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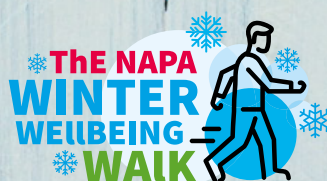
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Prioritising Wellbeing

NAPA Activities Calendar *for every day of the year*

December 2021






December 2021

This is a digital calendar; it has been created for you to use online. Many of the features have links that will direct you to a web page where you can find further relevant information.

We hope the calendar will support you in providing activities and inspire you to create person-centred opportunities for Activity, Arts and Engagement. Please note that sometimes calendar dates change e.g., National day dates might be different each year.

How to use your NAPA Digital Calendar:

- + Find a date
- + Click the resource link 
- + For more information relating to the activity, click the web page link 
- + Look out for this symbol for NAPA occasions: click the link  to register
- + Note the additional dates listed for your consideration, as well to those on the calendar
- + Each page can be printed and shared
- + Customise your calendar – Add your own dates e.g., birthdays, local events etc
- + We would love to hear your feedback or ideas/dates to include – email – [Email here](#)
- + Send us photos and news – for a chance to WIN NAPA Membership, Resources, or Equipment – winners are selected at random and announced monthly in NAPA News!
- + To find out about NAPA and the benefit of NAPA Membership – [Click here](#)

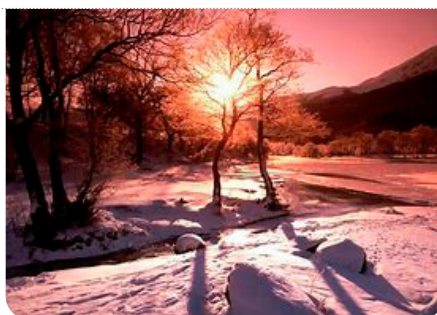
Additional December dates:

Wednesday 1st December

- + World Aids Day

Friday 17th December

- + James, Viscount Severn's Birthday



Helpline

If you would like to discuss your ideas or how to introduce any of the resources included in this calendar, please contact our free helpline service.

Abilities coding – This **colour code** to the featured activities will help you to try to match them to people's cognitive abilities, interest and level of participation.



Blue: High cognitive skills – able to plan how to carry out an activity and to complete the activity unaided, perhaps with support if problems arise

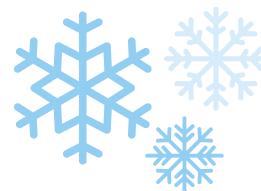
Red: Moderate cognitive skills – able to engage in the 'doing' rather than working towards an end result. Can follow simple guidance.

Orange: Low cognitive skills – able to respond to one-to-one support using a sensory approach to complete short activities that are broken down into single steps.

Green: Highly dependent on others – able to engage with objects and people through direct stimulation of a single sense.

*Our colour coding is supported by QCS Ltd and the QCS PAL Instrument Levels (Pool J (2012) The Pool Activity Level (PAL) Instrument 4th ed. Jessica Kingsley publishers, London pp 54-55)

Hilary Woodhead



Festive greetings!
Hilary

Hilary Woodhead
NAPA's Executive Director



December is special. The colours, celebrations, songs, presents, decorations and lights keep us warm as the winter wind blows and the days get shorter.

Our theme for the December Calendar is light. Let's shed a light on the importance of human connection and celebration and enable people to recognise the significance of this time of year, in whatever way is meaningful to them.

We look forward to welcoming you to the NAPA Connect by Candlelight concert (click) and we hope you will wrap up warm, pop on your wellies and join us on the Winter Wellbeing Walk ([click here](#)). Share your plans with us and get in touch, if you have ideas you would like to talk through. We know December is a busy time for you all!

December is also the Universal Month for Human Rights, a special time to recognise justice, equality, and dignity for all people across the world.

December 1st: World Aids Day is an opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness.

December 3rd: International Day of Persons with Disabilities aims to promote the rights and well-being of persons with disabilities in all spheres of society, and to increase awareness.

December 8th: Bodhi Day, the Buddhist holiday that commemorates the day that the historical Buddha, Siddhartha Gautama (Shakyamuni), experienced enlightenment, also known as bodhi in Sanskrit and Pali.



December 10th: International Human Rights Day to commemorate the anniversary of the Universal Declaration of Human Rights.

December 18th: International Migrants' Day aims to raise awareness about the challenges and difficulties of international migration.

December 20th: International Human Solidarity Day aims to celebrate unity in diversity and to remind people of the importance of solidarity in working towards eradicating poverty.

December 24th: Christmas Eve is the evening or entire day before Christmas Day, the festival commemorating the birth of Jesus.

December 25th: Christmas is a Christian holiday celebrating the birth of Jesus, as well as a cultural and commercial event.

December 31st: New Year's Eve is the last day of the year, a celebration to see in the New Year.

We hope you enjoy all there is to offer in this jammed packed issue of the NAPA Calendar **FREE** of charge to all care services across the UK.

We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](#) [#NAPAActivitiesCalendar](#)



Edith Wharton

"There are two ways of spreading light: to be the candle or the mirror that reflects it."



Let There Be Light

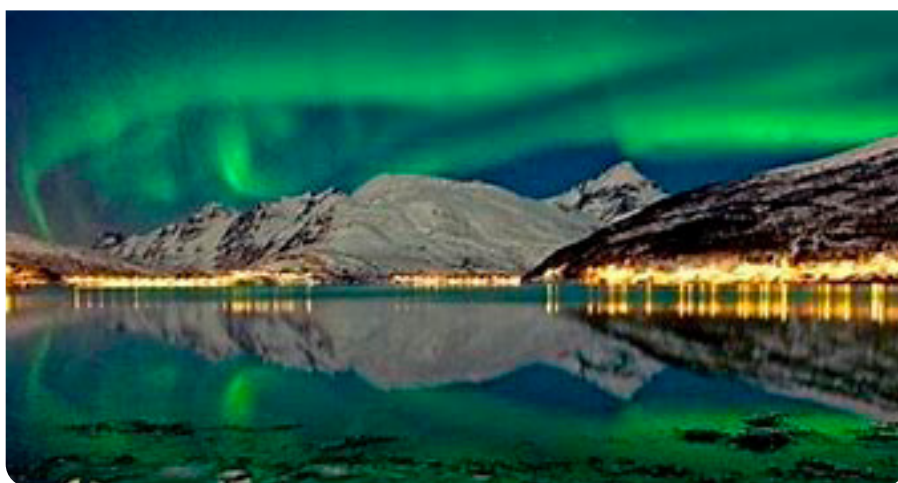
As we move deeper into the winter season and the cold crisp days start to creep in, we love to see the landscape change from fiery autumnal displays to where everything is tucked away, sleeping.

The days are getting shorter and darker; light provides comfort and warmth. The night skies have a bright moon and stars glitter in the cold air, providing natural light in a bed of fresh deep snow. We snuggle around a roaring fire and listen as the logs pop and glow. We light the candles for the smell of pine or at the table as we eat. The fairy lights twinkle above the fireplace.



Throughout history, light has symbolised hope, connection, and wisdom. It is one of the most universal symbols of good in the world. Light, whether natural or artificial affects the pattern of our daily lives and influences our moods and emotions; we depend on light in order to function. Many cultures believe in the power of light and develop rituals to honor it:

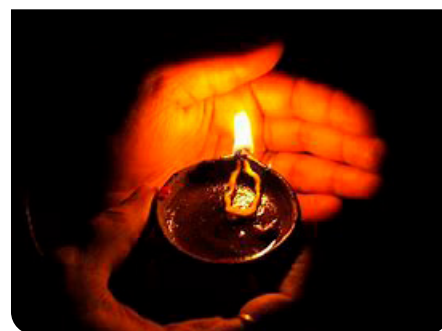
- + On the Santa Lucia's Feast Day, the eldest daughter would walk round the village wearing a candle lit wreath on her head to light her way and leave her hands free to carry as much food as possible.



- + Hanukkah, the Jewish Festival of Lights, is celebrated with eight days of candle lighting.
- + Diwali symbolises the spiritual "victory of light over darkness, good over evil, and knowledge over ignorance".
- + Kwanzaa celebrates the rich heritage, abilities, and hopes of African Americans with seven days of candle lighting.
- + For Christmas, Christian customs of lighting evergreens goes back to when Christmas trees were decorated with real candles, which symbolised Christ being the light of the world.
- + Chinese New Year celebrations include fireworks to frighten off bad spirits with an array of light colours in the dark night sky.

Let's share the light this winter!

Why not gather different light sources, torches, lamps, plug in nightlights, fairy lights, candles, and lanterns? Talk about things it is hard to do without light,



The Studio

Welcome to **The Studio!** We invite you to explore cultural, historical, traditional, factual, and fictional collections of music, books, and poems, all carefully selected to engage your interest.



Each month, **The Studio** will change to reflect the theme of the calendar; we hope you will use the information to encourage the creative arts within your setting. Be inspired! Why not set up a book club, poets' corner, or film club?

Maybe you can add your own ideas to this collection and build your own Studio?

Just click the images below and enjoy!

