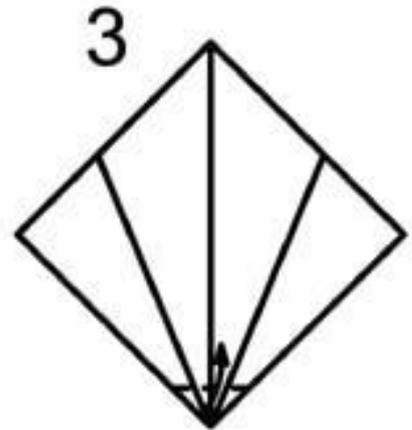
Origami Christmas Tree



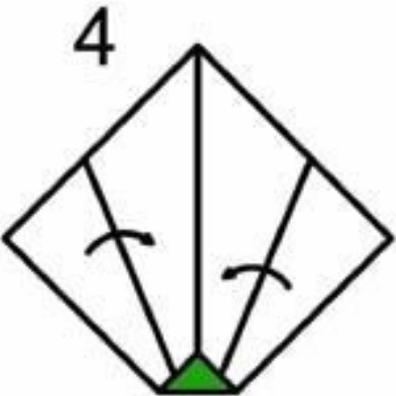
White side up.
Fold and unfold.



Fold sides to
center crease
and unfold.



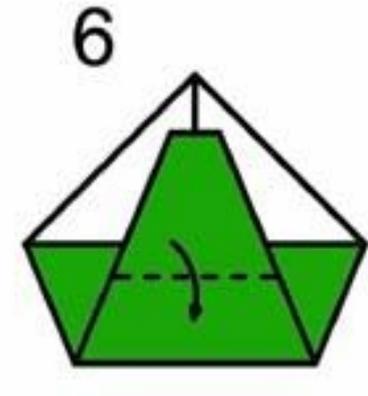
Fold up tip.



Fold sides on
existing creases.



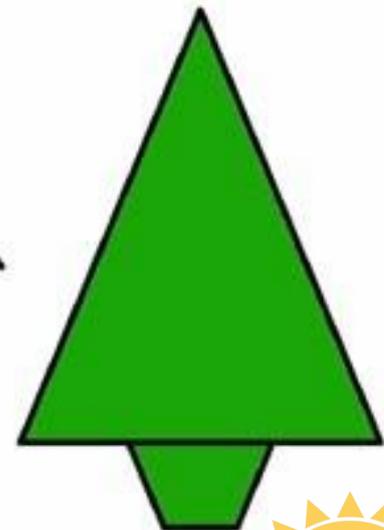
1. Fold sides to centre
crease and unfold.
2. Fold up lower half.



Fold down flap.



Fold sides on
existing creases.



Instructional video by Helen T
available on the DVD and YouTube



Festive Textured Clay Decorations



This week we're going to show you how to use air-dry clay to make some festive hanging decorations.



You will need:

- Air dry clay
- Ribbon
- Paint (we used acrylics)
- Festive shaped cookie cutters
- Pencil or similar to make a hole
- Things to add texture such as lace, leaves or textured wallpaper
- Rolling pin
- Mat or wipeable surface to work on



Step 1.

Begin by rolling your clay out in a nice even layer, about 1cm thick.



Step 2.

Lay your textured things on top and roll over them lightly with your rolling pin to leave an impression in the clay.



Step 3.

Use the cookie cutters to cut out different shapes, try and choose areas with good texture.



Step 4.

Use the pencil to make a hole near the top of each cut out shape (to hang it up with.)



Step 5.

Allow the clay to dry out thoroughly, this may take several days.

Step 6.

Paint your decs! We stuck to one colour for each decoration, with a bit of white over the top, to highlight the textures but you can use as many colours as you'd like.

