



# RESOURCE PACK FOR CHILDREN & YOUNG PEOPLE





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### Yarn Wrapped Christmas Tree Decoration



### Sock Snowman

Pour some rice into a sock, squeeze and shake into shape and secure with a hair/elastic band. Repeat 3 times making the head bigger than middle part of body. Glue on face, buttons and feet.













### Lollypop Stick Crafts







Christmas Paperchains



Potato Print Snowman Card



Handprint Santa







### How to make a Pop up Christmas Card













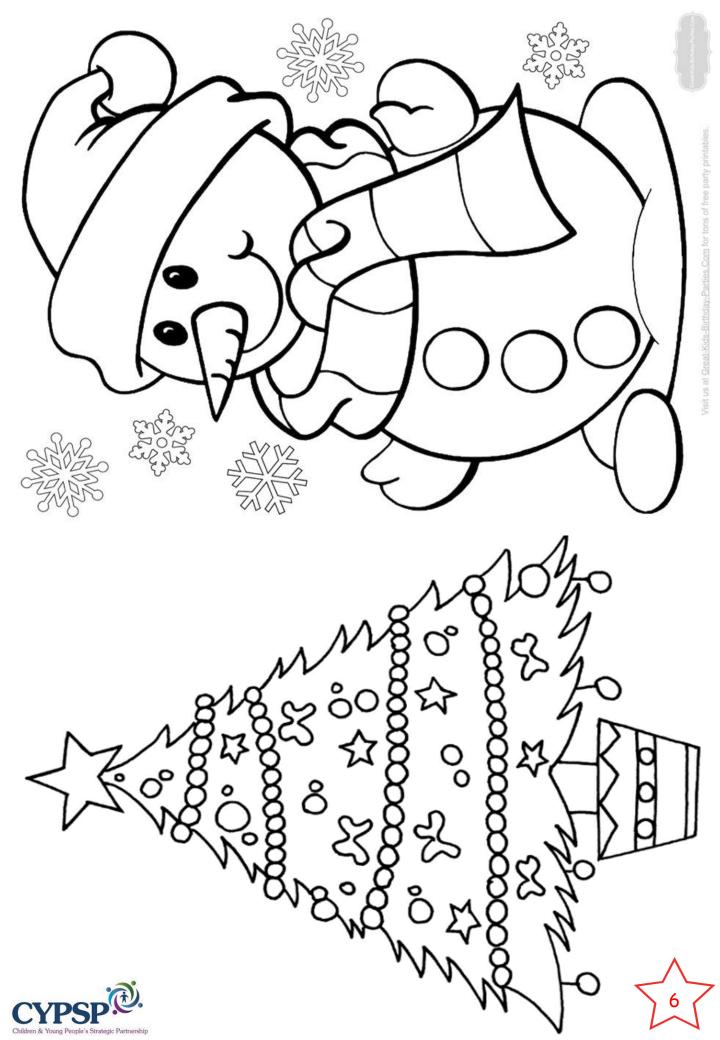
### Santa Advent Calendar

Stick a cotton wool ball onto Santa's beard each day in December to count down the days until Christmas









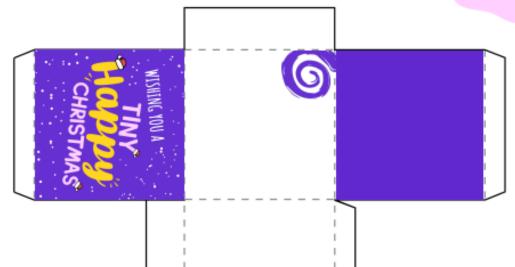




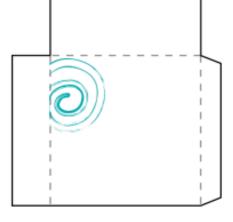
# MAKE YOUR OWN GIFT BOX!

Craft something truly meaningful with this simple, easy template! You can also print the pattern on craft paper you already have for an easy DIY project.