Books



+ **Christmas at Cold Comfort Farm** – [Click here](#) to buy

+ **A Christmas Carol** – [Click here](#) to buy

+ **The Penguin Book of Christmas Stories** – [Click here](#) to buy

+ **The Twelve Birds of Christmas** – [Click here](#) to buy

+ **Twelve Nights** – [Click here](#) to buy

+ **The Nutcracker** – [Click here](#) to buy

Music



+ **The First Noel** – [Click here](#) to listen

+ **Santa Claus Is Comin' to Town** – [Click here](#) to listen

+ **God Rest Ye Merry Gentlemen** – [Click here](#) to listen

+ **Rudolph The Red-Nosed Reindeer** – [Click here](#) to listen

+ **Feliz Navidad** – [Click here](#) to listen

Films



+ **It's A Wonderful Life**

+ **Miracle On 34th Street**

+ **White Christmas**

+ **Meet Me In St. Louis**

+ **Scrooge**

+ **Santa Claus: The Movie**

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The Studio (continued).



Poems

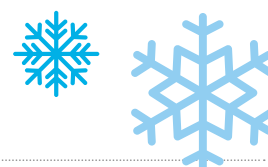
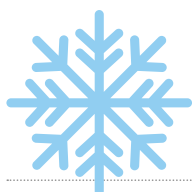


- + Winter-Time by Robert Louis Stevenson
- + Spellbound by Emily Brontë
- + Stopping by Woods on a Snowy Evening by Robert Frost
- + Snow by Gillian Clarke
- + A Winter Bluejay by Sara Teasdale
- + Blow Blow Thou Winter Wind by William Shakespeare

Gallery



- + Utagawa Hiroshige – 'Night Snow at Kambara,' 1833 – [Click here](#) to find out more
- + Camille Pissarro – 'Road to Versailles at Louveciennes (The Snow Effect),' 1869 – [Click here](#) to find out more
- + Ivan Shishkin – 'In the Wild North,' 1891 – [Click here](#) to find out more
- + Vincent van Gogh – 'Landscape with Snow' – [Click here](#) to find out more
- + Wassily Kandinsky – 'Winter Landscape' – [Click here](#) to find out more
- + Paul Gauguin – 'Winter Landscape' – [Click here](#) to find out more



[Click here](#) to find out about subscribing to My Life TV






My Life TV

[Click here](#) – Why not jet off to Norway and take in the winter spectacle of the Northern Lights and all set to stirring classical music. To watch more go to My Life TV, dementia friendly channel.

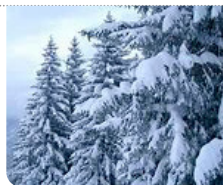
[Click here](#) – Fancy a few old fashioned laughs this Christmas and what could be funnier than the Carry On crew. Here's a clip from a compilation show on My Life TV, dementia friendly channel.

[Click here](#) – The kittens are celebrating Christmas in their very own festive home, for more cat capers go to My Life TV, dementia friendly channel.

The NAPA Activities Calendar – December 2021

<p>Wed 1 December</p> <p>i National Christmas Lights Day</p> <p>R Light-up Canvas</p>	<p>Thurs 2 December</p> <p>i English Breakfast Day</p> <p>R Festive Breakfast</p>	<p>Fri 3 December</p> <p>i International Day of Persons with Disabilities</p> <p>R Creative Writing</p>	<p>Sat 4 December</p> <p>i Tree Dressing Day</p> <p>R Design A Christmas Tree T-shirt</p> <p>NAPA Winter Wellbeing Walk</p> 	<p>Sun 5 December</p> <p>i International Volunteer Day</p> <p>R Volunteer Photo Christmas Tree</p>	<p>Mon 6 December</p> <p>i End of Hanukkah</p> <p>R Dreidel</p>	<p>Tue 7 December</p> <p>i Christmas Cake Day</p> <p>R Baked Bean Christmas Cake</p>
<p>Wed 8 December</p> <p>i National Brownie Day</p> <p>R Christmas Tree Brownies</p>	<p>Thurs 9 December</p> <p>i Christmas Card Day</p> <p>R Made With Love and Festive Cheer!</p>	<p>Fri 10 December</p> <p>i Human Rights Day</p> <p>R Acrostic Poem</p>	<p>Sat 11 December</p> <p>i Christmas Jumper Day</p> <p>R Christmas Jumper Biscuits</p>	<p>Sun 12 December</p> <p>i Gingerbread House Day</p> <p>R Easy Gingerbread Fudge Recipe</p>	<p>Mon 13 December</p> <p>i National Hot chocolate Day</p> <p>R Caramel Hot Chocolate</p>	<p>Tue 14 December</p> <p>i Roast Chestnuts Day</p> <p>R Chestnuts and Evergreen Wreath</p> <p>Tea Tuesday</p> 
<p>Wed 15 December</p> <p>i On This Day</p> <p>R Gone With the Wind premieres 1939</p> <p>NAPA Connect by Candlelight Concert</p>	<p>Thurs 16 December</p> <p>i Beethoven Born 1770</p> <p>R Music Sheet Paper Strip Angel Christmas Ornament</p>	<p>Fri 17 December</p> <p>i Wright Brother's First Flight 1903</p> <p>R Wordsearch</p>	<p>Sat 18 December</p> <p>i Festive Songs Day</p> <p>R Festive Bingo</p>	<p>Sun 19 December</p> <p>i Evergreen Day</p> <p>R Winter Evergreen Candles</p>	<p>Mon 20 December</p> <p>i Caroling Day</p> <p>R An Emu Up a Gum Tree!</p>	<p>Tue 21 December</p> <p>i National Crossword Puzzle Day</p> <p>R Creative Crossword</p>
<p>Wed 22 December</p> <p>i Gift a Bauble Day</p> <p>R Gift a Bauble</p>	<p>Thurs 23 December</p> <p>i National Christmas Movie Marathon Day</p> <p>R Mulled but No Wine</p>	<p>Fri 24 December</p> <p>i National Eggnog Day</p> <p>R Eggnog Cake</p>	<p>Sat 25 December</p> <p>i Christmas Day</p> <p>R Frosty the Snowman game</p> <p>Merry Christmas</p> 	<p>Sun 26 December</p> <p>i Boxing Day</p> <p>R Christmas Food and Drink Picture Quiz</p>	<p>Mon 27 December</p> <p>i National Left Overs Day</p> <p>R Christmas Veg Bake</p>	<p>Tue 28 December</p> <p>i Card Playing Day</p> <p>R Play Your cards Right</p>
<p>Wed 29 December</p> <p>i Festival of Winter Walks</p> <p>R Image vs Reality</p>	<p>Thurs 30 December</p> <p>i National Resolution Planning Day</p> <p>R Resolution In a Jar</p>	<p>Fri 31 December</p> <p>i Hogmanay</p> <p>R Auld Lang Syne</p>	 <div> <p>The NAPA WINTER WELLBEING WALK</p>  <p>SAVE THE DATE Saturday 4th Dec</p> </div>			

December 1st – National Christmas Lights Day



Terri Guillemets

*"Welcome, winter. Your late dawns
and chilled breath make me lazy,
but I love you nonetheless."*



Light-up Canvas

Enjoy the twinkling of lights by making a Light-up Canvas for National Christmas Lights Day -you can make any design you like and hang it in your room or wrap it up and give it to someone you love!

You will need:

- + Plain canvas – you can buy lots of different sizes, so it depends on what you have in mind as to which size you go for
- + Sharpie marker pens or paint
- + Battery-operated fairy lights
- + PVA glue

What you do:

- + Choose your design, something simple, for example paint the canvas in different colours or something more complicated, detailed intricate patterns.
- + If the design is being drawn on to the canvas, then do it in pencil first to make sure you are happy with the result.



+ Use the pens or paint to colour in your design.

+ Poke holes in the back using a sewing needle or sharp point to penetrate the canvas.

+ Sellotape the battery pack from the fairy lights on to the back of the canvas and poke the bulbs through the holes you have made.

+ Turn the lights on and enjoy!



We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](https://www.instagram.com/napalivinglife) [#NAPAAActivitiesCalendar](https://twitter.com/NAPAAActivitiesCalendar)

December 2nd – English Breakfast Day



Terri Guillemets

"The colour of springtime is flowers; the colour of winter is in our imagination."



Festive Breakfast

The term "full" comes from the fact the breakfast is, well, full of different foods. It typically includes bacon, sausages, eggs, black pudding, baked beans, tomatoes, mushrooms, toast, and a hot drink, such as coffee or tea.

Over the years, many people have adapted the breakfast to be more inclusive by including items from the local area or to support dietary requirements.

Why not hold a festive breakfast in your setting? Breakfast is the most important meal of the day and lifts your mood.

Below are some ideas to create an extra special morning!

Decorations:

- + What can you make leading up to the day? How about place mats using laminating paper filled with drawings or table centre pieces or Christmas crackers?
- + Print images of festive scenes and place around the table for conversation.
- + Arrange fresh flowers or greens from the garden, creating lovely smells and eye-catching visual displays.
- + Use fabric to cover the table or chairs in the colours of the season.



Food and Drink:

- + Discuss with the individuals what they would like to eat; would they enjoy festive pastries on the table?
- + Could you give a festive name to each breakfast item eg Eggnog, Rudolf's tomatoes, chestnut mushrooms?
- + Think about presentation- would you serve the items, or could it be self-service?
- + What drinks would individuals enjoy? Could you create a nice festive smoothie?

