



The Jarman Centre 2020

The 12 Days of Christmas Challenge

Suitable for all ages to complete at home

Simply do 12 tasks in any order, one from each section if possible, to complete this challenge and then order your woven badges at £1.50 each plus postage and packing through the Jarman Centre online shop <https://jarmancentre.org.uk/online-shop>

1: The tree

- Colour in the picture of the Christmas tree on page 3 and then colour in one of the 12 baubles as you complete each task; colour the star when you have finished.
- Help decorate your family's Christmas tree

2: Decorate your home

- Put some fairy lights up - with help if needed
- Make a wreath for your front door or make a table decoration
- Make some paper chains or cut out paper snowflakes to help decorate your home
- Use fir cones and/or other natural objects to make a decoration

3: Gifts

- Make or help make some mince pies, pack in a box or tin and take to someone as a surprise
- Make a 'promise' card, offering to do a small job, for example make a cup of tea or breakfast in bed for mum or dad on Boxing Day or clean a pair of shoes after the walk in Day 11
- There are lots of ideas for homemade gifts on Pinterest, for example: <https://www.pinterest.co.uk/camdenmcl/homemade-christmas-gifts/>

4: Wrapping that special gift

- Make a gift box or bag and decorate with ribbons and a bow; use it to wrap a gift for someone close to you
- Make your own gift tags and wrapping paper - try stencilling or printing onto brown paper
- Use diluted watercolours to make an abstract design on white paper
- Stencil lacy patterns through a doily or other stencil shapes like angels and stars onto plain paper, especially nice with metallic paint

5: Sugar and spice and all things nice

- Construct and decorate a gingerbread house (it is all right to use a kit)
- Make some no-cook sweets to share with your family - check out family cook books or search online for recipes
- Make a non-alcoholic cocktail for your family to try

6: Christmas baking

- Help make the Christmas pudding, traditionally on Stir-up Sunday (22 November)
- Bake or help bake some stained glass window biscuits to hang on the Christmas tree
- Help decorate the Christmas cake

7: Christmas Day

- Make some homemade crackers for the table (it is all right to use a kit)
- Strike a match and light a candle - with permission and help if needed
- Learn how to fold serviettes and decorate the table for Christmas dinner
- Organise a game of Christmas charades for your family
- Watch a Christmas film together

8: Garden friends

- Find out what Robins like to eat and put some food out for them
- Put out fresh water (and top it up when necessary) at ground level for birds and other animals
- Melt ice by holding a pan of hot water on the surface of ice in a pond or bird bath, with help if needed
- Make an insect or bug hotel and place in a sheltered position

9: Yuletide traditions

- Find out about the history of the Yule log
- Find out what Father Christmas is called in other countries and what colour he wears
- Read a Christmas story
- Roast some chestnuts - with help if needed

10: Christmas words and music

- Find out the story behind the carol 'Good King Wenceslas' and then sing the carol
- Can you name all of Rudolf's friends?
- Play a Christmas tune on a musical instrument
- Write a poem about Christmas

11: Out and about

- Do you know where mistletoe grows and can you find some growing
- Get in the mood - go and visit a display of Christmas lights
- Go for a long walk, taking the dog(s) if you have one/them.
- Visit the seaside over the Christmas period

12: Thinking of others

- Make a Christmas card for someone you know who lives alone, address the envelope and post it
- Look at the packaging of the foods you eat over Christmas and find out where they have come from - could you buy more locally-sourced goods next year?
- Recycle all your family's waste from Christmas Day correctly

A Merry Christmas from the Jarman Centre team



