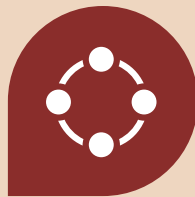


CONNECT:

During this Christmas time remember those who may be alone this year. These might include friends or family members who cannot travel for Christmas due to the current situation. Why not brighten their day and call them wishing them a happy and joyful Christmas.



BE ACTIVE:

Find 5 of your favourite Christmas songs and do a 15-minute workout to make space in your stomach for all that Christmas Lunch/Dinner you'll be eating!
e.g.. 'All I want for Christmas', 'Mistletoe-Justin Bieber', 'Feliz Navidad'



NOTICE:

Take time to cherish the Christmas family traditions that you may have in your household. Why not encourage your family to start a new Christmas tradition? Check out the link <https://www.goodhousekeeping.com/holidays/christmas-ideas/g23601545/christmas-traditions-kids-family/> for some ideas!



LEARN:

The festive season is upon us, so why not learn about traditional Christmas dishes from around the world. Maybe try something new and make one of these dishes to share with your family. Check out this link: <https://www.buzzfeed.com/juliapugachevsky/heavenly-christmas-foods-from-around-the-world>



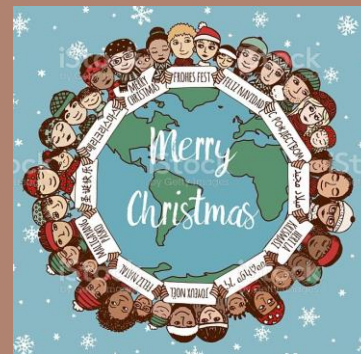
GIVE:

Give your time to check on those in your community who may be alone this Christmas, spreading love and kindness to others who may need it. One way in which you could do this is by following the 'connect' section in this newsletter, or simply by keeping them in your thoughts and prayers.



DISCOVER DECEMBER!

This month let's appreciate time celebrating our cultures during Christmas and learn about others!



FURTHER READING:

<https://www.whychristmas.com/cultures/>
<https://www.countryliving.com/entertaining/g4-933/christmas-traditions-around-the-world/>