Environment:

- + Music- what music could you play in the morning? Perhaps start with some soft festive songs or carols and build up to the well-known classics.
- + Provide song sheets for people to join in the singing if they wish.
- + Dress up and make it a little bit more magical.
- + Games- what could you play at the end of the festive breakfast? How about a quiz or pass the snowman?

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December 3rd – International Day of Persons with Disabilities



Sara Raasch

"Even the strongest blizzards start with a single snowflake."



Creative Writing

Use photographs to prompt a conversation and create a story.



Here are some suggested questions to prompt your conversation:

- + What year do you think this photograph could have been taken?
- + Where in the country or world do you think it is?
- + What day and time is it?
- + Can you tell me what names we should give to the individuals?
- + Are they friends, relatives, or colleagues?
- + What do you think they are doing?
- + What are they talking about?
- + What can you see around them?
- + Do you watch the Winter Olympics?

You can use the questions as conversation starters. Write down the answers and memories as they are shared. Use the notes to form the

basis of the story and ask for other ideas. Read the story out loud and edit it together, letting the story evolve. Take your time!



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December 4th – Tree Dressing Day



Jerry Seinfeld

"That's the true spirit of Christmas; people being helped by people other than me!"

Design A Christmas Tree T-shirt

Celebrate Christmas by designing a unique T-Shirt.
The T-Shirt can reflect your personality or even, a memory



We can make your design come to life.

Planning your design:

- + Will you use bright colours, shapes, patterns, or sparkle?
- + Will you include a Christmas tradition?

Send us your designs and we will pick one lucky winner.

The design should be inside a square on the T-shirt template provided.

The winning entry will inspire a professionally printed design and be sent to you to display.

You will also have the opportunity to purchase as many of the T-shirts as you would like, should you wish to. Please note that the finished design will be inspired by the winner and may not be an exact replica.

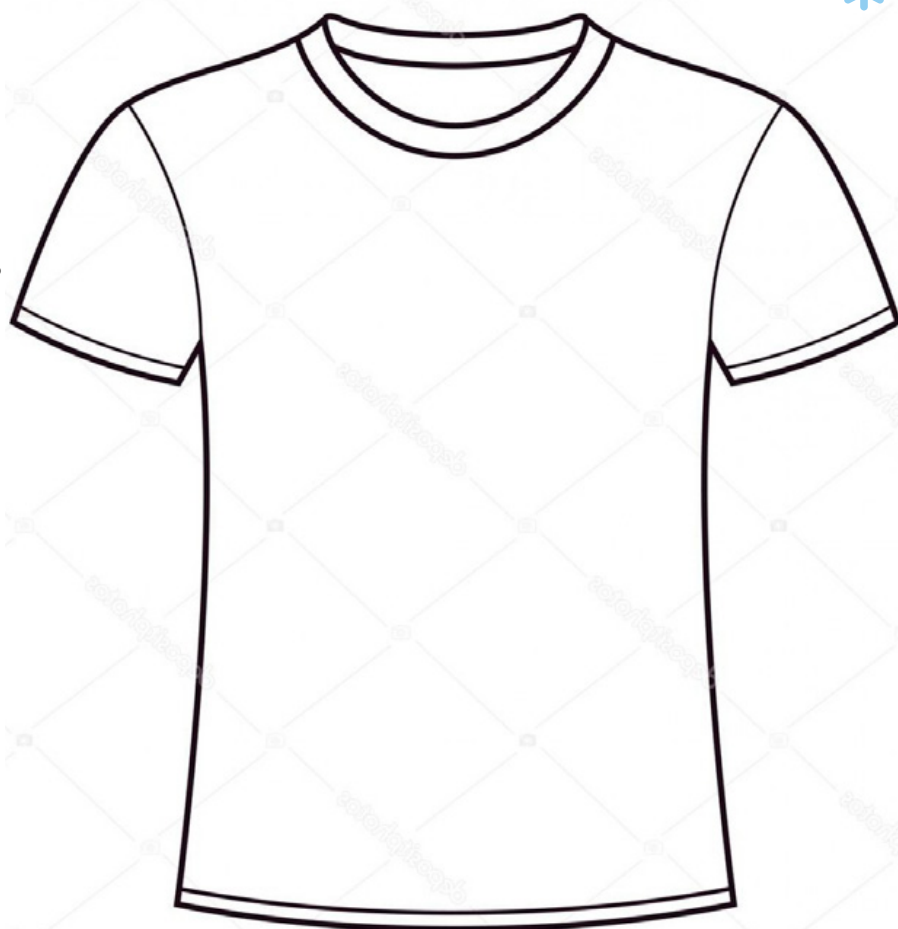
You will need:

- + Printed template
- + Felt tips/colours
- + Pencils

What you do:

Here are some suggested questions to prompt discussion:

- + What could make us stand out from the crowd?
- + Should we wear vibrant and bold patterns or pastels?
- + Can we recall traditional Christmas trees or shall we make a unique design?



Then, using the template:

If you were commissioned to design NAPA's official Christmas Tree T-Shirt, what would it look like? What theme would you choose?

Send entries to competitions@napa-activities.co.uk

**Closing date for entry
31st December 2021.**



We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](https://www.instagram.com/napalivinglife) [#NAPAAActivitiesCalendar](https://twitter.com/NAPAAActivitiesCalendar)

December 5th – International Volunteer Day



Brad Goreski

"Scarves, mittens, and hats are a great way to express your personality in the cold weather."

Volunteer Photo Christmas Tree

Get creative for International Volunteer Day and make a Volunteer Photo Christmas tree!



All you need is a wall, lots of photos and some willing participants who would like to loan a photo or two! There is no need to ruin the photos, just use blue tack to attach photos to the wall in the shape of a Christmas tree. It's a lovely way to say thank you and bring everyone together.

You will need:

- + Photos from your volunteers
- + Blu tack
- + Chalk
- + A star
- + Fairy lights (optional)
- + Decorations (optional)

What to do:

- + Make a rough sketch with chalk (not permanent pen!) on a wall.
- + Depending on the size of the tree, it may take a couple of days to make.
- + Place decorations and Christmas lights on your tree (attach with blu tak)
- + Hold a lighting service to show off the Volunteer Photo Christmas tree!



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December 6th – End of Hanukkah

Dreidel

Sevivon, is the Hebrew word for dreidel and in Yiddish, means “to turn around.” Playing with the dreidel (four sided spinning top) is a traditional Hanukkah game played in Jewish homes all over the world, and rules may vary.



Moshe Davis “A candle is a small thing. But one candle can light another. And see how its own light increases, as a candle gives its flame to the other. You are such a light.”



Why not try discovering the fun game of dreidel and discover more about Hanukkah [here](#)

You will need:

- + Dreidel – You can make your own with instructions and templates online or you can buy the game.
- + Pennies, nuts, chocolate chips, raisins, matchsticks
- + Pot for the centre

What you do:

- + Any number of people can take part.
- + Each player begins the game with an equal number of game pieces (about 10-15) such as pennies, nuts, chocolate chips, raisins, matchsticks, etc.

- + At the beginning of each round, every participant puts one game piece into the centre “pot.” In addition, every time the pot is empty or has only one game piece left, every player should put one in the pot.
- + Every time it's your turn, spin the dreidel once. Depending on the side it lands on, you give or get game pieces from the pot.
- + If you find that you have no game pieces left, you are either “out” or may ask a fellow player for a “loan.”
- + When one person has won everything, that round of the game is over!



For those who don't read Hebrew, some dreidels also feature a transliteration of each letter. If yours do not, here is the information.

Nun means “nisht” or “nothing.” the player does nothing.

Gimel means “gantz” or “everything.” the player gets everything in the pot.

Hey means “halb” or “half.” the player gets half of the pot (if there is an odd number of pieces in the pot, the player takes half of the total plus one).

Shin means (outside of Israel) “shtetl” or “put in” Peh (in Israel) also means “put in.; the player adds a game piece to the pot.

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December 7th – Christmas Cake Day



Anamika Mishra

"Winter is not a season, it's a celebration."



Baked Bean Christmas Cake

Don't throw out your used tins of baked beans; they make fantastic cake tins!

These little cakes are cooked in small baked bean tins (or anything of a similar size – the approximate capacity should be about 7 fl oz / 200ml) just remove the labels, rinse, and dry well. Also, they don't have to be just for Christmas; they are great for any occasion. We are sure this unusual way of cooking a Christmas cake will get everyone laughing!

This recipe is enough for 6 cakes, so just multiply it to make the quantity needed.



You will need:

- + 2 oz (50g) glacé cherries
- + 1 oz (25g) no-soak dried apricots
- + 13 oz (450g) mixed fruit
- + 2 fl oz (50ml) brandy/sherry/whiskey flavouring
- + 1 oz (25g) blanched (skinned) almonds
- + 4 oz (125g) margarine
- + finely grated rind of half a lemon
- + 4 oz (125g) soft dark brown sugar
- + 2 eggs (size 2 – medium)
- + 4 oz (125g) white plain flour
- + ½ level teaspoon (2.5 ml) ground mixed spice
- + ¼ level teaspoon (1.25 ml) ground cinnamon
- + ¼ level teaspoon (1.25 ml) or less ground mace
- + 1 tablespoon (30 ml) milk

What you do:

- + Cut the cherries into quarters. Place the cherries and the remaining dried fruit and spices in a bowl. Cover with 1½ tablespoons of brandy flavouring. Stir well, cover, and leave to stand.
- + Prepare six 8oz (227g) baked bean tins, by lining with grease proof paper.
- + For each tin, cut 2 circles of greaseproof paper the size of the tins and cut another strip of paper three times the height of the tin, big enough to go round the circumference, with a small overlap.
- + Fold in half and turn up a ½ inch cuff along the folded edge. Snip the cuff at ½ inch intervals. Grease the tin, line with one disc and fit strip, snipped side down. Grease base and top with second disc.