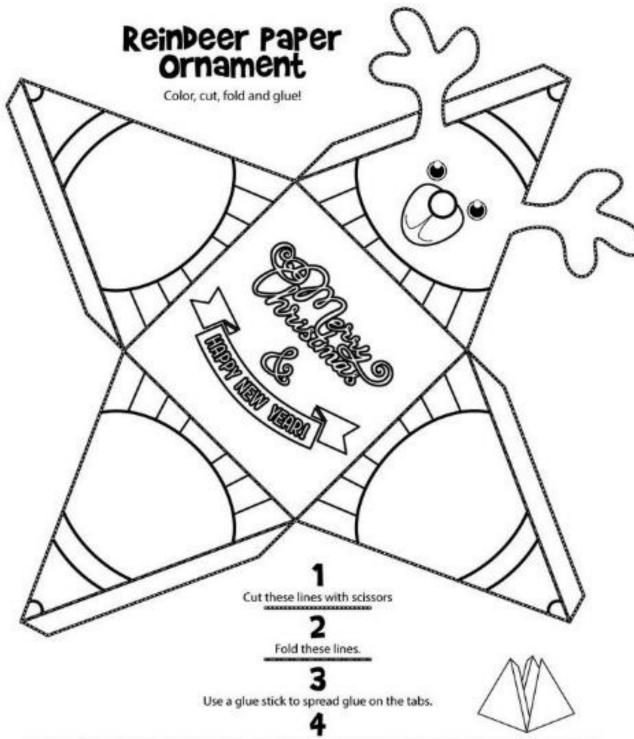






- Print out this sheet and cut out the solid lines.
- Customize your box with your favourite colours and designs.
- Fold along the dotted lines, insert the flaps, and use glue to secure them in place.
- Fill your gift box with treats and share it with a loved one!





Fold the triangle sides together along fold lines into a pyramid shape, using the tabs to glue sides together.

5

Keep the reindeer antiers sticking out on either side of the face as you're gluing it together!

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This paper craft is an excerpt from Christmas Activity Book for Kilds by Wool Jr. Kilds Activities http://aman.to/28tlo8V









### B B C TINY HAPPY PEOPLE

# 27 things to spot in winter

Head out with your family and use your senses! Help your child think about what they can see, hear, smell and touch.

Always be careful before touching plants you don't recognise!

1. Crow	14. Green leaf
2 Robin	15. Red leaf
3. Magpie	16. Yellow leaf
4. Blackbird	17. Pine cone
5. Duck	18. Acorn
6. Goose	19. Conker
7. Worm	20. Stone or pebble
8. Snail	21. Frost on grass or walls
9. Spider	
10. Woodlouse	22. Puddle
	23. Rain cloud
11. Squirrel	24. Mud
	25. Sunset
12. Tree without leaves	26. Stars
13. Tree with leaves	27. The moon
-1	





### Salt Dough



Salt dough is lovely to work with - soft and squidgy and it can be baked so it is perfect for making hanging decorations too. Here's a super quick and easy recipe to make your own salt dough.

### You will need:

- Half a cup of salt
- One cup of plain flour
- Half a cup of water
- Cookie cutters
- Ribbon for hanging
- Paint to decorate





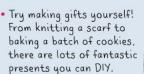


Save any
Christmas cards
and cut them up
to use as tags for



Help save the planet this festive season!

#### PRESENTS





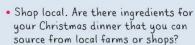
 Buy presents from shops that make their products in an ethical and sustainable way... just like The Wildlife Trusts' store.

 Think quality not quantity; having a family Secret Santa means you don't have to buy for everyone and helps to create less waste.

 Avoid non-recyclable wrapping paper by using brown paper and brown paper tape. Better yet, go for a reusable option like a bag or a box.



 Plan your meals so food doesn't go to waste.
 Leftovers can make some of the tastiest meals!





