



12 DAYS OF

Christmas

CARE HOME ACTIVITIES FOR THE
LEAD UP TO CHRISTMAS



www.activcarecoaching.com



12 DAYS OF *Christmas*



FOR THE 12 DAYS OF CHRISTMAS ACTIVCARE GAVE TO ME...

- ❄ 12 Snowballs Sending
- ❄ 11 Presents Passing
- ❄ 10 Bouts of Laughter
- ❄ 9 Lively Lip-Syncs
- ❄ 8 Packers Packing
- ❄ 7 Singers Singing
- ❄ 6 Brussels Sprouting
- ❄ 5 Senses Game
- ❄ 4 Stories Shared
- ❄ 3 Quiz Rounds
- ❄ 2 Bingo Wins
- ❄ & Dancing in my Seat!



On the 1st day of *Christmas*

ActivCare gave to me...

Dancing in my seat!

Get your old Christmas records out and get the dancing going!

Ask your residents what their favourite Christmas songs are and make a playlist just for them.

Once you've got the music swinging you can encourage everyone to have a little dance! Whether you make up a seated routine or get people up on their feet, it's sure to lift everyone's mood and release lots of endorphins!

Our Top Tips for planning a Seated Dance Session:

- Make sure all chairs are facing the class leader.
- Use upbeat, happy songs.
- Make sure you include a warm up and cool down.
- Repeat the same choreography in each chorus to help you remember the routine!

To enroll in our online
Level 2 Seated Dance &
Exercise Course head to:
www.activcarecourse.com



On the 2nd day of *Christmas*

ActivCare gave to me...

2 Bingo Wins!

Bingo is a great game to play to keep the mind active. So why not make it festive? Instead of playing with numbers, play with pictures of santa, gingerbread men & snowmen to get into the Christmas spirit!

Christmas Bingo Card



On the 3rd day of *Christmas*

ActivCare gave to me...

3 rounds of Quizzes

Get your residents brains ticking by hosting a Christmas Quiz! Set a Christmas General Knowledge round, a Christmas Movie Round and a Music Round for an extra element of fun!

General Knowledge

Find out how much your residents know about Christmas with the following questions!

Christmas Movie Round

Cut out and pass around each image of a famous movie scene. Ask residents to guess which film it is from!

Christmas Music Round

Play 10 seconds of a Christmas song. Ask residents to guess which classic it is!



On the 3rd day of *Christmas*

ActivCare gave to me...

3 rounds of Quizzes: General Knowledge

How old is Kevin McCallister in Home Alone?

(8)

According to 1946's Christmas classic It's Wonderful Life, what happens every time a bell rings?

(An angel gets it's wings)

Which character declares "Merry Christmas, one and all!" in Charles Dickens' A Christmas Carol?

(Tiny Tim)

In which children's classic is it 'always winter but never Christmas'?

(CS Lewis' The Lion, The Witch and The Wardrobe)

Cliff Richard had his 12th number one hit with his sing-along Christmas classic Mistletoe and what?

(Wine)

The Snowman was shown on TV for the first time on Boxing Day of which decade?

(1980's)

In the song "Frosty the Snowman," what made Frosty come to life?

(An old silk hat)

One of Santa's reindeer shares a name with a famous symbol of Valentine's Day. Which reindeer is that?

(Cupid)



On the 3rd day of *Christmas*

ActivCare gave to me...

3 rounds of Quizzes: Christmas Films



Polar Express



Home Alone



Miracle of 34th Street



How the Grinch Stole Christmas



It's a Wonderful Life



Love Actually



On the 3rd day of *Christmas*

ActivCare gave to me...

3 rounds of Quizzes: Christmas Music

Bing Crosby: White Christmas

Brenda Lee: Rockin' Around the Christmas Tree

John Lennon: Happy Xmas (War is Over)

Micheal Buble: It's Beginning to Look a lot like Christmas

Paul McCartney: Wonderful Christmastime

Dean Martin: Let it Snow, Let it Snow, Let it Snow

Chris Rhea: Driving Home for Christmas

Jona Lewie: Stop the Cavalry



On the 4th day of *Christmas*

ActivCare gave to me...

4 Stories Shared

Sharing stories can help improve resident happiness and improve social connections. Finding similarities with other people helps us live happy and healthy lives. Your life may feel ordinary to you, but it might seem extraordinary to someone else. Every story shared is a chance to make someone feel less alone or happier!

Gather everyone together and sit in a circle. You may like to give everyone a cup of tea or even a hot chocolate!

Encourage your residents to take turns in sharing their 4 best Christmas memories.

This is a fun way to look back on how Christmas has evolved over the years and foster friendship between residents who have experienced similar things.

Make sure your residents focus on memories which are uplifting and happy.

You may need to go first in sharing your own memories to get things rolling!



On the 5th day of *Christmas*

ActivCare gave to me...

5 Senses Game!

This activity is sure to get your residents tastebuds tingling and memories flowing!

You will need:

- Blindfolds
- Christmas Scented objects or foods
(Mince Pies, Cinnamon, Peppermint, Mulled Wine)

How to Play:

Make sure that your residents are sitting comfortably and then blindfold them.

One by one, introduce a festive familiar scent for them to smell.

Ask the residents to concentrate on naming what the scent is.

You can then encourage residents to share any happy stories or memories which each scent evoked.



On the 6th day of *Christmas*

ActivCare gave to me...