- + Beat 4oz (125g) margarine with the finely grated lemon rind, until soft and pale. Add the sugar into mixture until blended. Lightly beat the eggs, and then slowly beat into the creamed ingredients.
- + Using a metal spoon, gently fold the flour into the creamed ingredients, along with the soaked fruit, chopped nuts and milk.
- + Spoon into the prepared tins equally and level each surface.
- + Bake at 170°C (325°F, Gas mark 3) for 1¼ hrs then cool in the tins, wrap and store for no more than a week before decorating.

Click here to discover NAPA Food-based activities guidance.



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December 8th – National Brownie Day



Richelle E. Goodrich

"Christmas is like candy; it slowly melts in your mouth sweetening every taste bud, making you wish it could last forever."

Christmas Tree Brownies

A gooey and delicious treat, these brownies are so easy to make. Cut them into Christmas tree shapes and decorate with festive toppings!



You will need:

- + 375g good quality dark chocolate
- + 375g butter, cut into pieces
- + 500g caster sugar
- + 6 medium eggs
- + 225g plain flour

For the topping:

- + Green icing sugar (readymade or add food colouring)
- + Sugar decorations to decorate your tree
- + Chocolate sticks
- + Christmas tree cookie cutter
- + Icing sugar

What you do:

- + Butter and line a 30cm x 21cm tin. Preheat the oven to 180C/160C fan/gas 4. Break up the chocolate with the butter and melt in the microwave on medium for about 5 minutes, stirring halfway through.
- + Beat the sugar and eggs in a bowl. Stir in the melted chocolate, add the flour, and beat well.
- + Pour into the tin and bake for 40-45 minutes, or until the top looks papery and feels slightly wobbly. Leave to cool in the tin.
- + Once cooled, using your cookie cutter, cut into shapes.

- + Spread the green icing all over the brownie shape.
- + Add your sugar decorations.
- + Push the chocolate stick into the middle bottom end of the tree.
- + Dust with icing sugar.
- + Serve and enjoy!

Click here to discover NAPA Food-based activities guidance.



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December 9th – Christmas Card Day



Mehmet Murat ildan

"The most amazing thing about the winter is that even a frozen world may be perceived as a heaven!"



Made With Love and Festive Cheer!

The first Christmas card on record, was in 1611. However, "official" Christmas cards began during the reign of Queen Victoria in the 1840's.

Christmas cards are often images of religious sentiments. They carry messages of blessings and hope for the new year ahead and would often be sent in the week before Christmas.

Enjoy the popular past time of making your own cards and sending them to loved ones.

Everyone enjoys a surprise in the post!

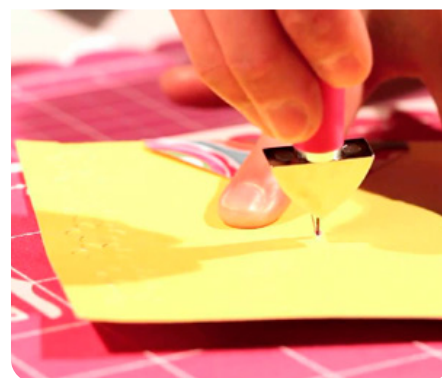


You will need:

- + Card blanks
- + Coloured paper
- + Scissors
- + Stickers
- + Magazines to cut pictures out / photographs (you could either scan or print them using a colour photocopier)
- + Pens
- + Glue
- + Glitter or other sparkly decorations

What you do:

- + Decide the theme of the cards; it could be words, winter scene, festivities, or food.
- + Help the individuals you support decide how they want the cards to be decorated.
- + Chat as you create- discover memories and interests and add new information to the individual's life history.



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December 10th – Human Rights Day



Carrie Fisher

"I don't think Christmas is necessarily about things. It's about being good to one another."



Acrostic Poem

On Human Rights Day, we acknowledge the importance of the Universal Declaration of Human Rights in 1948. It is the most translated document around the world and is available in over 500 languages.

The aim of the Declaration of Human Rights is to establish a common standard of living for all people across the planet that everyone is entitled to.

Poetry can be a creative and therapeutic process, enabling us to express our feelings and experiences.

Most people will say they are not poets; this simple, easy acrostic poem will show them they are!

INTERNATIONAL
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December 11th – Christmas Jumper Day



Kahlil Gibran

"Kindness is like snow. It beautifies everything it covers."



Christmas Jumper Biscuits

How fab are these Christmas Jumper biscuits! What a fun way to celebrate the day!

You could replicate the jumper's people are wearing or design your own. If you don't have a jumper cookie cutter, you could use gingerbread men and just decorate the jumper!

Serve them for dessert while wearing your Christmas jumpers!

You will need:

- + 200g unsalted butter, softened
- + 200g golden caster sugar
- + 1 large egg
- + ½ tsp vanilla extract
- + 400g plain flour, plus extra for dusting
- + Icing sugar different colours to decorate
- + Edible pens for decoration
- + Sugar decorations



What you do:

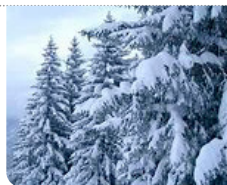
- + Heat oven to 200C/180C fan/ gas 6 and line a baking sheet with baking parchment.
- + Put the butter in a bowl and beat it with electric beaters until soft and creamy.
- + Beat in the sugar, then the egg and vanilla, and finally the flour to make a dough. If the dough feels a bit sticky, add a little bit more flour and knead it in.
- + Pull pieces off the dough and roll them out to about the thickness of two £1 coins on a floured surface. The easiest way to do this is to roll the mixture out on a baking mat.
- + Cut out shapes using a biscuit cutter, or a use the rim of a small glass and peel away the leftover dough around the edges. Re-roll off-cuts and repeat.
- + Transfer the whole mat or the individual biscuits to the baking sheet and bake for 8-10 mins or until the edges are just brown.
- + Leave to cool and decorate how you wish using the colour icing, edible pens, or sugar decorations.

Click here to discover NAPA Food-based activities guidance.



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December 12th – Gingerbread House Day



Richard Paul Evans

"Top right corner- "The smells of Christmas are the smells of childhood."



Easy Gingerbread Fudge Recipe

Making gingerbread fudge is a fun activity for all generations. Invite everyone to get involved.

You will need:

- + 2 cups white chocolate chips
- + 2/3 cup sweetened condensed milk
- + 1 tablespoon black treacle
- + 1/2 teaspoon nutmeg
- + 1/2 teaspoon ginger
- + 1/2 teaspoon cinnamon

What you do:

- + In a microwave-safe bowl, combine white chocolate chips with sweetened condensed milk.

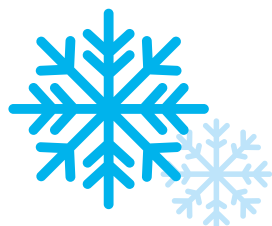


- + Heat for 25 seconds, stir well and reheat for another 25 seconds as needed until you get a smooth consistent texture.
- + Stir in the treacle and then flavour with spices – adjust to your personal preference.
- + Spoon tablespoon-sized portions into your gingerbread man silicone tray, if using, or fold out into an oiled 9"x9" cake pan.
- + Press the fudge down with wet, clean hands to ensure it sets evenly,

and then place in the refrigerator for 2 hours or overnight...if you can stand to wait.

- + Pop out of the tray – or cut into slices if using the cake pan – and serve or package for gifts.

Click here to discover NAPA Food-based activities guidance.



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December 13th – National Hot Chocolate Day



Harlan Miller

"I wish we could put up some of the Christmas spirit in jars and open a jar of it every month."

Caramel Hot Chocolate



There is nothing like coming inside after a frosty, cold walk, sitting down, getting cosy, popping on a festive film, and enjoying a delicious hot chocolate, with caramel.

Here is the perfect recipe!

You will need:

- + 450 ml milk, preferably whole
- + 60g bittersweet chocolate chips
- + 175g caramel sauce
- + Sweetened whipped cream or vanilla marshmallows
- + Grated chocolate for garnish (optional)
- + Caramel sauce

What you do:

- + Heat the milk in a saucepan over a medium heat. Once the milk is warm, stir in the chocolate chips and caramel, whisking constantly, until the chocolate has melted.
- + Allow to cool slightly and serve warm, topped with sweetened whipped cream or miniature marshmallows.
- + Drizzle each serving with 1 tbsp caramel sauce and garnish with grated chocolate if desired.

Now what festive film shall we watch?

Click here to discover NAPA Food-based activities guidance.



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December 14th – Roast Chestnuts Day



C.S. Lewis, *The Lion, the Witch, and the Wardrobe*

"Always winter but never Christmas."