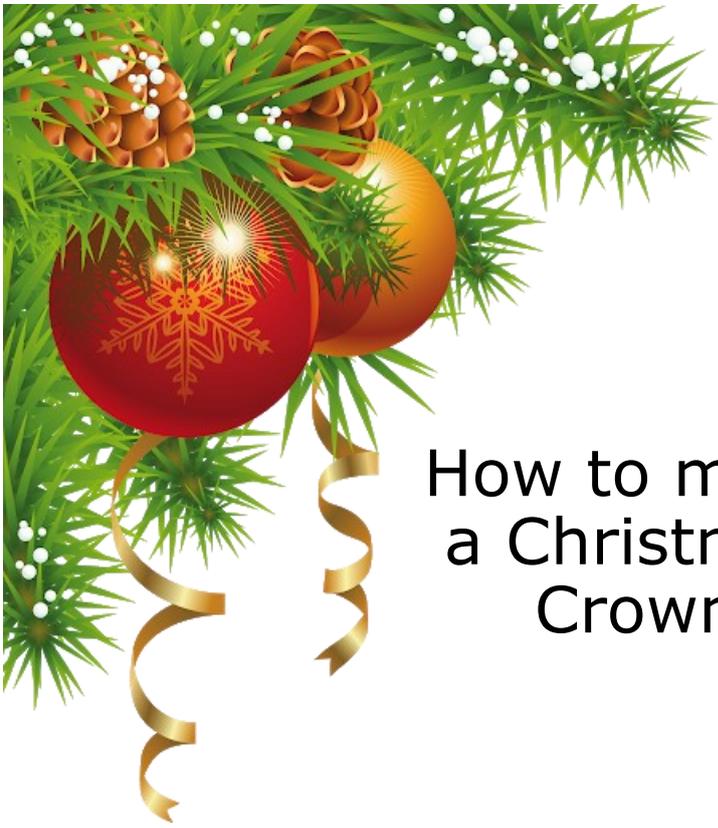


Step 7.

When the paint is dry, thread a bit of ribbon through the hole and your decorations are ready to hang up.

We think they'd make lovely presents or extra special gift tags. What do you think?





How to make a Christmas Crown



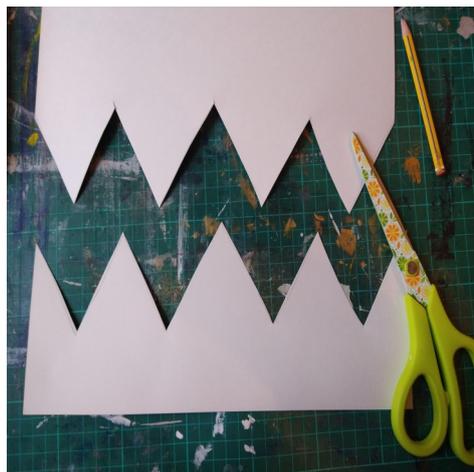
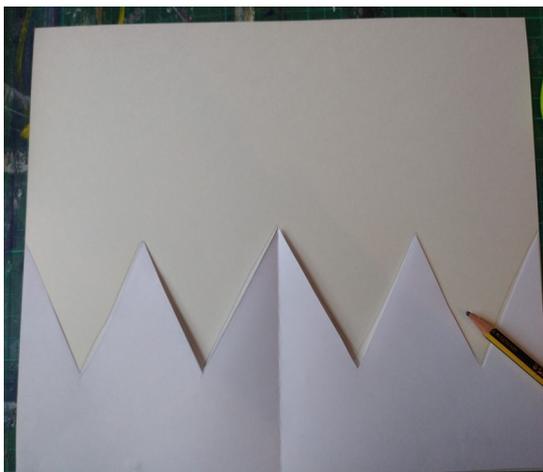
You will need:

- A4 Card (ideally gold or silver but any card will do)
- Ribbon (enough to go around your head and be tied in a bow, mine was around 90 cm)
- Embellishments: gems, buttons, pom-poms or whatever you have!
- Crown template (make your own or use mine)
- Scissors
- Pencil
- Glue (PVA or a glue gun if you have one)



Step 1.

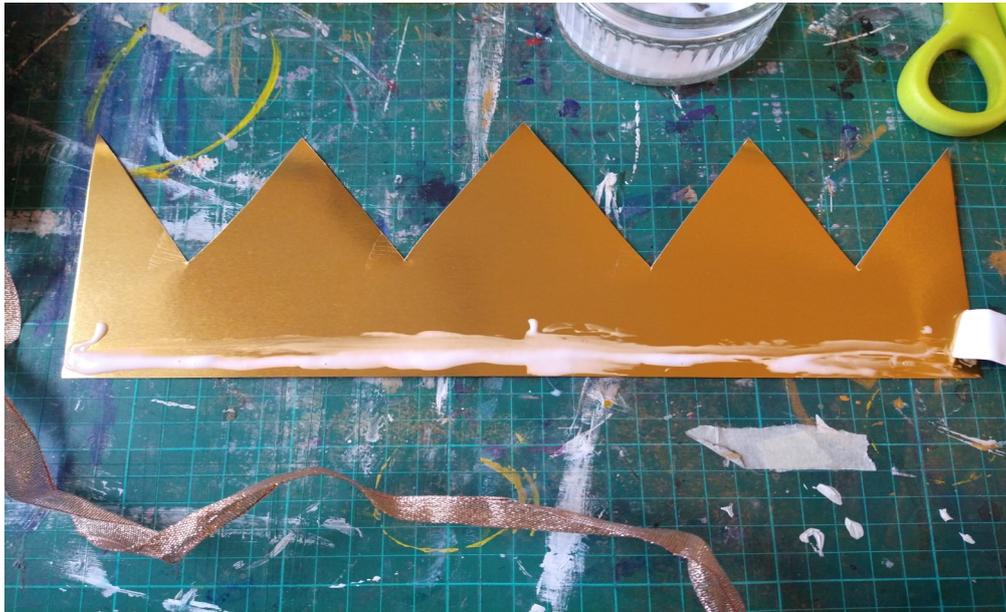
On the back of your card, draw around the template and cut it out.





