

# Essex ACTIVE



# Festive Light Trail

Streets are now filled with bright lights and festive decorations, what can you see in your local area?



SNOWMAN



REINDEER



SANTA



CANDY CANE



DECORATED TREE



PENGUIN



CANDLE



GINGERBREAD HOUSE



PRESENTS



DOOR WREATH

Don't forget to  
wrap up warm!



FESTIVE TRAIN SET

Percy



# 12 days of festive movement

To celebrate the 12 days of festivities, get moving each day to keep you strong, healthy and happy - challenge a friend, parent or carer to do each move with you!



## 1

### 10 Candy Cane Lunges


Step forward into lunges, pretending to pick up "candy canes" from the ground, one on each side!

## 5

### 12 Gingerbread Twists

Stand feet shoulder-width apart and twist your torso, as if you're mixing gingerbread batter!

## 9



### 12 second Reindeer Gallops

Gallop around the room, making reindeer antlers with your hands on your heads!

## 2

### 8 second Penguin Shuffle

Waddle whilst bending your knees and shuffling side to side!

## 6

### 10 Nutcracker Kicks

Stand tall, kick each leg up one at a time like the Nutcracker, with arms extended!



## 10

### 10 Snowball Tosses

Pretend to scoop up snowballs and throw them with big arm swings!



## 3

### 10 second Polar Bear Plank

Hold a plank and imagine you're a strong polar bear in winter!



## 7

### 8 Present-Box Squats

Squat while pretending to lift and place festive gift boxes!

## 11



### 12 Snow Angel Jumps

Jump in place with arms and legs wide, like a snow angel in mid-air!




## 4

### 10 second Elf Tiptoe Sneak

Walk on tiptoes with knees high, as if sneaking around like an elf placing presents!

## 8



### 10 second Hanukkah Dreidel Spin

Try standing torso twists, imagining you're spinning like a Hanukkah dreidel!

## 12

### 5 Twirling Tinsels

Twirl around the room with your arms out wide like strands of tinsel!



# WINTER

## scavenger hunt



Pine Cone



Holly Sprig



Welly Boots



Animal Tracks



Icicles



Robin



Wreath



Squirrel



Muddy Puddle



Fir Sprig



Festive Lights



Bare Tree



Chimney Smoke



Icy Cobweb



Winter Hat



Dog

What sights can you spot this season?

Grab your hat, pop on your scarf and head outside to explore!



# Make your own sports!

## Origami Basketball

Cut a square of paper and wrap it into a cone.  
(You can decorate your net should you wish)

Tie a bit of string to the inside of the cone.

To the other end tie a ping pong ball, or scrunch up a piece of paper to make your ball!



## Balloon Tennis

Get a lolly stick, or a thick strip of card and secure it to a paper plate using glue or sellotape.

Decorate your paper plate so that it looks like a tennis racket.

Grab a balloon and test out your skills!



## Bottle Bowling



Recycle your water bottles or drink containers to create your skittles.

Add soil, sand or water to the bottles so they don't fall over too easily.



Line your skittles up in a row, and mark out your bowler spot.

Use a ball, or a rolled up pair of socks to knock your skittles down.

Be creative  
and get  
moving!



# Count With Courtney

TEST YOUR  
MATHS SKILLS!

#MOVEWITHUS

Our Move With Us ambassador and Great Britain Gymnast Courtney Tulloch, is setting you challenges that incorporates numbers and movement!

## OUR CHALLENGES FOR YOU TO TRY!

- Tadpoles
- Times Tables Tennis
- Bike Buddies
- Calculation Hoops
- Climb the tower



## Times Tables Tennis

How to play!

- Blow up a balloon
- Find a partner and decide on a times tables to try.
- Now pass the balloon in your pair, each time you hit it, reading out the next number in the sequence!
- If the balloon touches the floor, start from the beginning.

\*Challenge yourself by using a tennis ball instead and practising your catching and throwing skills!

SCAN ME



Scan the QR code to find out more about our Count with Courtney Challenges and access our FREE resources!