Chestnut and Evergreen Wreath

Chestnuts were first sold by street vendors as early as the 16th century. Alexander the Great and the Romans planted chestnut trees across Europe while on their various campaigns. The Greek army is said to have survived their retreat from Asia Minor in 401-399 B.C. thanks to a generous supply of chestnuts!

It's easy to make roast chestnuts, so why not roast up a batch for yourself? You can also use chestnuts to decorate your home over the festive season or incorporate them into a beautiful natural Wreath.

You will need:

- + An embroidery hoop (or 2)
- + Foliage
- + Secateurs to trim foliage
- + Green florist tape
- + Fishing line
- + Yarn to hang
- + Chestnuts
- + Glue gun
- + Glitter

What you do:

- + First thing you'll need to do is lay out the foliage so you can see each piece and its length.
- + Lay it out in the shape you plan to create and plan where to place your chestnuts.
- + Start with your bottom branch; this should be the largest one.
- + Wrap the base of the branch with a strip of florist tape keeping it nice and tight.



- + Cut another piece of tape and wrap the piece of foliage onto the hoop, positioning it to the left or right of the centre.

- + Repeat step one with other branches, hiding the tape behind the layers. As you build up, if pieces are hanging off awkwardly or you're struggling with hiding the tape, use the fishing line and weave it around the branch.
- + Using your glue gun, place the chestnuts around the wreath and decorate with glitter.
- + Using your yarn, tie it around the top of your hoop/s, knotting at the top. Hang it somewhere special for all to see and admire. Depending on the foliage, your wreath could last weeks or even months!



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December 15th – On This Day



Charles Dudley Warner

"The excellence of a gift lies in its appropriateness rather than in its value."



'Gone With the Wind' premieres in 1939

Thought to be one of the best movies of all time, 'Gone with the Wind' opened to critical acclaim. The novel had sold millions of copies within the first weeks of publication. 'Gone with the Wind' was the first film to receive more than five Academy Awards, receiving eight regular and two special Oscars.



Interesting Facts.

- + 1,400 candidates were interviewed for the part of Scarlett, and of those, only 90 were given screen tests.
- + The "Burning of Atlanta" scene was the first scene they filmed, as it would be the most expensive and they only had one shot to make it work.
- + If 'Gone with the Wind' were to be made today, it's estimated it would come with a \$40 million price tag.
- + Three of the four principal actors playing southerners (Leslie Howard, Olivia de Havilland, and Vivien Leigh) were British.
- + Hattie McDaniel ('Mammy') became the first black actor to win an Academy Award for her part in the film; however, she and her fellow black actors were banned from attending the film's Atlanta premier.
- + A Brazilian woman, who claims to have seen 'Gone with the Wind' 8,000 TIMES, bought Scarlett's pink dress, worn during the "Burning of Atlanta" scene for \$95,500.
- + It is believed to be the most watched film of all time, meaning more people bought tickets, to this film than any other.

Why not hold a showing of the movie and enjoy eating these delicious festive Sweetie Snowmen?

You will need:

- + Desiccated coconut
- + Condensed milk
- + Black fondant icing
- + Sweet/cake cases
- + Some water icing for "glue"
- + Chocolate sticks



What you do:

- + Pour coconut into a bowl and slowly add some condensed milk – only add a little at a time, so that there is just enough to stick the coconut together.
- + Then roll two balls for each snowman, one bigger than the other (head and body).
- + Make a top hat, eyes, and buttons from the black icing.
- + Stick the head to the body, with a little water icing if needed. Also use it to stick on the hat, buttons, and eyes.
- + Use the chocolate sticks as arms and push into the body.
- + Use a small cake case to transport.

Click here to discover NAPA Food-based activities guidance.

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December 16th – Beethoven was born in 1770



Toni Sorenson

"The true Christmas spirit is putting others' happiness before our own, and finding you've never known such happiness."



Music Sheet Paper Strip Angel Christmas Ornament

Ludwig van Beethoven was born in Germany on the 17th December 1770. Beethoven's musical talent was obvious at an early age, and he was taught by his father, Johann van Beethoven. Following the premieres of his First and Second Symphonies in 1800 and 1803, he became regarded as one of the most important composers of his generation; following Haydn and Mozart. Why not listen to some classic Beethoven and enjoy making these easy music sheet Christmas angels?

Click here to listen to Beethoven



You will need:

- + Scissors or paper cutter
- + Glue stick (glue gun would work better)
- + Yarn, twine, or string
- + Music sheet paper
- + Pre-cut your strips to make it easier for the individuals you support.
- + For the wings: Two strips of paper 3/4 inch x 6 inches
- + For the head: One strip 3/4 inch x 4 inches
- + For the top of the body: One strip 3/4 inch x 7 inches
- + For the bottom of the body: One strip 3/4 inch x 3 1/2 inch



What you do:

- + Place glue onto one edge of your 4-inch-long strip and glue it into a circle. Set it aside.
- + Make an angel wing by placing some glue on one edge of a 6-inch strip and gluing the other end down on top of it to form a teardrop shape as shown below. Do this for the second wing. Set them aside.

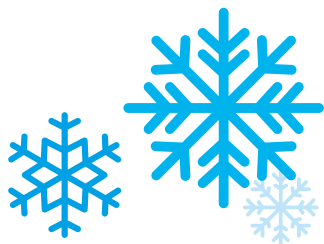
- + To make the angel's body, place glue onto both ends of the 7-inch strip and glue them down onto each end of the 3 1/2-inch strip, forming a bell shape.

- + Glue the head on top of the body.
- + Glue each wing to the side of the angel you can have the wings facing out, down or up!

- + Cut a piece of yarn or twine and tie it through the head of the angel to form a loop for hanging. You could change the twine for a decorative Christmas ribbon!

Top tip:

These paper angels would also look pretty, strung together as a garland or hanging from a large stick to form a Christmas mobile!



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December 17th –
Wright Brother's First Flight in 1903



Kevin Alan Milne

*"Christmas magic is silent.
You don't hear it—you feel it.
You know it. You believe it."*



Wright Brothers First Flight Wordsearch

The Wright Brothers were two Americans, Orville, and Wilbur, who are largely credited with making the world's first successful airplane in 1903. Can you complete the wordsearch, finding words that link in with the Wright brother's greatest passion?

- + **CONTROLS**
- + **FLIGHT**
- + **WHEEL**
- + **POWER**
- + **GLIDERS**
- + **WIND TUNNEL**
- + **WILBURT**
- + **ORVILLE**
- + **AIRCRAFT**
- + **RUNWAY**



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

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December 18th – Festive Songs Day



Dr. Seuss

"Christmas can't be bought from a store. Maybe Christmas means a little bit more"



Festive Bingo

For Festive Songs Day, why not combine festive songs with bingo, changing the numbers for song titles?! You could provide festive props to make it more interesting!

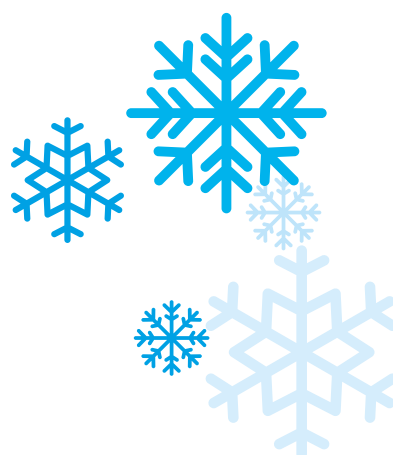
You will need:

- + Access to a computer, printer, and laminator (or use plastic wallets)
- + Marker pens (wipeable markers are better, so you can reuse the cards)
- + Token prizes for the winners
- + A selection of festive images with titles of the son- print some out and stick them onto A4 plain paper, making sure you have a good selection
- + CD / MP3 or Alexa to play music
- + Glue
- + Scissors



What you do:

- + Create a playlist of 60 festive songs; you can find festive play lists on youtube.
- + Randomly place songs onto the bingo sheet; we recommend 10.
- + Give everyone a Bingo card and a marker.
- + Either call out the name of the song or make it more interesting by playing the festive song.
- + Keep going until someone calls 'Bingo' and give them a prize!



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December 19th – Evergreen Day



Hamilton Wright Mabie

"Blessed is the season which engages the whole world in a conspiracy of love."



Winter Evergreen Candles

Decorating our homes with greenery is a Christmas tradition, whether we collect foliage from the garden and woodlands to create beautiful natural decorations or use artificial imitations, the act of injecting some greenery into our homes helps to create festive decorations.

In the Middle Ages, almost all churches would display holly and ivy in the winter. For Christians, evergreens symbolised eternal life and the promise of the return of life in the spring. During the 19th century, wreaths were made to hang on the front door. These wreaths were also known as 'welcome rings' and usually consisted of holly, ivy, pinecones and ribbons.

In the Georgian period, no more kisses could be given if there were no more berries on the bough (a kissing ring hung high.) This may be where the tradition of kissing under the mistletoe comes from.

Why not give a traditional gift or decorate a space with these beautiful winter evergreen candles? You could collect foliage whilst out for a walk or pick up some natural decorations from the garden.

