

Essex ACTivate





NORTH POLE

CHALLENGE

WHAT YOU WILL NEED:

- Pillows or cushions
- Tape or string
- A basket or box
- Soft toys or rolled-up socks

Step 1

Pick 3-5 obstacles you want to include in your course. You can use pillows, toys, tape, or anything safe around the house!



Step 2

Choose what each obstacle will be, for example:

- Jump over pillows like “icebergs”
- Balance a toy on your head like a “present”
- Walk along a line of tape like a “snowy path”
- Toss a sock into a basket like a “snowball throw”



Step 4

Draw your course on a blank page. Add arrows and fun names for each obstacle!



Step 3

Set up your course in a safe space like a living room or hallway.



Step 5

Now it's your chance! Can you complete your course three times? Try timing yourself or invite a family member, parent, or carer to join the fun!



12 DAY

Festive Movement Countdown



12

10 Ski Slide Steps

Slide side to side like skiing down a snowy hill

11

5 Icicle Toe Touches

Bend down and touch your toes like icicles hanging

10

Bauble Balance

Pretend to balance ornaments on your head while walking carefully

9



10 second Nutcracker March

March like a toy soldier with high knees

8

10 second Jingle Bell Jogs

Jog on the spot while shaking imaginary bells

7

10 second Sleigh Pulls

Pretend to pull Santa's sleigh with big arm movements

6

Christmas Tree Stretch

Stretch arms up tall like a tree reaching for the star

5

10 Snowball Throws

Mimic throwing snowballs (use soft balls if available)

4

10 Present Pass

Pretend to pass big presents from side to side

3



10 Snowflake Twirls

Spin around like falling snowflakes

2

8 Snowflake Twirls

Pretend to lift Santa's heavy gift sack

1



10 Reindeer Jumps

Jump like a reindeer pulling Santa's sleigh



WINTER

SCAVENGER HUNT

What sights can you see, hear and feel this season?
Grab your hat, pop on your scarf and head outside to explore!



Icy Puddle



Bird



Icy Window



Cold, Crisp Air



Animal Tracks



Grey Clouds



Winter Hat



Squirrel



Holly Sprig



A crunchy leaf



Chimney Smoke



Pine Cone



A Dog Barking



Bare Tree



Fir Sprig



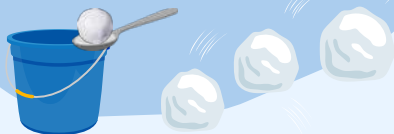
Icicles

FROSTY

themed movement games

Snowball Scoop Challenge

Use cotton balls or soft balls and spoons, and race to scoop and carry “snowballs” from one bucket to another without dropping them!



Snowman Freeze Dance

Play music and dance like snowflakes or snowmen. When the music stops, you must freeze like a snowman and stay still!



Frozen Statues

You're Jack Frost! Tag others to freeze them like ice statues. They stay frozen until someone gently taps to melt them back into the game!



Elf Express Challenge

Pretend to be a Christmas elf! Pick up a soft toy, crawl under a table (the “tunnel”), and drop the present into a basket or stocking. Then run back and do it again!



Penguin Waddle Race

Place a soft ball or balloon between your knees and waddle like a penguin to the finish line!

Yoga TIME

These fun, yoga poses will help you move your body, use your imagination, and find a little quiet time too. It's the perfect way to stay calm, happy, and cozy during the chilly winter days!



Tree Pose

Stand tall and strong like a decorated tree. Pretend to hang ornaments with your hands!



Runner's Lunge

Dash through the snow like Rudolph and add galloping sounds!



Child's Pose

Curl up like a cozy snowman resting in the snow and allow yourself to melt into the ground!



Seated Spinal Twist

Twist your body like a swirling candy cane and sprinkle some peppermint magic!



Warrior Pose

Step forward and pretend to carry Santa's gift sack and say "Ho Ho Ho!"



Mountain Pose

Shine bright like a bright star, stretch your arms wide and sparkle!

Why not ask a friend, parent or carer to take part too?

FESTIVE FACTS



Reindeers Can See in the Dark

Reindeers in snowy Arctic regions have unique eyes that enhance their vision during dark winter months.

Snowflakes Are Unique

No two snowflakes are identical; each forms uniquely based on temperature and moisture.



Candy Canes Started as Straight Sticks

The curved shape was added to resemble shepherds' crooks.



Hot Chocolate Was Once a Royal Treat

Hundreds of years ago, hot chocolate was a rare and expensive drink, reserved only for kings and queens!



Snow isn't always white

Snow can appear pink (known as "watermelon snow") due to algae, or even orange or green depending on conditions.