# #MOVE WITH US

## Ambassador offer



Are you aged 11-24 and passionate about sport and physical activity? We want to hear stories from you about how you got into their chosen sport or activity, and how they help others to feel more confident when moving. Our ambassadors will also get the chance to put forward their ideas and thoughts around how we can ensure more young people feel positively towards sport and physical activity.

As part of the Move With Us ambassador offer, we feel it's important to thank the young people for their hard work and commitment to being an ambassador, so below outlines some of the things you will receive!



You will receive a Move With Us welcome pack, so you can feel part of the team!

We will provide you with a personal reference, to help you stand out against others in your career progression.

Invitations to Move With Us Ambassador event days, so you can meet other ambassadors and people like you!



Scan the QR code to read more about our ambassador offer and apply!



[www.activeessex.org](http://www.activeessex.org)



# Calm

## down yoga for kids

Try out these yoga poses to keep your mind free from troubles!

Colour can impact your wellbeing!



Blue is a peaceful colour and helps you stay calm.



Green is a relaxing colour for being quiet.



Purple represents strength and peace.



I am amazing



Colour me in!



Did you know, colouring is great for mindfulness! As well as doing these yoga poses, try doodling and colouring to keep a calm mind.

I am kind





# 50

## things to do before you're 5



Playing with your child is one of the most important things you can do to support their development. The time you spend playing together will help them learn all sorts of things – from counting and writing, to exploring and making new friends.

Our list of 50 things to do before you're 5 will give you lots of ideas to support your child's learning through play - Complete it online or print it off, stick it on the fridge and tick off each activity!

Share and upload photos of you and your little ones achieving each of the 50 things to the TLC Facebook page and once you've completed the list, download your own 50 things to do before you're 5 certificate from the TLC website.