You will need:

- + Glass hurricane candle holder
- + Evergreen pieces such as Arborvitae branches
- + Spray adhesive
- + Scissors or garden shears
- + Pillar candles
- + Festive Ribbon



What you do:

- + Prepare the glass surface by cleaning it with window cleaner and wiping dry.
- + Select any flat evergreen pieces you would like to use, the flatter the better so the greenery will stick.
- + Spray the evergreen pieces with the spray adhesive, making sure the room is ventilated and you're using protection.
- + Wait a few seconds for the adhesive to get tacky and then attach each piece to the container.
- + Press firmly to ensure the greenery has securely adhered to the glass.
- + Allow the greenery to dry for a few minutes. Then trim the bottoms with sturdy scissors or garden shears.
- + Pop your candle into the glass jar.
- + Decorate with festive ribbon or gift tag if you're giving as a gift.



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Jennifer McMahon

"If snow melts down to water, does it still remember being snow?"



December 20th – Carolling Day

An Emu up a Gum Tree!

Australians have their own version of "The Twelve Days of Christmas," where all the animals are replaced by wildlife from down under. Why not have some fun trying to change the traditional words?



On the first day of Christmas

My true love sent to me,
An emu up a gum tree.

On the second day of Christmas

My true love sent to me,
Two pink galahs,
And an emu up a gum tree.

On the third day of Christmas

My true love sent to me,
Three kookaburras laughing,
Two pink galahs,
And an emu up a gum tree.

On the fourth day of Christmas

My true love sent to me
Four koalas cuddling,
Three kookaburras laughing,
Two pink galahs
And an emu up a gum tree.

On the fifth day of Christmas

My true love sent to me
Five kangaroos,
Four koalas cuddling,
Three kookaburras laughing,
Two pink galahs,
And an emu up a gum tree.

On the sixth day of Christmas

My true love sent to me
Six broilgas dancing,
Five kangaroos,
Four koalas cuddling,
Three kookaburras laughing,
Two pink galahs,
And an emu up a gum tree.

On the seventh day of Christmas

My true love sent to me
Seven possums playing,
Six broilgas dancing,
Five Kangaroos,
Four koalas cuddling,
Three kookaburras laughing,
Two pink galahs,
And an emu up a gum tree.

On the eighth day of Christmas

My true love sent to me
Eight dingoes digging,
Seven possums playing,
Six broilgas dancing,
Five Kangaroos,
Four koalas cuddling,
Three kookaburras laughing,
Two pink galahs,
And an emu up a gum tree.

On the ninth day of Christmas

My true love sent to me
Nine wombats working,
Eight dingoes digging,
Seven possums playing,
Six broilgas dancing,
Five kangaroos,
Four koalas cuddling,
Three kookaburras laughing,
Two pink galahs,
And an emu up a gum tree.

On the tenth day of Christmas

My true love sent to me
Ten lizards leaping,
Nine wombats working,
Eight dingoes digging,
Seven possums playing,
Six broilgas dancing,
Five kangaroos,
Four koalas cuddling,
Three kookaburras laughing,
Two pink galahs,
And an emu up a gum tree.

On the eleventh day of Christmas

My true love sent to me
Eleven numbats nagging,
Ten lizards leaping,
Nine wombats working,
Eight dingoes digging,
Seven possums playing,
Six broilgas dancing,
Five kangaroos,
Four koalas cuddling,
Three kookaburras laughing,
Two pink galahs,
And an emu up a gum tree.

On the twelfth day of Christmas

My true love sent to me
Twelve parrots prattling,
Eleven numbats nagging,
Ten lizards leaping,
Nine wombats working,
Eight dingoes digging,
Seven possums playing,
Six broilgas dancing,
Five kangaroos,
Four koalas cuddling,
Three kookaburras laughing,
Two pink galahs,
And an emu up a gum tree.

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December 21st –
National Crossword Puzzle Day



T.S. Eliot

*"I read, much of the night, and go
south in the winter."*

Creative Crossword



Crossword puzzles and other mind games can be great fun,
but have you ever made your own?

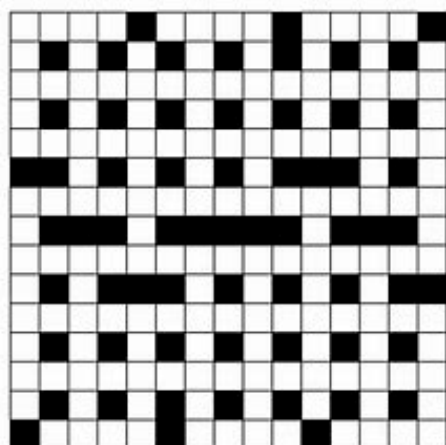
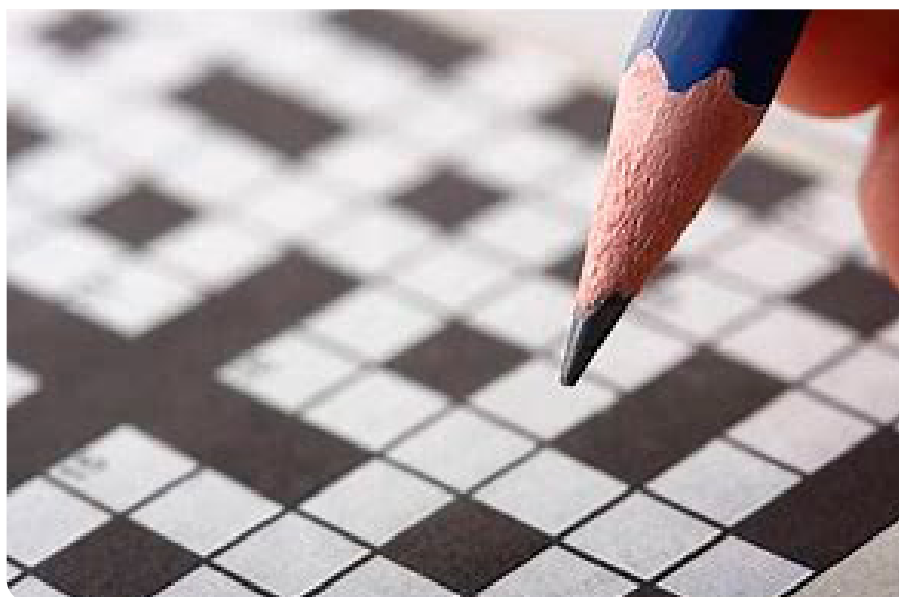
Why not have some
festive fun creating a
unique crossword?

You will need:

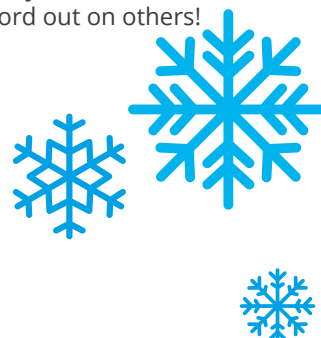
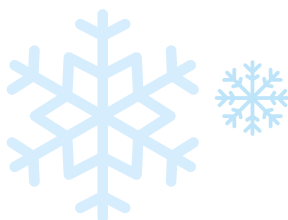
- + Pen
- + Paper
- + Markers
- + Ruler, if making your own template

What you do:

- + Decide on a grid size; you can print off a template or make one yourself.
- + Make a list of festive words for your crossword puzzle.



- + Lay the words out in a grid format. Every letter should correspond to both an Across word and a Down word and be totally interconnected.
- + Number the starting square for each word. Begin in the upper-left corner of the puzzle, and divide the words by whether they run vertically or horizontally, so that you have a "1 Down," and a "1 Across," etc.
- + Fill in all the blanks with black marker.
- + Next start creating clues.
- + Begin with some straightforward clues, an example might be "Equine mount" = HORSE.
- + Now test your home-made crossword out on others!



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December 22nd – Gift a Bauble Day



Lara Biyuts

"The first snow is like the first love."



Unique Baubles

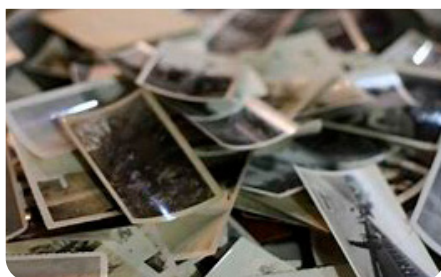
What is better than a personalized gift to hang on a tree?



Create these unique baubles with your favourite memories captured in photograph; chat about the photos as you carry out the activity.

You will need:

- + Scissors
- + Photo of the person's choice
- + Photocopier
- + Hole punch
- + Paper clip
- + Decorative string



What you do:

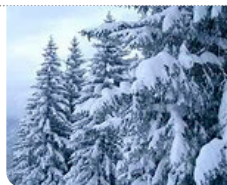
- + Pick a photo and photocopy it.
- + Cut the copy photo into strips.
- + Make a hole punch at each end and hold them together in a bunch.
- + Put your paper clip in each end.



- + Now spread the papers out into a bauble shape.
- + Tie some string around one end.
- + Hang the beautiful baubles or wrap them up as a gift.

We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](https://www.instagram.com/napalivinglife) [#NAPAAActivitiesCalendar](https://twitter.com/NAPAAActivitiesCalendar)

December 23rd –
National Christmas Movie Marathon Day



Mia, Love Actually

"I'll just be hanging around the mistletoe, waiting to be kissed."



Mulled but No Wine

It's the most wonderful time of the year to gather round the TV with blankets and sweet treats!

Why not enjoy watching some classic Christmas movies listed in the Studio and enjoy this classic twist on Mulled wine?!

