



We realise that we may not be able to take part in some of our usual festive traditions this year, so we have come up with some ideas for easy ways to get into the festive spirit by taking part in activities at home with your families. Will any of these ideas become a new tradition in your home? If so, we would love to see your photos. Please email: wellbeing@riverside.bromley.sch.uk



Sensory Play - Ice

Pour water into moulds with children. You could use ice trays, balloons, gloves etc. Be creative as you like. Maybe even add a small toy in or some food colouring.

Grate ice to make snow.

Provide salt for children to melt the ice

Water play - add some Arctic animals such as penguins or even a shark!

Sensory Play - Playdough

There are lots of online recipes for playdough and this one is very simple:

- 1 cup plain flour
- 1 cup salt
- 1 tbsp oil
- 1 cup cold water
- 2 drops food colouring

You can also add a teaspoon of cinnamon, ground mixed spice or a Christmas essential oil.

Method: Mix the salt and flour together in a large bowl. Add all the other ingredients and mix to form a dough. Knead on a flat surface until all the stickiness has gone.



Sensory Play - Sensory bottle

Find yourself an empty bottle, some food colouring, oil, glitter and any other objects you would like to add in.

- Fill an empty bottle with 1/3 water
- Add some food colouring and glitter into the bottle.
- Fill the rest of the bottle with oil leaving a gap to allow room for shaking.
- Put the lid on the bottle and twist it tightly shut. Then shake the bottle to mix the glitter and water together.
- When the glitter contents settle, **seal the lid** onto the bottle with glue or lots of strong sticky-tape to prevent leakage when shaken.

Top tip! Feel free to add any other small items eg. Sequins, shells, pasta, mini toys.



Movies and Music

Put your Christmas jumper on and have a disco in your house! You could make a Christmas playlist or listen to a Christmas CD.

Move Night - Choose a Christmas movie, get lots of blankets, make popcorn containers and tickets for your in-house cinema.



Cooking

- Decorate gingerbread cookies or a gingerbread house.
- Make turkey mince or vegan mince sausage rolls.
- Make popcorn.
- Set up a hot chocolate bar with marshmallows, squirty cream and chocolate flake sprinkles
- Set up a blindfolded Christmas foods/ drinks tasting/ smelling station.



In the Garden/Outdoor activities

- Grab some blankets, wrap up and watch the stars.
- Set up a bird feeding table and keep an eye out to see what birds are visiting.
- Go for a walk or drive in your local area and look out for all the decorated houses.



Creativity

- Make a Christmas decoration.
- Make a Christmas card.
- Make a placemat for Christmas dinner.
- Start a new hobby.
- Make a Christmas collage with leaves and twigs etc.
- Make paper chains.
- Write a letter to Father Christmas.



Community/Social

- Do a good deed for a neighbour.
- Learn how to say "Merry Christmas" in a new language or using Makaton.
- Stand outside and ring a bell for Santa on Christmas Eve.
- Log into <https://www.noradsanta.org/> and track Santa on Christmas eve.
- Learn a new game.
- Create a good memories jar to add to over the year.
- Donate old toys to charity.