www.tlc-essex.info



www.facebook.com/talktostencuddle

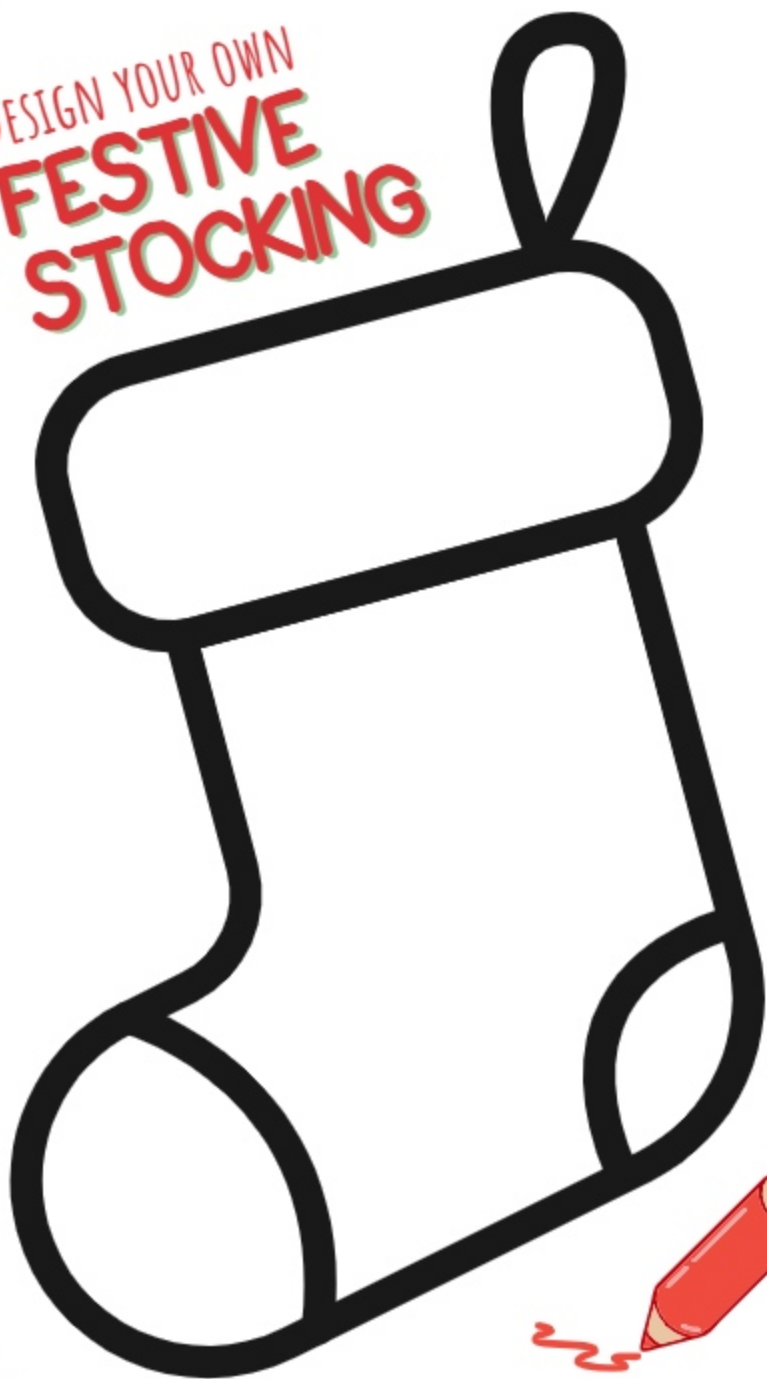


tlc@essex.gov.uk

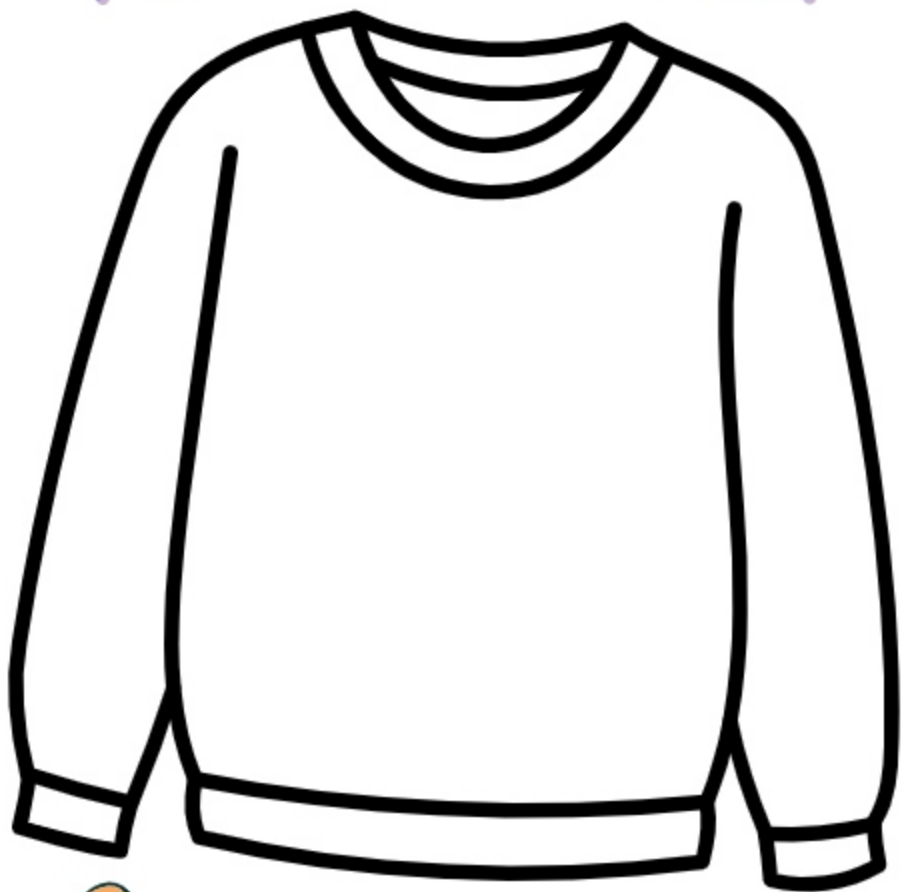


- |  |  |  |
|--|--|--|
| 1 Run through long grass (barefoot if you can)   | 19 Visit the farm or zoo   | 35 Have a sleepover in the den you've made   |
| 2 Lie in the long grass and feel the grass between your toes, fingers tickling your nose                           | 20 Point and create as much as you can   | 36 Show your grown up how to hit nails into wood, use real tools and be creative with bits and bobs  |
| 3 Go on a walk through the woods in all seasons and weather!   | 21 Play make believe, and be who you want to be; a spaceman on the moon or a knight in a castle                                    | 37 Play in autumn leaves and throw them over your head. Listen for the crunch under foot, then pick your favourites and make your very own leaf man character! |
| 4 Not near any woods? Go for a walk around your neighbourhood, find a tree and watch it change through the seasons | 22 Have a picnic outdoors or indoors with all your favourite treats  | 38 Read a book under a tree  |
| 5 Plant and care for a beautiful smelling flower   | 23 Be an explorer and hunt for bugs  | 39 Go out in the rain and jump in puddles  |
| 6 Go on a treasure hunt  | 24 Help make your own dinner   | 40 Lie on your back outdoors and watch the clouds  |