You will need:

- + 500ml pomegranate juice
- + 25g golden caster sugar
- + Handful of frozen blackberries
- + 250ml apple juice
- + 1 cinnamon stick
- + 1 star anise
- + 4 cloves
- + 3 black peppercorns
- + 1 orange, quartered



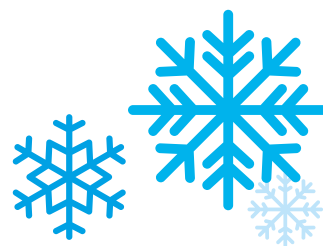
What you do:

- + Put the pomegranate juice, sugar, blackberries, and apple juice in a saucepan.
- + Add the cinnamon, star anise, cloves, peppercorns, and orange. Heat gently until simmering. Taste for sweetness, then strain into heatproof glasses.

- + Garnish with oranges.

- + Enjoy watching your favourite movie!

Click here to discover NAPA Food-based activities guidance.



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December 24th – National Eggnog Day

Frank Cross, from Scrooged – “It’s Christmas Eve. It’s the one night of the year when we all act a little nicer, we smile a little easier, we cheer a little more. For a couple of hours out of the whole year, we are the people that we always hoped we would be.”



Eggnog Cake

Eggnog, historically also known as a milk punch or an egg milk punch is a rich, chilled, sweetened, dairy-based beverage.

This Christmas eve why not enjoy a slice of eggnog cake!

You will need:

- + 2 cups all-purpose flour
- + 1 tablespoon baking powder
- + 1 teaspoon salt
- + 1 teaspoon ground nutmeg
- + ¼ teaspoon ground ginger
- + 1 cup white sugar
- + ¼ cup butter
- + ¼ cup shortening
- + 2 eggs
- + 1 teaspoon rum flavoured extract
- + ¾ cup milk

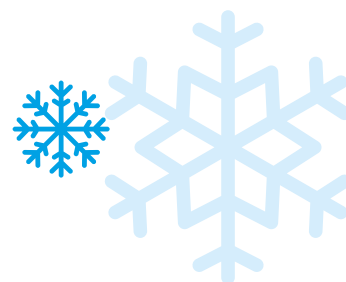


What you do:

- + Preheat oven to 350 degrees F (175 degrees C).
- + Grease and flour an 8x4 inch loaf pan. Sift together the flour, baking powder, salt, nutmeg, and ginger; set aside.
- + In a large bowl, cream together sugar, butter and shortening until light and fluffy. Blend in the eggs one at a time, then stir in the rum extract.
- + Beat in the flour mixture alternately with the milk, mixing just until incorporated.

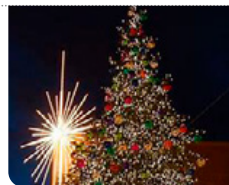
- + Pour batter into prepared pan.
- + Bake in the preheated oven for 65 to 70 minutes, or until a toothpick inserted into the centre of the cake comes out clean.
- + Once cooled, decorate with icing or garnish of choice!

Click here to discover NAPA Food-based activities guidance.



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December 25th – Christmas Day



Mother Teresa

"It's not how much we give
but how much love we put
into giving."



Frosty the Snowman game

Merry Christmas! Have some fun playing this game after your Christmas meal or when you sit at the table.

As I read this story, whenever you hear the word **RIGHT**, continuously pass the gifts to the **RIGHT** until you hear the word **LEFT**, then switch direction and continuously pass the gifts to the **LEFT**. Are you ready? Here we go....

Frosty, the **LEFT**-handed Snowman was a **RIGHT** jolly happy soul with a corn cob pipe and a button to the **LEFT** of his nose

And two eyes, **LEFT** and **RIGHT**, made of coal.

Frosty the **LEFT**-handed Snowman is a fairytale they say

He was made of **RIGHT** white snow, but the children know he came **RIGHT** to life one day.

There must have been some magic **LEFT** in that old silk hat they found

For **RIGHT** when they placed it **RIGHT** on his head, he began to dance **RIGHT** around. Oh, Frosty the **LEFT**-handed Snowman was alive and **LEFT**-handed too

And the children say he could laugh, **WRITE** and play, just the same as you and me.

Thumpety thump, **LEFT**, thumpety thump, **LEFT**, look at Frosty go

Thumpety thump, **LEFT**, thumpety thump **LEFT**, **RIGHT** over the hills of **RIGHT** white snow.

Frosty the **LEFT**-handed Snowman knew the sun was **RIGHT** and hot that day

So, he said: "Let's run, we've **LEFT** time for some fun now, before I melt **RIGHT** away".

RIGHT down to the village with a broomstick in his **LEFT** hand Running **RIGHT** here and there all around the **LEFT** square Saying: "Tag my **RIGHT** hand if you can".

He led them **RIGHT** down the streets of town **RIGHT** to the traffic cop



And only paused a moment when he raised his **RIGHT** hand and hollered "Stop!" For Frosty the **LEFT**-handed Snowman had to hurry **RIGHT** on his way

But he waved goodbye and **LEFT**, saying: "Don't you cry, I'll be **RIGHT** back again someday".

Now you know how his story went, which way did the gift go? To the **RIGHT** and to the **LEFT**, stop the passing and open your gift!



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December 26th – Boxing Day



Andy Rooney

"One of the most glorious messes in the world is the mess created in the living room on Christmas Day."

Christmas Food and Drink Quiz

On Boxing Day, it's a time to relax, eating all the treats and watching classic Christmas TV shows! Why not enjoy a picture quiz game naming the food and drinks you can see!



1. Name the food?



2. Name the food?



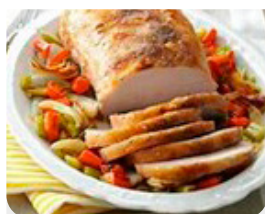
3. Name the food?



4. Name the food?



5. Name the drink?



6. Name the food?



7. Name the food?



8. Name the food?



9. Name the drink?



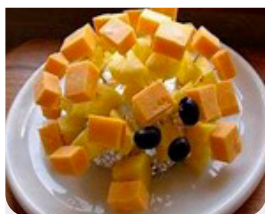
10. Name the food?



11. Name the food?



12. Name the drink?



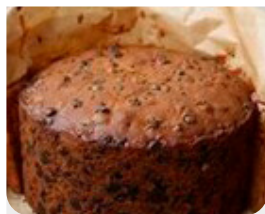
13. Name the food?



14. Name the food?



15. Name the food?



16. Name the food?



17. Name the food?



18. Name the food?



19. Name the food?



20. Name the food?

- Answers:**
1. Mince pie
 2. Christmas Pudding
 3. Peanuts
 4. Crisps
 5. Eggnog
 6. Roast Pork
 7. Yule Log
 8. Dates
 9. Glass of Sherry
 10. Apple Sauce
 11. Trifle
 12. Prawn Vol au vent
 13. Cheese and Pineapple on a stick
 14. Pork Pie
 15. Mince pie
 16. Christmas Cake
 17. Sausage Roll
 18. Quality Street
 19. Scotch Egg
 20. Scotch Egg

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December 27th – National Leftovers Day



Craig D. Lounsborough

*"Christmas is not a story of hope.
It is hope."*



Christmas Veg Bake

Christmas dinner is almost always a huge feast, which means plenty of leftovers!

UK households waste 6.5 million tonnes of leftovers every year, 4.5 million of which is edible. Those 4.5 million tonnes are enough to fill 38 million wheelie bins, or 90 Royal Albert Halls. It's a lot, but we have the power to change this.

Use up your leftover Christmas veg in the best way! Mix up some festive veggies, brie and cranberry sauce then bake in the oven for the ultimate Christmas veggie traybake.



You will need:

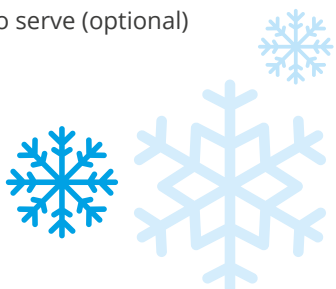
- + 600g leftover roast veg, such as potatoes, carrots, and parsnips
- + 1 tbsp olive oil to drizzle
- + A few leftover woody herbs such as rosemary, thyme and sage, leaves removed
- + 150g brie (check its vegetarian, if need be), sliced
- + 3 tbsp leftover cranberry sauce
- + 1 tbsp pine nuts
- + Pesto to serve (optional)

What you need:

- + Heat the oven to 200°C/180°C fan/gas 6.
- + Put the roast veg on a roasting tray, drizzle with olive oil, add black pepper and scatter the herbs over (reserve some to garnish), Then roast for 15 minutes to heat through and crisp up.
- + Dot the brie over the roasted vegetables, and then return to the oven for 5-8 minutes until melted.
- + Drizzle with the cranberry sauce, scatter with the pine nuts and the remaining herbs, Then serve with pesto, if you like.



Click here to discover NAPA Food-based activities guidance.



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December 28th – Card Playing Day



John Geddes

"I pray this winter be gentle and kind—a season of rest from the wheel of the mind."

'Play Your Cards Right'

'Play Your Cards Right' (or' Bruce Forsyth's Play Your Cards Right') is a classic television game show. It was broadcast on ITV from 1 February 1980 to 22 November 1987. It has been adapted and hosted by many other presenters over the years. We all have happy memories of shouting "Higher" and "Lower" at the television.