 Try out some veggie and vegan alternatives to cut down on meat and dairy.

### DECORATIONS

 If you already have a cupboard full of sparkly Christmas decorations, make sure to reuse them.

 Instead of plastic tinsel, try using bunting, pinecones, or popcorn tinsel instead.



 Avoid buying Christmas crackers that contain plastic toys. You might want to try making your own using toilet roll tubes instead. Writing your own jokes is the best bit!



www.wildlifewatch.org.uk

### Festive wildlife detective D wildlife

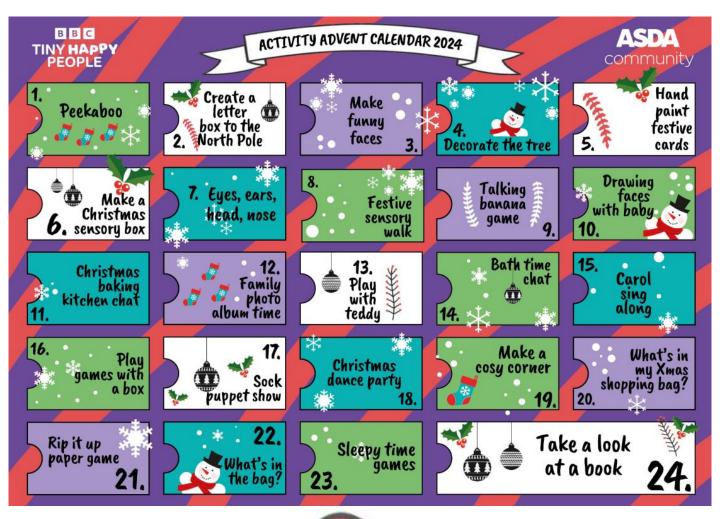


www.wildlifewatch.org.ul

Credits: Red-legged partridge, collared dove, pheasant and footprints in snow (c) Amy Lewis / Robin (c) Harry Hogg / Mistletoe (c) Zsuzsanna Bird / Greylag goose (c) Gillian Day / Mute swan (c) Neil Aldridge / Frosty landscape (c) David Mather / Red deer (c) Jon Hawkins







A fun game idea for the whole family



#### Materials:

- White cups;
- Coloured felt/paper;
- White socks;
- Glue;
- Scissors

### Method:

- Cut snowman face shapes from coloured felt/paper;
- Snowmen decorate six white cups with coloured shapes to make snowmen faces;
- Snowballs roll socks in tight balls



### Dear Santa,







### WINTRY FESTIVE FUN





It's panto season put on a show or organise a family games night, pamper night or disco

make a gingerbread house and people 紫紫

go on a winter

scavenger hunt

send a handmade Christmas card to someone who might be feeling lonely



make frozen suncatchers or lanterns on a frosty night

fill squeezy bottles with water and food colouring and draw pictures in the snow



wish for snow and build a snowman build a bird feeder or a hedgehog house



upcycle an old sweater and join Christmas Jumper Day



design a Christmas vreath for your door

wrap up warm and set out on a frosty winter walk





sing carols around a firepit, eat s'mores and gaze at the stars whip up cookies, shortbread or a chocolate spread Christmas tree



create paper chain bunting and paper snowflakes



Get Christmas crafty - make a toilet roll Santa, handprint reindeer, pom pom penguins, lallipop stick stars, pine cone angels and mini twig trees

watch the sunrise or sunset on the winter solstice

snuggle up with a hot chocolate and watch Christmas movies

**3** 

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my Year	1 My name
	1 Mu doe
in Review	The Year in Review
	s this Past Year
Color	Book
Movie	Song
	Friend
>Looking at Next	Year 1







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Festive printable activity pack from BBC Tiny Happy People and Asda. Full of festive ideas to keep little hands busy during the holidays! Including an activity advent calendar, games, crafting and much more!