| 7 Have a teddy bear's picnic   | 25 Look for worms, and see how they wiggle   | 41 Go blackberry picking and eat as many as you can!   |
| 8 Climb a tree   | 26 Go for a walk on a windy day. Take a scarf or a kite and see how they fly   | 42 Make a mud pie  |
| 9 Play 'pooh sticks'   | 27 Roll down a hill  | 43 Blow a dandelion clock  |
| 10 Make an insect house  | 28 Dig for treasure  | 44 Balance on a log  |
| 11 Learn to ride a bike and go on a long bike ride   | 29 Try baking a cake and lick the spoon!   | 45 Chase your shadow on a sunny day  |
| 12 Care for a pet (no matter how small)  | 30 Make perfume from flower petals   | 46 Catch rain or snow on your tongue   |
| 13 Play hide and seek  | 31 Go crabbing   | 47 Go on a torch-lit walk in the dark, look for stars and night time animals   |
| 14 Take part in an Easter egg hunt at home   | 32 Make a snow angel and have a snowball fight   | 48 Sleep in a tent   |
| 15 Visit the seaside. Explore, and find treasures at the beach   | 33 Play with water, pour, explore, wash toy cars   | 49 Toast marshmallows on a camp fire   |
| 16 Paddle in the sea   | 34 Use all of the furniture downstairs and all the blankets/towels from upstairs to make a huge den/fort that you can crawl around | 50 Join the library and borrow some books  |
| 17 Build sandcastles   |  |  |
| 18 Investigate and discover life in rock pools   |  |  |