Enjoy this traditional family game in your care setting!

You will need:

- + Large playing cards
- + Somewhere to stand them up
- + Alternative – Laptop/ tablet
- + Access to internet and printer (optional)



What you do:

- + The cards are propped up against a wall in a line of 5 (If you have a board with sections, it's even better as you may remember the game show plays to the end of the first row and then moves down to the next row)
- + The first card is turned over; normally you can change the first card if you want to.
- + A new card from the deck of cards is placed on the first card and the game commences.
- + The player states higher or lower, turns the next card over and if they are right, gets to have another go.
- + Aces are the top card, number 2 is the lowest and if it's a pair, you lose instantly. 'Nothing for a pair – not in this game' was the slogan of show.



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December 29th – Festival of Winter Walks



Paul Theroux

"Winter is a season of recovery and preparation."

Image vs Reality



Walking can improve mood and sleep-quality, reduce stress and anxiety. Getting out into the crisp fresh air, after the festive period, will help you feel refreshed and ready for the new year ahead.

Why not try something different on your walk such as a game of image vs reality?!

You will need:

- + a collection of things you would see in the winter, printed out
- + a pen and paper
- + a camera

What you do:

- + Plan your route and how long you're going to be.
- + Discuss the things you could see on the walk.



- + Take the printed pictures on your walk and look out for similar things.
- + Mark them off your list as you go.
- + Take photos and compare them when you return, to the images you took with you.

Do you feel inspired to create a poem of what you seen and how you feel?



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December 30th –
National Resolution Planning Day

Resolution in a Jar

Laura Ingalls Wilder

"We are better throughout the year for having, in spirit, become a child again at Christmastime."



As many of us prepare to celebrate a new year, a common thing we do is make resolutions. Today is a great day to take advantage of that!

The ancient Babylonians are said to have been the first people to make New Year's resolutions, some 4,000 years ago. The resolutions were not made in January but in March, when the crops were planted, during a massive 12-day religious festival, known as Akitu.

Fast forward to the Romans, when Emperor Julius Caesar tinkered with the calendar and established January 1st as the beginning of the new year circa 46 B.C. The Romans offered sacrifices to the deity and made promises of good conduct for the coming year.

Here we are, each year now making our own resolutions- some we keep, some we tweak and some we promise for next year!

Hold a discussion and see what peoples' New Year's Resolutions will be for 2022!

Here are the most popular:

- + Save Money or Spend Less
- + Learn Something New
- + Quit Smoking
- + Read More
- + Change Jobs
- + Lose weight
- + Travel



Resolution Jar

You will need:

- + Paper
- + Jar
- + Pens

What you do:

- + Pop your resolutions onto a bit of paper, with your name and date.
- + Fold up and place into the jar.
- + Close the jar.
- + Pick a date to re-open the jar, to see if you completed your resolutions!

We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](https://www.instagram.com/napalivinglife) [#NAPAAActivitiesCalendar](https://twitter.com/NAPAAActivitiesCalendar)

December 31st – Hogmanay



Winston Churchill

"We make a living by what we get.
We make a life by what we give."



Auld Lang Syne

It is possible that the roots of Hogmanay reach back to the celebration of the winter solstice among the Norse. Hogmanay is the Scots word for the last day of the old year and is synonymous with the celebration of the New Year in Scotland. It is normally followed by further celebrations on the morning of New Year's Day.

The most widespread national custom is the practice of first footing, which starts immediately after midnight. This involves being the first person to cross the threshold of a friend or neighbour and often involves the giving of symbolic gifts such as salt (less common today), coal, shortbread, whisky, and black bun (a rich fruit cake), intended to bring different kinds of luck to the householder.

Hogmanay has many customs, for example:

- + fireball swinging in Stonehaven, Aberdeenshire,
- + first-footers from the east coast fishing communities, Dundee, once carried a decorated herring,
- + in Falkland in Fife, local men marched in a torchlight procession to the top of the Lomond Hills as midnight approached
- + Bakers in St Andrews baked special cakes for their Hogmanay celebration (known as "Cake Day") and distributed them to local children.



How will you be celebrating Hogmanay this year?

The Hogmanay custom of singing "Auld Lang Syne" has become popular in many countries. "Auld Lang Syne" is a Scots poem by Robert Burns, based on traditional and other earlier sources. It is now common to sing this in a circle of linked arms that are crossed over one another as the clock strikes midnight for New Year's Day. It is intended that participants link arms at the beginning of the final verse, before rushing into the centre as a group.

Why not have a go at singing this familiar song and chat about what the words mean to people?

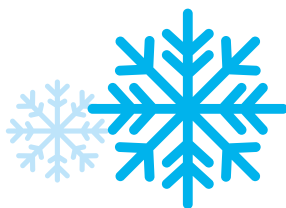
Auld Lang Syne

(Robert Burns)

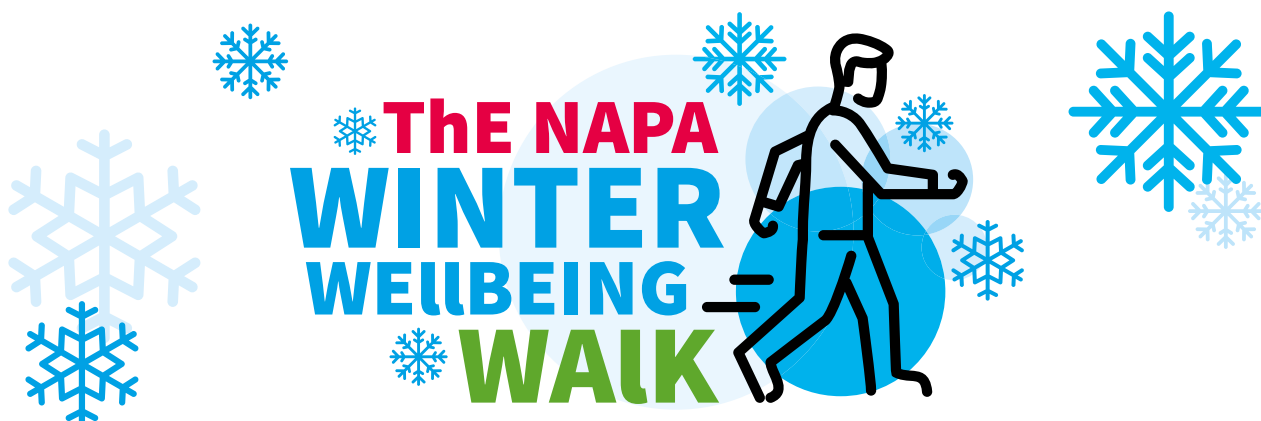
Should auld acquaintance be forgot,
And never brought to mind?
Should auld acquaintance be forgot,
And days o' lang syne?

And for auld lang syne, my jo,
for auld lang syne,
We'll tak a cup o' kindness yet,
For auld lang syne.

And surely ye'll be your pint stoup!
And surely, I'll be mine!
And we'll tak a cup o' kindness yet,
For auld lang syne.



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The NAPA Year of Moving and Grooving 2021 is a campaign to support the care sector to prioritise physical activity, with the aim of improving physical, psychological and social well-being.

Sponsored by



SAVE THE DATE
Saturday 4th December

LIGC
London International Gospel Choir



*Prioritising
Wellbeing*

NAPA

Connect by Candlelight Concert



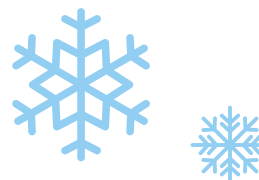
Thank you!

We have been overwhelmed
by the response to the
NAPA Calendar.

I would like to express my sincere thanks to all
the supporter organisations that sponsored the
calendar, enabling us to make it **FREE** to download
in this first year of production. The feedback has
been tremendous, and we hope to continue to
inspire you in 2022.

Thank you! Hilary

Hilary Woodhead NAPA's Executive Director



NAPA Christmas Gift

We have a special **Christmas** present for
our dedicated NAPA Calendar subscribers!

Why not join NAPA this Christmas
with our special Christmas discount
and receive access to our brand
new digital platform: **CAL2023 –
Membership valid until 31.3.2023
for £90.00**

NAPA membership – everything
you need to provide activity and
engagement at your fingertips, all
for less than 25 pence, per setting,
per day!

- + Inclusive Activity Ideas and Resources
- + Activities Calendar with an activity for every day of the year
- + A quiz, crossword and word search for every week of the year
- + Tools, Tips and Templates to help you develop your practice

- + Guidance on completing life story work, risk assessments, activity plans, records and much more
- + Access to webinars and podcasts
- + Save the date notices for paid for events, training courses and conferences
- + Information about NAPA qualifications in activity provision
- + Access to our closed Facebook group for peer and professional support
- + Invitations to participate in local and national projects
- + Weekly NAPA News with updates on all aspects of activity provision
- + Access to monthly reflective practice sessions for peer and professional support and ideas

- + Access to our activity support service; the NAPA Helpline for professional support
- + Open invitation to enter the NAPA member activity awards
- + Access to a range of e-learning courses
- + Access to online concerts
- + Invitations to contribute to research projects
- + NAPA membership certificate for your setting
- + Affiliate membership certificate for you
- + Journal articles
- + Blogs/ vlogs
- + Examples of best practice
- + Music from M4D Radio

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