Jingle Bells Wasn't Originally a Christmas Song

It was written for Thanksgiving in 1857 but gained popularity at Christmas.

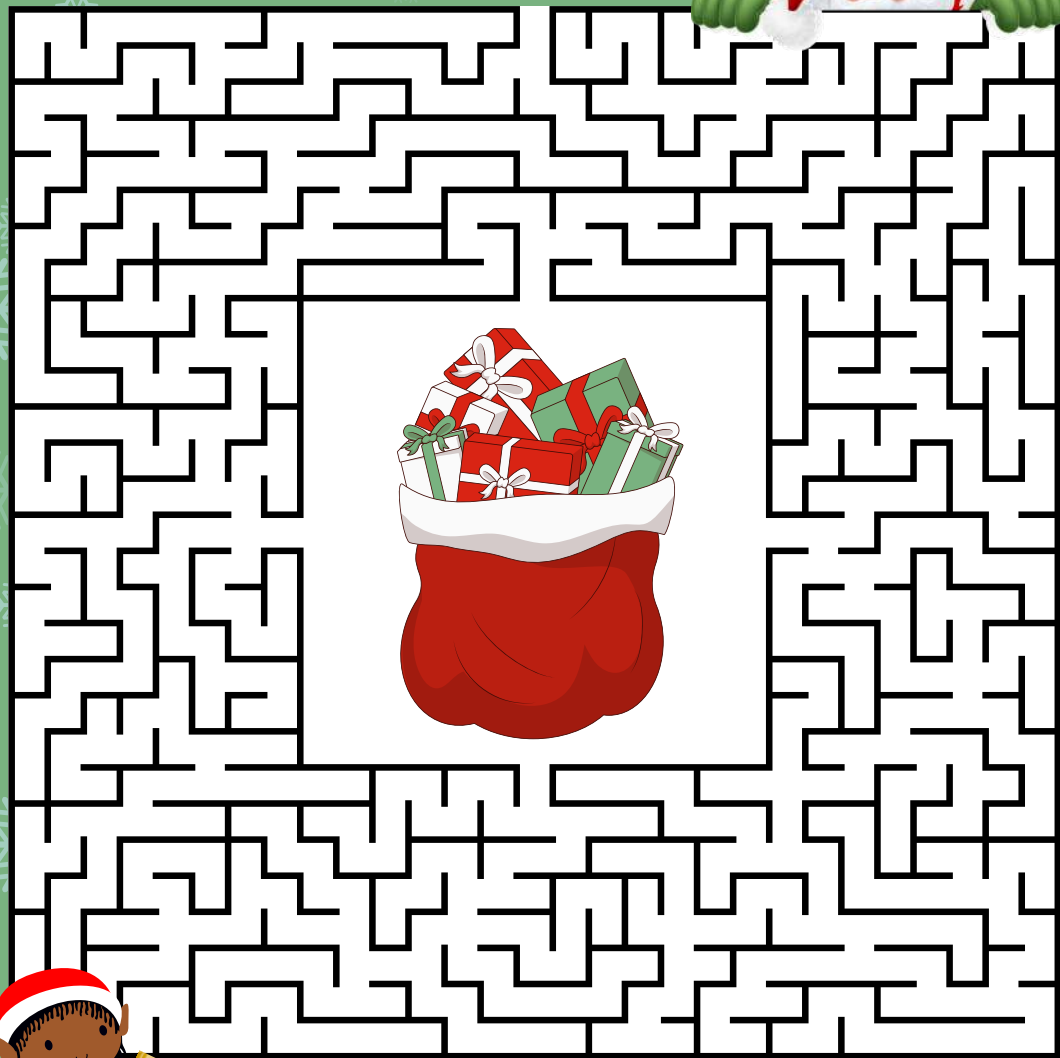


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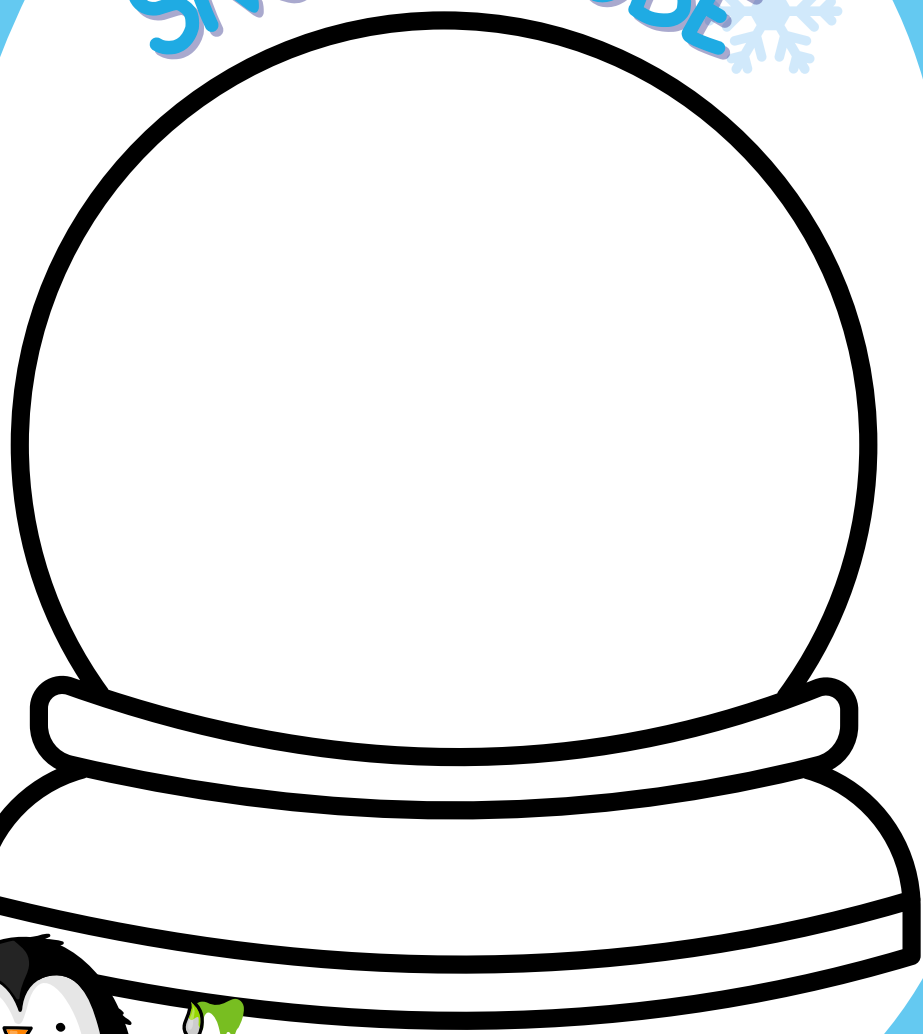
