

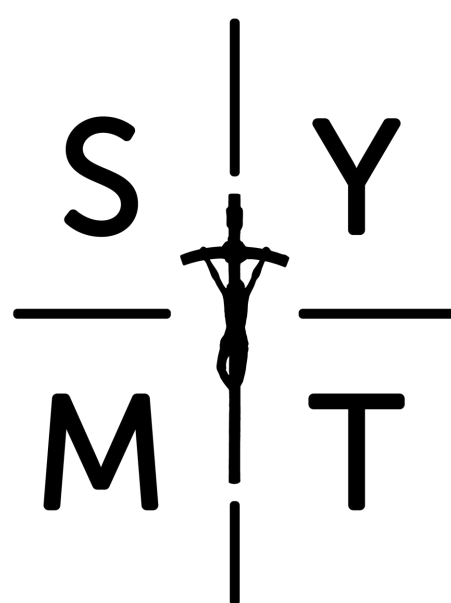
# ACTIVITIES FOR

# Advent

# &

# CHRISTMAS

A booklet of activities to take you through the 4 weeks of Advent and enter into the themes of hope, love, joy and peace. Any activities you don't get through during Advent, you can use to keep you busy over the Christmas holidays!



# WEEK 1

## THEME: Hope

### Advent Calendar

Why not make your own Advent calendar? You could make it simple and have a word each day, or write down someone to pray for each of the days of Advent, those you know and those you don't.

### Say 'thank you'!

Advent is a time for giving and receiving, but do we always remember to say thank you? Why not write a thank you card or letter to someone you

receive from this season? You don't have to stop at one letter or card – imagine the smiles on the faces of your family and friends when they receive your post!

### Hopes and dreams

With the New Year approaching what are your hopes and dreams for the coming year?

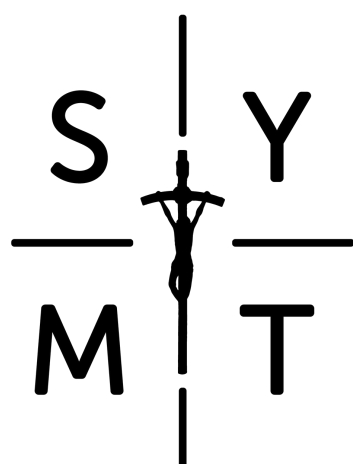
Make a list.

Maybe think of a practical thing to do each month, e.g give to charity, give to a food bank etc – don't forget to make your actions achievable!

Are there things you could do for others? Are there any opportunities for volunteering you could take advantage of?

### Give a gift

Put on your apron and make some biscuits to treat your family and friends with or give them to a neighbour who might be alone this Christmas.



# WEEK 2

## THEME: Love

### SAY / DO CHALLENGE

Pick 3 people whom you love and that you see most days, either in school or at home. Choose one person for each challenge and say/do these acts of love for them sometime during the week.

#### CHALLENGE 1

Say:  
You are one of my favourite people because...

Do:  
Create a collage to give to your chosen person that has pictures/drawings/clippings of things that are special to them such as their favourite foods, bands, films, other friends/family, etc



#### CHALLENGE 2

Say:  
I really like spending time with you because...

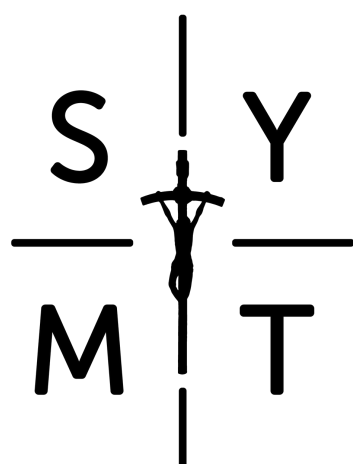
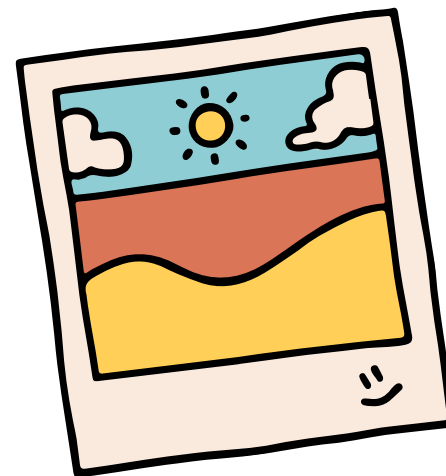
Do:  
Book in a time this week so that you and your chosen person can do an activity together, like watching a film, cooking a special meal, going for a walk, eat lunch together etc



#### CHALLENGE 3

Say:  
My favourite memory about you is...