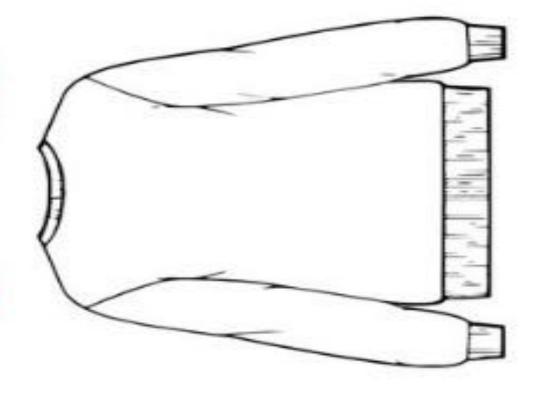
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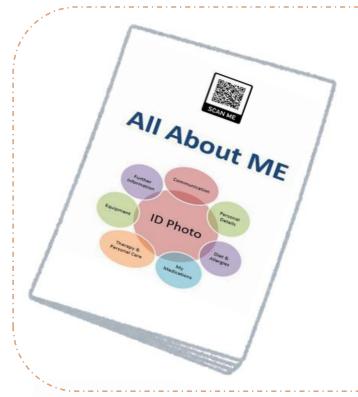












This booklet was co-produced with young people from Barnardo's NI PosAbility group.

It is ideal for sharing information about your child for after school clubs, playgroup, residentials and with family.

### Download at:

https://cypsp.hscni.net/download/ 428/your-journeyguide/40679/all-about-me.pdf



Whether you're looking for fun inside or outside the home, accessible gifts and toys or want to enjoy your seasonal trip to the pantomime, this RNIB guide has your Christmas covered.

https://media.rnib.org.uk/documents/The\_Joy\_Makers\_Guide\_to\_Christmas.pdf



### A Sensory Winter Walk

Write down some of the things you might see, hear, smell, feel and taste when out for a winter walk.

Isee

1. example: robin

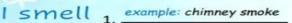




I hear 1. example: leaves crunching





























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Christmas Resources



A range of visual charts and activities from Autism NI to help autistic children and their families prepare for changes to routine over the festive season.

### Download at:

https://autismni.org/helpsupport/resources/visuals-socialstories/holiday-resources









Christmas is often filled with joy and celebration, but it can also be a challenging time for many autistic children and young people as it brings changes to routine, new foods, family gatherings, bright lights and loud music.

Some strategies from Belfast Health & Social Care Trust's Child and Adolescent Autism Service, to help make Christmas a little easier and enjoyable for children and young people who struggle with many of the changes and sensory aspects of Christmas.

https://view.pagetiger.com/autismatchristmas/1



For ideas on how to get into the festive spirit with your deaf child, check out the National Deaf Children's Society website for lots of information from support and advice, Christmas tips and tricks from parent bloggers and information on Christmas related signs to learn with your family.

https://www.ndcs.org.uk/christmas-with-ndcs/



Christmas is a time of joy and celebration, but it can be difficult for some autistic people. The National Autism Society have compiled a list of autism-friendly tips for the festive period.

https://autism.org.uk/advice-andguidance/topics/leisure/christmas/tips







### **Neuro-Inclusive Santa Letter**

have chosen	are planning to make it the best one eve
SOME SAFE FOODS TO EAT	SOMETHING COMFY TO WEAR
	SOMETHING ELSE THAT
A QUIET PLACE FOR A BREAK	WILL HELP MAKE IT GREAT













Christmas is such an exciting time of year! But for many autistic children and young people, it can also bring stress.

That's why the EA's Autism Advisory & Intervention team has compiled essential tips for parents to help make this festive season special and stress-free for everyone.

Let's spread joy while supporting our autistic community!

Top Tips for an Autism Friendly Christmas at home

All I want for...