DESIGN YOUR OWN  
**FESTIVE  
STOCKING**



DESIGN YOUR OWN  
**FESTIVE JUMPER**

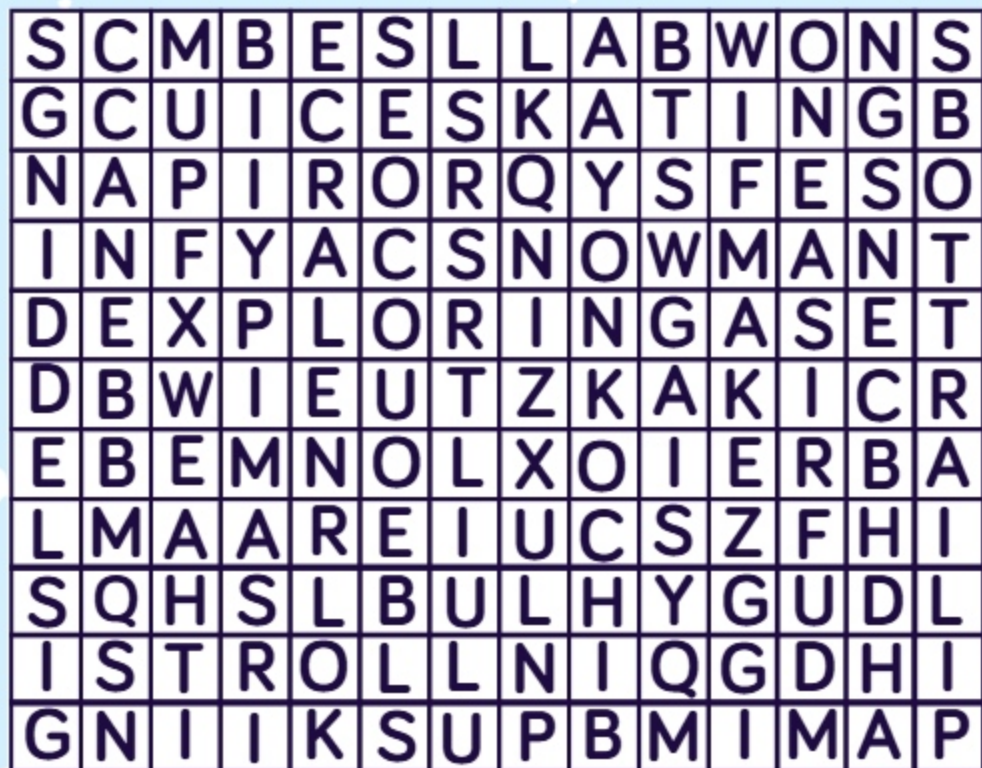




# Winter

## word search

Take your time,  
unwind and find  
the winter words  
within the word  
search!



Which of these  
is your favourite  
winter activity?

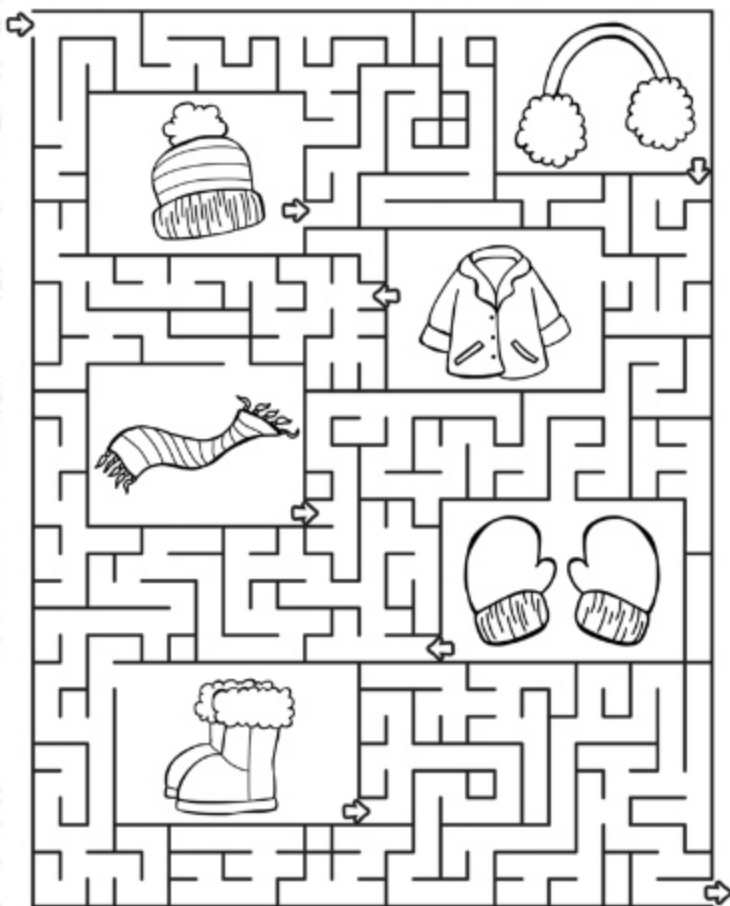
- |                                      |                                    |
|--------------------------------------|------------------------------------|
| <input type="checkbox"/> Exploring   | <input type="checkbox"/> Snowballs |
| <input type="checkbox"/> Ice-skating | <input type="checkbox"/> Snowman   |
| <input type="checkbox"/> Skiing      | <input type="checkbox"/> Stroll    |
| <input type="checkbox"/> Sledding    | <input type="checkbox"/> Trail     |



# Puzzle Time!

It can get cold outside in winter and you need to wear the right clothing to keep warm and cosy!