6 Brussels Sprouting

How many Brussel Sprouts can your residents get through the hoop?

You will need:

- Card
- Green Paper
- Wooden BBQ Skewers
- Glue
- Net (Optional)

How to Make:

- Cut out 2 thin rectangles of card and glue each together to make 2 hoops, making sure they fit onto your head.
- Glue your skewers to either side of one ring so that they stand up vertically.
- Glue the second hoop on top of the sticks.
- Add a piece of net (Optional)
- Scrunch up 6 green pieces of paper into balls to resemble Brussels Sprouts

Game:

Take turns to throw your sprouts into the hoop above your components head.

The person who gets the most in the net wins!



On the 7th day of *Christmas*

ActivCare gave to me...

7 Singers Singing

Get the Christmas jingles on full blast to get the Christmas spirit flowing with a sing-a-long!

You can print out the lyrics for those who can't remember the words!

Add a bit of extra cheer by giving out prizes to:

- The Best Singer
- The Most Effort
- The Best Accompanying Dance Moves
- The Best Ad Lib

Some of our favourite Sing-A-Long songs are:

- Band Aid: Do they know it's Christmas?
- Cliff Richard: Mistletoe & Wine
- Michael Buble: Have a Holly Jolly Christmas
- Slade: Merry Xmas Everybody



On the 8th day of *Christmas*

ActivCare gave to me...

8 Packers Packing

Can your residents get all of Santa's Present in his sack on time for Christmas?

You will need:

- A Large Cardboard Box
- A Sack
- Small empty boxes
- Wrapping Paper

How to Make:

- Place your large cardboard box inside of a sack, or wrap with material so that it resembles Santa's sack!
- Use wrapping paper to wrap small boxes so they resemble Christmas presents

Game:

Place the sack on the floor. Position players at least 2 metres away.

Players take turns to try and throw presents into Santa's sack.

Set a time limit (60 seconds works well) to get all the gifts inside.

Give a prize to the person who manages to get the most in!



On the 9th day of *Christmas*

ActivCare gave to me...

9 Lively Lip-Syncs

Which Classic Music Video will you recreate?

Round up your performers and vote for which Christmas music video you'd like to recreate.

Once you've found your song, it's time to set the scene! Use all the Christmas decorations you can find, fake snow, and presents! You can even create a backdrop by getting crafty with residents on large pieces of paper before taping them to the wall!

Gather a collection of Christmas fancy dress items so that you really look the part! Santa hats, tinsel boas, and lots of glitter should do!

All that's left to do is start recording, press play on your Christmas song and lip sync for your life!

Don't forget to tag us in any musical creations you share so that we can share them and spread some Christmas joy!



On the 10th day of *Christmas*

ActivCare gave to me...

10 bouts of laughter!

Did you know that laughter helps boost your immune system? This activity is the perfect way to lift resident mood and help improve their health!

How to play:

Gather your residents so that they're sitting in a circle.

Ask residents to take turns telling their favourite christmas jokes.

For those who are more shy, or can't remember any jokes, print out our jokes and place them in a santa hat for random selection.

After each joke, encourage your participants to let out a big hearty laugh! (Even a fake laugh bring health benefits and often brings on real laughter!)

Join in and tell jokes too and laugh till your stomach hurts!

To enroll in our online
Level 1 Laughter Yoga
Course head to:
www.activcource.com



On the 10th day of *Christmas*

ActivCare gave to me...

10 bouts of laughter: Jokes

How do Christmas angels greet each other?

Halo!

What's an elf's favourite type of music?

Wrap!

Why was the snowman rummaging in a bag of carrots?

He was picking his nose!

What did Adam say the day before Christmas?

It's Christmas Eve!

What do you call a greedy elf?

Elfish!!

What's the best Christmas present in the world?

A broken drum, you just can't beat it!

What do you call a blind reindeer?

I have no eye deer!

What carol do they sing in the desert?

O Camel Ye Faithful!

What do they sing at a snowman's birthday party?

Freeze a jolly good fellow!

Who's Santa's favourite singer?

Elf-is Presley!

What goes 'Oh, oh, oh'?

Santa walking backwards!

Why was the turkey in the band?

He was the only one with drumsticks!



On the 11th day of *Christmas*

ActivCare gave to me...

11 Presents Passing

This fun activity is a classic game of pass the parcel but with a Christmas twist!

You will need:

- Wrapping Paper
- Christmas Chocolates
- Prize of your choice

How to make:

- Wrap your present in Christmas wrapping paper.
- Continue to add layers of wrapping, including a Christmas Chocolate or sweet in each layer.

Game:

Ask residents to sit in a circle. Press play on your Christmas playlist and ask players to pass they present round the circle.

Each time you pause the music, ask the person holding the present to unwrap one layer.

Continue this until the final prize have been won!



On the 12th day of *Christmas*

ActivCare gave to me...

12 Snowballs Sending

Improve residents motor skills with this simple but effective game!

You will need:

- Small white balls (tennis ball size)

Game:

Ask residents to sit in a circle. Begin by passing the snowball around the circle.

Inform the residents that the snow is starting to get hot and they have to pass the ball around the circle as quickly as they can before it melts. (You can set a time limit for extra fun).

Continue passing the ball around the circle, each time asking the players to carry out a new trick before passing the ball to the next person. These can include:

- Throw the ball in the air and catch it.
- Pass the ball around your head in a circle motion.
- Pass the ball under one leg.
- Try to balance the ball on your head.