- ${\it C}$  Communicate with me about change and be consistent with my routines
- H Help me to prepare for decorating a little at a time, I like the room just as it is
- R Remember to use a calendar to plan our visits together to relatives and outings
- I I love it when you let me wear my regular clothes and have my calm box with me
- S Surprises may not work well for me- give me clues for what my presents will be
- T Try to use social stories and photos to remind me of what Christmas looked like for us last year
- M Maybe I could eat my own food that tastes nice to me
- A Allow me time to recharge my batteries and settle with routines after the holiday
- S So all I want for Christmas is you, patient and predictable you







### **Visitors at Christmas**



At Christmas, my family or friends might come to visit my home. Sometimes, it is one person and sometimes there might be more. It is okay to feel nervous or excited when visitors arrive.



There are things that I can do to make myself feel comfortable. I also know that my family are always here to support me.



When visitors arrive, I may hear the doorbell ring or a knock to the door. I may know some of the visitors and some may be new to me.



I might hear people talking and laughing because they are excited to say hello. Sometimes visitors might also bring gifts. I can choose to say hi, wave, stay close to my family or go to a quiet, comfortable place, like my bedroom.



At any time, it's okay for me to take a break and go to my bedroom or to another cosy place where I can relax. I can use my favourite to feel calm.



My family understand that I might need breaks. If I want someone from my family to come with me to my quiet space, I can ask.



After a few hours, visitors will say goodbye and leave, and things will go back to normal again.



Christmas can be fun, by preparing myself I know that I can handle things being different in my own way and I can feel proud of myself.



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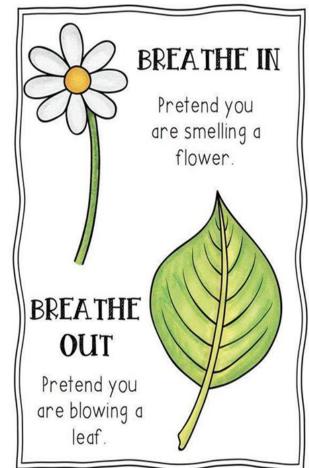














Spread kindness and share the December calendar with others

SUNDAY

Contact someone you can't be with to see how they are

MONDAY

Offer to help someone who is facing difficulties at the moment

TUEDAY

Support a charity, cause or campaign you really care about

WEDNESDAY

Give a gift to someone who is homeless or feeling lonely

THURSDAY

Leave a positive message for someone else to find

FRIDAY

Give kind comments to as many people as possible today

SATURDAY

Do something helpful for a friend or family member

Notice when you're hard on yourself or others and be kind instead

Listen wholeheartedly to others without judging them

Buy an extra item and donate it to a local food bank

Be generous. Feed someone with food, love or kindness today

See how many different people you can smile at today

Share a happy memory or inspiring thought with a loved one

Say hello to your neighbour and brighten up their day

Look for something positive to say to everyone you speak to

Give thanks. List the kind things others have done for you

Ask for help and let someone else discover the joy of giving

Contact someone who may be alone or feeling isolated

Help others by giving away something that you don't need

**Appreciate** kindness and thank people who do things for you

Congratulate someone for an achievement that may go unnoticed

Choose to give or receive the gift of forgiveness

Bring joy to others. Share something which made you laugh

Treat everyone with kindness today, including yourself!

Get outside. Pick up litter or do something kind for nature who is far away to say hello and have a chat

Be kind to the planet. Eat less meat and

use less energy

Turn off digital devices and really listen to people

Let someone know how much you appreciate them and why

Plan some new acts of kindnes to do in 2025









**ACTION FOR HAPPINESS** 

Happier · Kinder · Together



pause to care for yourself, too.

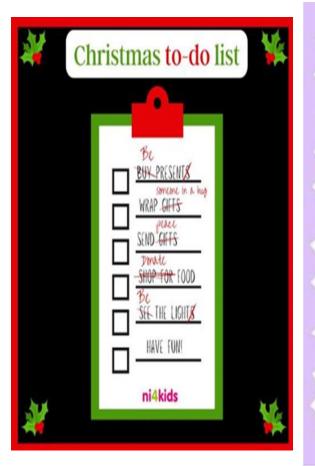
@mirabellecreations



walk.