Do:  
If you don't have one already, take a photo of yourself and your chosen person, frame it and give it to them as a Christmas gift.



# WEEK 3

## THEME: Joy

### CHRISTMAS PRESENTS

Help the homeless this Christmas – As a family make a Christmas bundle that will help make someone's Christmas a little easier. Here are some things you could include in your package:

#### Toiletries

Toothbrush and toothpaste  
Deodorant  
Shower gel & shampoo  
Shaving foam  
& disposable razors  
Baby wipes  
Hand gel

Lip balm  
Hairbrush/comb  
Sanitary supplies  
Moisturiser

#### Food items

Sweets & chocolate  
Biscuits  
Can/bottle fizzy drinks  
Instant drink sachets  
Preserved food

#### Clothing

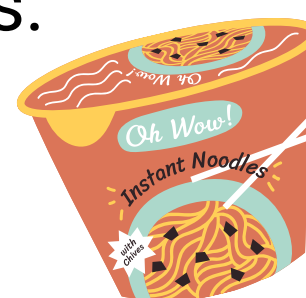
Hat & Scarf  
Sleeping bag & pillow  
Warm socks  
Gloves  
Coat  
Jumper  
Shirt

You could also include a card with a prayer for the person who receives the package, a great way to share who Jesus is and to know that someone is thinking of them this Christmas.

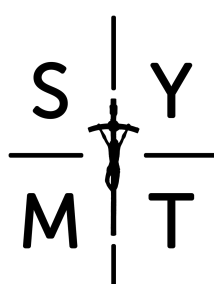
### FOOD BANK

This time of year can be difficult for many, especially when it comes to putting food on the table. You could help change that for someone.

When you are doing your food shopping, get some extra tinned or non-perishable food to drop off at a local food bank. You can search online for one or your parish may even have connections.



It's also important we support each other with our prayers, so before you drop your food off, make sure you say a prayer for all those struggling this Christmas.



# PRESENT APPEAL

Jesus taught us to love one another and look after our neighbours. Each year there are charities that go to children's hospitals to deliver gifts to the patients and their families.

This brings a lot of joy to the children and would really help those who are isolated in hospital, especially during this pandemic.

Think about making or donating a gift for those who need a little extra joy, hope and love this Advent and Christmas.

Here is some information about one such appeal:

<https://www.youtube.com/watch?v=2b0vQz4iTJA>

<https://www.salvationarmy.org.uk/christmas-present-appeal>

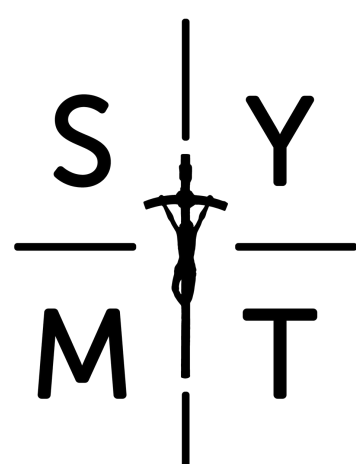


## CARDS OF JOY

Do you know of a relative or friend who lives on their own or does not have anyone to spend Advent and Christmas with? This could be your chance to make this season a little more joyful for them.

Grab some craft supplies and make a Christmas card (or buy one if that's not your thing) and write a nice message inside.

This year will be tough for many who cannot see their family and friends and celebrate the way we normally would. So, why not follow up your card with a phone call to check in. Simply listening and talking can make someone's day!



# WEEK 4

## THEME: *Peace*

In need of a few moments of peace this Advent? Why not try one of these activities?

- Light a candle
- Listen to a song from our Advent playlist (on our Shrewsbury Youth Mission Team YouTube channel)
- Sit quietly for 5 mins with no distractions
  - Talk to Jesus for 10 minutes
  - Write a list of things you are thankful for
- Make some Christmas cards with some quiet music playing
  - Create a prayer corner in your room
  - Wrap up warm and take a walk
  - Photograph things on your walk that you find beautiful, interesting, or peaceful
  - Write about things that bring you peace of mind
- Clean your room
  - Reorganise your clutter
  - Slow down and breathe deeply
- Starting with your toes, tense and then relax your muscles, going all the way up to your head
  - Watch your favourite seasonal film
- Disconnect from your phone for an hour
  - Write down a prayer for someone else
- Try some Lectio Divina (by watching God Speaks on our YouTube channel)
  - Print off a colouring page and fill it in