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SANTAS MAZE

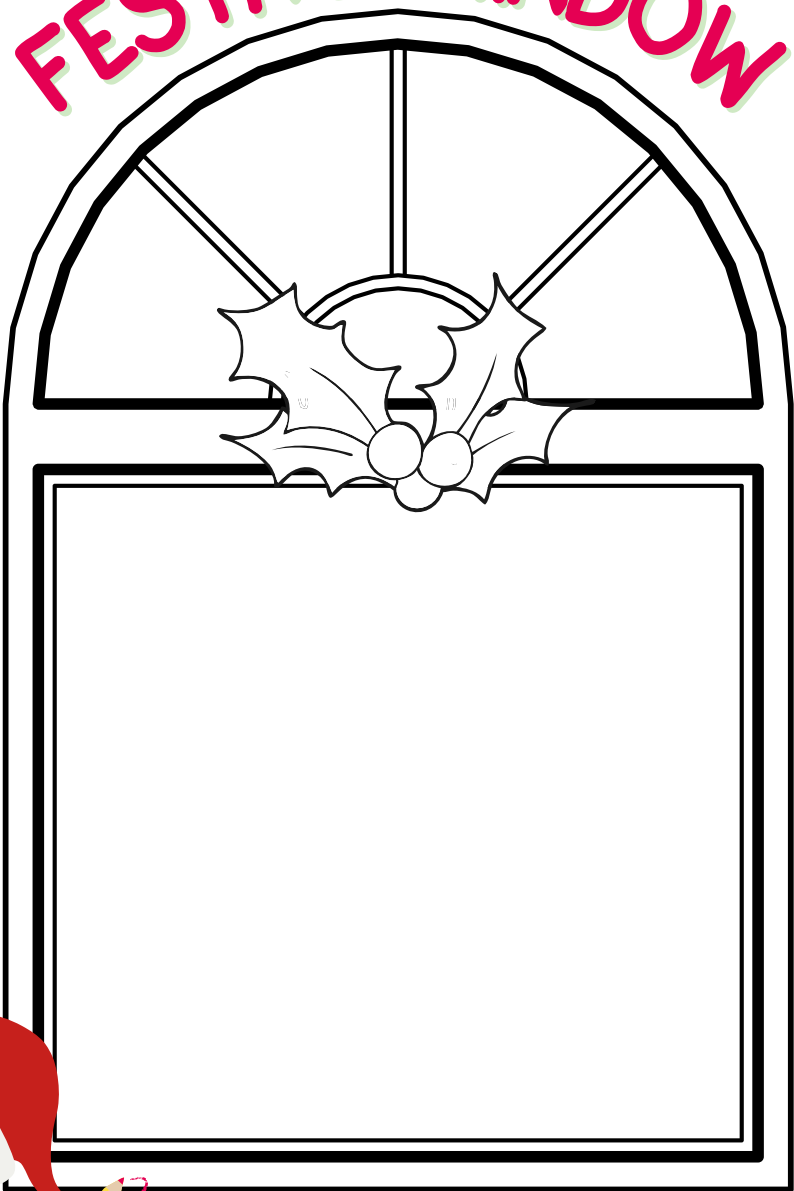
Santa's sack is lost in a snowy maze! Can you help guide Santa to find it before Christmas Eve?