Follow the maze and make sure you get all of the cosy clothes, so you can head outside in the cold and enjoy the crisp air!



## Spot the difference!

There are 7 differences to spot, how quickly can you find them?



# Cardboard Tree Forest

## You will need:

- Cardboard Tube
- Pencil
- Paintbrush
- Decorations
- Glue
- Paint

### Step 1

Using a pencil, sketch out your tree design, remembering to leave 1 to 1.5cm at the bottom of the tree, so that the tree can stand, and then cut out the design.

### Step 2

Next, take your green paint and paint both sides of the tree shape. Then, use the brown paint to colour the trunk on both sides.

### Step 3

Once the paint is dry, decorate the tree how you like with a star, sparkles or some extra cardboard mini presents glued on!

## Stone Painting!

### You will need:

- Stones
- Paint
- Paintbrushes

Going stone hunting on a wintery walk is the first step! A family day out to the Essex coast is a great way to get some steps in.

Once you've found some stones, get creative and paint away, you could gift them to a friend, parent or carer, or why not try painting a penguin or santa claus?

If you have some spare paints, then stone painting is the perfect way to turn a blank canvas into a winter masterpiece!







# Grinch Slime

## You will need:

- 1/2 cup PVA Clear School Glue per slime batch
- 1/2 tsp baking soda per slime batch
- 1/2 cup water
- Green Food Coloring
- Glitter and Confetti Hearts (optional)
- 1 tbsp of Saline Solution per slime batch

## Step 1

Add your glue and water to a bowl and mix well.

## Step 2

Mix in the food coloring, red confetti hearts and glitter as desired!

## Step 3

Add in your slime activator (baking soda and saline solution) to complete the chemical reaction and mix well! You will notice the slime start to thicken and pull away from the edges of the bowl.

## TOP TIP:

Knead your slime well after mixing! Kneading the slime really helps to improve its consistency.



## Lolly Stick Decorations

### You will need:

- Lolly Pop Sticks
- Paints and Pens
- Craft materials
- Craft glue
- String

Decorate your tree with lolly stick hanging ornaments! You can design snowflakes, trees, rudolph reindeer and many more!

Paint or colour the lolly sticks first, then glue them together into the shape you would like, and finally finish off by decorating them with pom poms, glitter and anything else you wish.



# GINGERBREAD COOKIES

## Ingredients:

- 350g plain flour
- 1 tsp bicarbonate of soda
- 2 tsp ground ginger
- 1 tsp ground cinnamon
- 125g butter
- 175g light soft brown sugar
- 1 egg
- 4 tbsp golden syrup

## To decorate:

- 4 teaspoons water
- 100g icing sugar



1. Firstly, sift together the flour, bicarb of soda, ginger and cinnamon into a bowl.
2. Next, add the butter to the mix and blend together with your hands, then fold in the sugar with a spoon.
3. Now, lightly beat the egg and golden syrup together in a separate bowl, then add to the mix and bring it all together into a dough. Tip the dough out, knead briefly until smooth, wrap in cling film and then leave to chill in the fridge for 15 minutes.
4. Preheat the oven to 180C/160C Fan/Gas 4 and line two baking trays with baking paper.
5. Next, roll the dough out to a 0.5cm or 1/4 inch thickness on a lightly floured surface.
6. Using cutters, cut out the gingerbread men shapes and place on the baking tray, leaving a slight gap between them.
7. Bake for 12–15 minutes, or until lightly golden-brown and leave on the tray for 10 minutes to cool, then move to a wire rack to finish cooling.
8. When cooled, decorate with the writing icing and cake decorations if using and enjoy!



## TOP TIP

Roll out the mixture between two sheets of baking paper, that way it won't stick and will be easier to manage!