# 12

### christmas stressful

- Your best will always be enough
- r best 2. Boundaries ways are a gift and ough you can set them
- You're not alone if you find it hard
- 4. You're allowed to say 'no'

- 5. There's no such thing as a perfect Christmas
- 6. There's so much to enjoy in the little moments
- 7. Self-care deserves it's place on your To Do List
- 8. It's brave and ok to ask for help

- 9. You can't control everything and that's ok
- You're doing a much better job than you think you are
- 11. You can only do what you can do
- 12. You deserve a very Merry Christmas

ALT

Save for whenever you need it





### Services for young people:

Information for Young People



There's a new number for texting a school nurse from your mobile phone. Text-A-Nurse is an anonymous confidential messaging service, which is available Monday to Friday from 9am to 5pm during the week in both term-time and school holidays. The message is delivered to a safe and secure web application for the nursing staff to view. You are guaranteed a response within 24 hours Monday to Friday. If a faster response is needed, you will be advised of where you can get urgent help.

You can message for advice on all kinds of health issues, like sexual health, bullying, healthy eating and any general health concerns. Or you may want support for your emotional health and wellbeing, particularly as life returns to normal after lockdown.

Look out for more information around school/college.

The text numbers for this are:

Northern Trust Text-A-Nurse 07480 635982

Belfast Trust Text-A-Nurse 07507 328290

outh Eastern Trust Text-A-Nurse 07507 327263

Western Trust Text-A-Nurse

Southern Trust Text-A-Nurse 07507 328057

Or visit www.chathealth.nhs.uk to start a chat

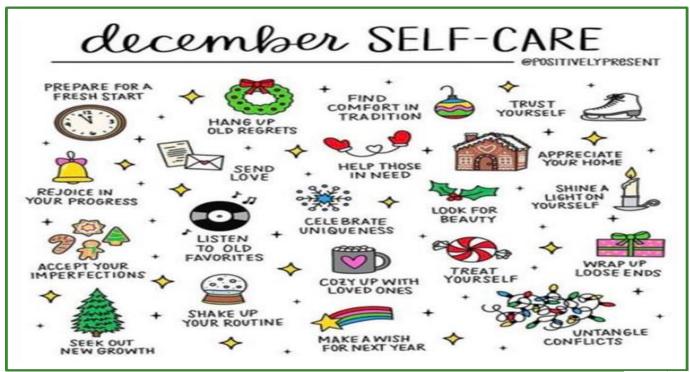




























#### Coping at Christmas

Ways to remember your special person during Christmas.

- On Christmas morning, light a candle to remember the person who died, acknowledge that you will miss them today.
- Take time to listen to some music maybe their favourite music.
- · Write a memory on a star tag.
- Talk with other family members about your memories of your special person and how you feel about them not being here.
- Write a note to them letting out all the things you would like to share with them.
- · Make or buy a new frame for your favourite photograph.
- Blow some bubbles sending some love and a thought with each
  bubble.
- Eat their favourite Christmas food, as a way of remembering them.
- · Visit the grave or a place they enjoyed going.

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Ways to remember someone at Christmas



Christmas can be really difficult when you're grieving. When you're bombarded with memories of the years before, it can be hard not to spend the day thinking of those who have died. If you're facing Christmas after a bereavement, it might help to find some special ways to remember them.

Ways to remember someone at Christmas -

https://www.cruse.org.uk/und erstanding-grief/managinggrief/ways-to-remembersomeone-at-christmas/









If Christmas is hard, If you've lost someone dear, Just look in your heart, And you'll know they're still here. The start in the sky, The light falling snow, The robin outside. It seems like they know. If this is a time. When you are struggling through, Just do what you can, For what matters, is you. There's no need to be merry, There's no need to be bright, Just do what you can, It will be alright.