DESIGN YOUR OWN
SNOW GLOBE ❄️



DRAW YOUR OWN
FESTIVE WINDOW



Reindeer Name Scramble

1 XINEV _____

2 HUDLOPR _____

3 TIENBLZ _____

4 PUIDC _____

5 NODNRE _____



Spot the difference!

1. Vixen 2. Rudolph 3. Blitzen
4. Cupid 5. Donner



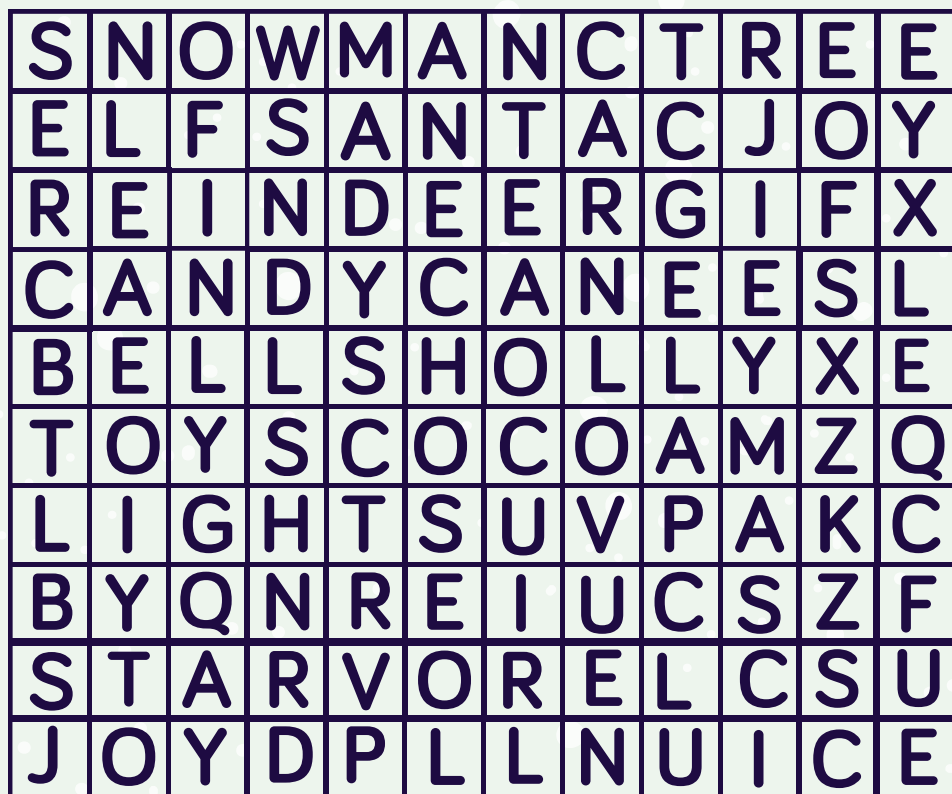
There are 7 differences to find, how fast can you spot them?

Festive

word search



Can you find all the words relating to the most wonderful time of the year?



☐ Holly

☐ Snowman

☐ Gift

☐ Cocoa

☐ Elf

☐ Candycane

☐ Lights

☐ Santa

☐ Bells

☐ Star

☐ Joy

☐ Tree

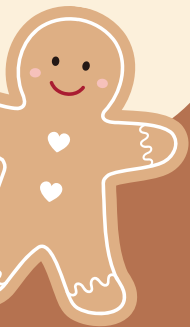
☐ Ice

☐ Reindeer

☐ Toys



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!



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.

Please only book your child/ren a space at an Essex ActivAte club if they will attend. If they are booked on and do not attend, other children may miss out on this beneficial opportunity across the holidays.

www.activeessex.org



@EssexActivAte



SCAN ME