Step 2.

Attach the ribbon; matching the middle of the ribbon with the middle of the crown glue the ribbon along the bottom of the crown. This should leave you a loose piece of ribbon on each side of your crown.



Step 3.

Decorate! Use the glue to attach your embellishments, have fun and make your crown unique to you.



Step 4.

Allow the glue to dry and then try on your crown. Parade around and enjoy being the monarch of Christmas!

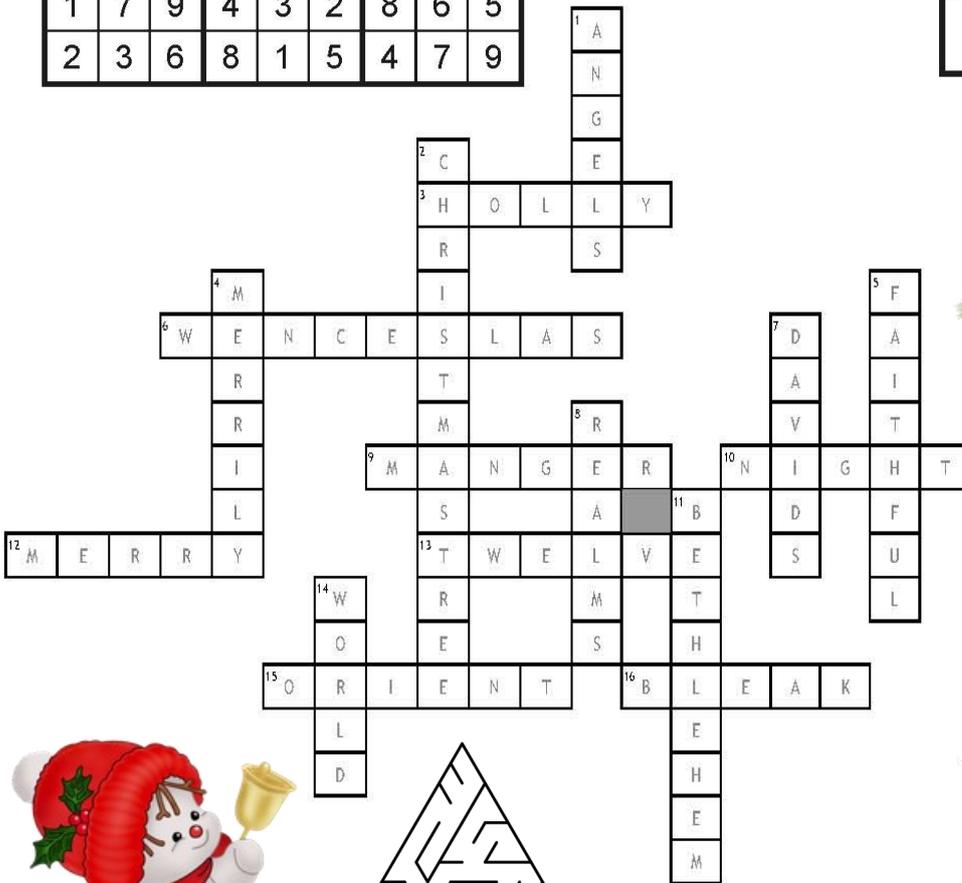


Answers

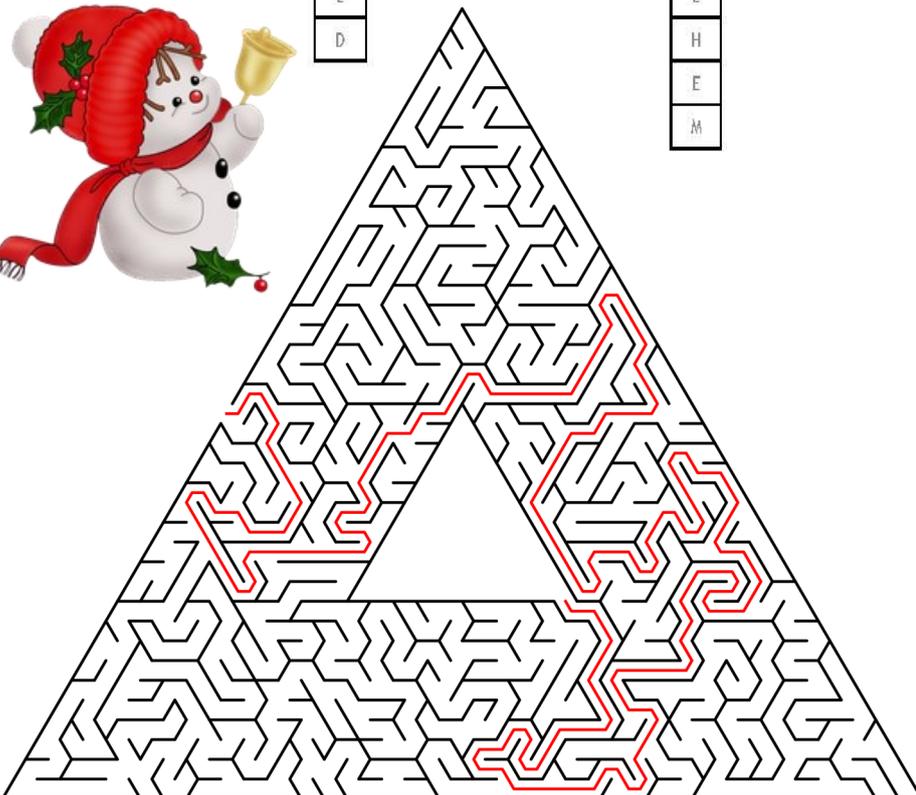
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| 6 | 2 | 1 | 5 | 3 | 4 |
| 5 | 3 | 4 | 6 | 2 | 1 |



1. NRAGDAL Garland
2. NORTH POLE North Pole
3. NYADC NASEC Candy canes
4. DELCNA Candle
5. OINDTCSOERA Decorations
6. OLYLH Holly
7. TASAN Santa
8. RYACRBNR SAECU Cranberry sauce
9. LEEVS Elves
10. TIIYNVAT Nativity
11. SRNPSEET Presents
12. ECOSORG Scrooge



Christmas

Mastics, miscast, racists,

Sitars , chasms, charms, charts, starch, scarts, scrams , chairs, schism, stairs, smirch, crista, chrism, shirts, smiths, mastic, mirths , scrim, racist, racism, Christ Mirth, shirt, ratch, sitar, harms, harts, mists, scats, micra, scams, marsh, scam, march, scars, scart, scrim, maths, match, saris, masts, shams, casts, trash, stash, stars, chair, charm, carts, trams, stirs, astir, chart, chasm, trims, smash, crams, hairs, crash, amiss, amass, tsars, cists, crass, chats, stair, chirm, smith, chits, triac, smart