(Credit for the poem goes to Lorna @tootsdesign)



Activities can be a useful way to help grieving children and young people to explore and express their feelings and emotions and to help them maintain memories of the person who has died. Winston's Wish have a range of activities to try including a mental health first aid kit and story stones.

Activities for bereaved children and young people - <a href="https://www.winstonswish.org/activities/">https://www.winstonswish.org/activities/</a>

Christmas grief activities for children and young people - https://winstonswish.org/christmas-grief-activities/







Bereavement support tips

**A-Z Tips** 

Making a memory jar helped a lot as it reassured me that there were still memories there.



Tips from young people on managing grief

# 4 ways to look after your mental health while coping with grief over the holidays



### Talk to someone about your feelings

If you're struggling with grief, talking about it with someone you trust can often help.



It's okay to take a step back Work out what you need during the festive season. It's okay if you need a little space.



### Do things you enjoy that boost your mental health

Try to plan things to look forward to over the holidays.



### Look after your physical health

Getting good sleep, eating well, and regularly moving can all help.











#### Sung to "Frere Jacques"



Father Christmas
Father Christmas
He got stuck, he got stuck
Climbing down the chimney
Climbing down the chimney
What bad luck
What bad luck!



#### Sung to "Old MacDonald Had a Farm"

Father Christmas had a tree
Ho, ho, ho, ho, ho!

And on that tree he had some lights
Ho, ho, ho, ho, ho!

With a flash flash here
And a flash flash there
Here a flash there a flash
Everywhere a flash
Father Christmas had a tree
Ho, ho, ho, ho, ho!



### Sung to "Incy Wincy Spider"

The lonely little snowman,
Sat sadly on the grass.
Out came the children and
Made the snowman laugh.
'WHOOSH' went the snowballs
"Be careful" called out Mum
Now the lonely little snowman
No longer felt so glum!

Credit Gemma Seal



### Sung to "Twinkle Twinkle"

Snowflake snowflake in the sky Love to watch you floating by Down you fall upon the ground Down you fall without a sound Snowflake snowflake in the sky Love to watch you floating by.











**TUNE: 5 LITTLE MONKEYS** 

Eight iittie reindeer pulling Santa's sled. One fell down and bumped his head. The elves called Santa & Santa said, "Can seven little reindeer pull my sled?"

Continue down to one little reindeer...

One little reindeer pulling Santa's sled. He fell down and bumped his head. The elves called Santa & Santa said, "Call Rudolph!"













### Healthier Christmas Snack Ideas





Rudolph Sandwiches

Snowman Pancakes





Banana Pop Penguins

Santa Bananas







Creating Christmas coupons is a fun and thoughtful way to give meaningful gifts that families can use together or individually. They might just be a fun addition over the Christmas holidays and beyond.

Download your free coupons on from ni4kids website:

https://ni4kids.com/christmas-allwrapped-up-christmas-coupons/







Snowflake, snowflake
twirl around.
Snowflake, snowflake
touch the ground.
Snowflake, snowflake
land on my nose.
Snowflake, snowflake
freeze my toes.
Snowflake, snowflake
in the air.
Snowflake, snowflake
tickle you everywhere!

### **5 SECOND RULE GAME**

#### 5 SECOND GAME

Name 5 Breakfast Cereals

### 5 SECOND GAME

Name 3 Disney Movies

#### 5 SECOND GAME

Name 3 Ocean Animals

#### 5 SECOND GAME

Name 3 School Supplies

#### **5 SECOND GAME**

Name 3 Superheroes

#### 5 SECOND GAME

Name 3 Ice Cream Flavors

#### 5 SECOND GAME

Name 3 Words that rhyme with run

#### 5 SECOND GAME

Name 3 Things that start with 'm'

#### **5 SECOND GAME**

Name 3 Foods with cheese

#### **5 SECOND GAME**

Name 3 Outdoor Sports















