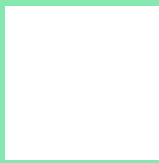
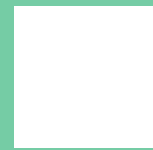


What does Christmas  
mean to us?

What is everyones fav  
part of the season?



Make Clay Cookie  
Cutter Christmas  
decorations



Take a moment  
while sharing a meal to  
each say something you  
love/are grateful for



Make a festive  
Orange Garland



Donate food  
and/or household items  
to your local Community  
Centre



Put a gift under the  
kmart wishing tree or  
something similar

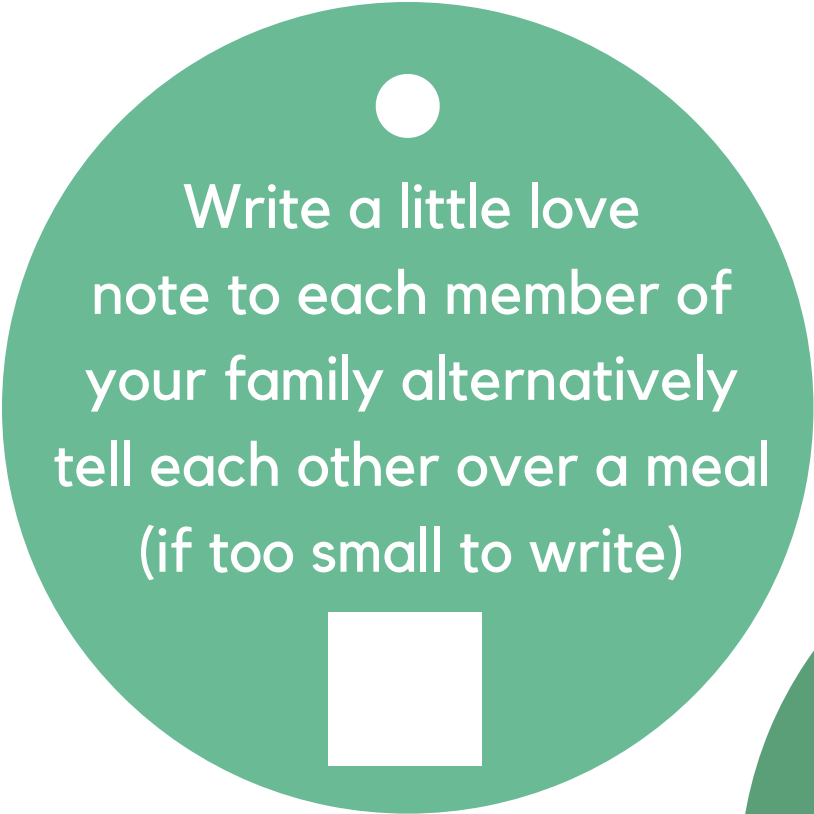


Give a loved one a  
call and tell them how  
much they  
are loved




Make a Christmas  
decoration from  
nature





Write a little love  
note to each member of  
your family alternatively  
tell each other over a meal  
(if too small to write)



Make your own  
Christmas crown to  
wear on Christmas day




Go for a Mindful  
walk around  
the block



Make Christmas  
Playdough



See the  
Christmas Lights



Make some gifts  
for the birds




Local  
Christmas carols




Watch a family  
Christmas movie with  
some popcorn




Put up the  
Christmas Tree




Buy/pick a bunch of  
flowers/herb and hand  
them out to strangers  
at your local mall



Pop on some  
Christmas tunes and  
dance like crazy!



Make a Christmas  
Card for the Postie and  
stick it to the front of  
your letterbox



Roll beeswax candles  
or gather some candles  
for the Christmas table



Read some  
Christmas Stories



Bake some  
Christmas cookies



Make some christmas  
treats to gift to your  
neighbours