This, rash, rath, sacs, rams, rich, tram, tsar, rats, trim, tics, sari, sham, shim, smit, sims, sirs, sits, star, scat, stir, tass, tars, sash, scam, scar, rami, chia, shit, hats, hits, arts, rims, hiss, arms, itch, hast, chat, cams, char, cats, cist, cram, cast, hair, cash, cart, harm, cars, hart, arcs, arch, mart, mash, mass, mast, mist, miss, aims, hams, airs, mach, mica, macs, mats, acts

Air, cat, aim, cam, art, arc, tar, tic, ash, ass, sim, car, arm, hit, mar, mac, sat, mat, sac, rim, ria, rat, sic, his, ram, ham, has, act, sir, sit, hat, chi, hic

December

Decree, redeem, recede, emceed

Emcee, ember, creed, ceder, breed, embed

Derm, reed, meed, rede, dere, deme, deer, mere, berm, cede, beer, cere, bred, deem

Bee, bed, rem, reb, , ere, red

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



Useful Links

If you have access to the internet, here are some useful links.

You will need to type them into your internet browser.

<https://www.heathlandscumbria.org/>

<https://www.heathlandscumbria.org/news.html>

<https://www.facebook.com/Heathlands.Cumbria/>

Also why not try out the new **Heathlands at Home** section of our website!

We will be keeping it up to date with activities, videos, information and useful links to keep you busy while you're at home.

<https://www.heathlandscumbria.org/heathlands-at-home.html>