# GRINCH

## CRISPIES



### TOP TIP

Wet your hands before rolling the crispy balls to stop the mixture sticking to your hands!

### Ingredients:

- 50g Butter
- 250g Mini Marshmallows
- 200g Rice Krispies
- Green food colouring
- Edible red hearts

1. Firstly, melt the butter in a saucepan on a medium to low heat.
2. Next, add the mini marshmallows and stir until the marshmallows have completely melted and then take the pan off the heat.
3. Now, add a couple of drops of the green food colouring and mix.
4. Add the Rice Krispie cereal to the mix and combine until they are completely covered in the marshmallow mixture.
5. Allow the Rice Krispie mixture to cool slightly and then roll the mixture into 12 balls of a similar size.
6. Press a large heart sprinkle into the Rice Krispie centre, allow them to cool and then enjoy!





# BAUBLE BAGELS

## Ingredients:

- English muffins or bagels sliced in half or use round crackers
- Cream cheese
- Sliced veggies to decorate such as peppers, onions and tomatoes
- Cucumbers for the tops
- Cocktail sticks

1. Firstly, slice the english muffins or bagels and lightly toast them.
2. Next, slather each half with cream cheese filling.
3. Now, decorate with thinly sliced veggies to make bauble patterns - get creative and experiment with colours and shapes!
4. Lastly, place the cucumber on top, like the top of a bauble, and pierce a toothpick through to keep it together, then serve for the whole family to enjoy!



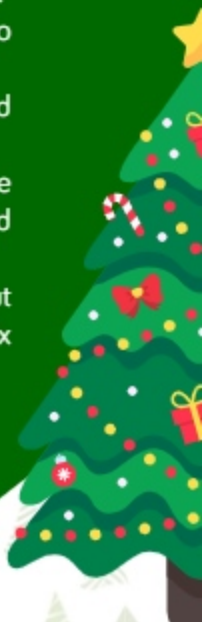
# FESTIVE TREE SANDWICHES

## Ingredients:

- 3 Thick slices of cucumber
- 2 Cherry tomatoes
- 3 Leaves of lettuce
- 3 Slices of bread
- Cream cheese
- 6 Slices of ham
- 4 Slices of cheese
- 1 Large piece of red pepper
- 3 Cocktail sticks, a large star cookie cutter and a small star cutter



1. First, use a small star cookie cutter to cut the middle of the slices of cucumber out and place them to the side.
2. Now, cut the tomatoes in half and add a cocktail stick to each of them.
3. Next, roll up the lettuce and add this to the stick on top of the tomato and then spread the cream cheese onto the bread.
4. Use the larger star cookie cutter to cut out star shapes from the bread - you will need six stars in total
6. Now, stack three ham slices on top of each other and cut out three stars, then repeat with the other three slices of ham - you will also need six stars in total
7. Then, stack two slices of cheese on top of one another and cut out three stars. Repeat with the other two slices of cheese - you will need six stars in total
8. Add the bread, ham and cheese stars to the cocktail sticks.
9. Lift up the cocktail stick and put it on top of the cucumber slice.
10. Add the middle stars from the cucumber to the top of the stick.
11. Finally, use the small star cutter to cut out three stars from the red pepper and place these on top of the sticks - enjoy!





Essex

# ACTIVate

**Free holiday clubs, fun activities and food  
across Essex and Thurrock!**

- ✓ Specialist SEND, mental wellbeing and youth clubs
- ✓ Sports and games, arts and crafts, cooking and so much more!
- ✓ Nutritious snacks and tasty meals
- ✓ Run by qualified, local club providers
- ✓ Family support, resources and guidance
- ✓ Discretionary paid and paid for spaces

## WHAT IS ESSEX ACTIVATE?

Essex ActivAte is the name for the exciting activity clubs run by Active Essex! During school holidays, local club providers across the county deliver free holiday clubs and fun activities to get eligible primary and secondary children active, as well as support young people to make friendships and learn new skills, helping to enhance their wellbeing.



SCAN ME



[www.activeessex.org](http://www.activeessex.org)



@EssexActivAte