



Activity Advent Calendar

<p><i>Take a walk</i> 1</p> <p>On your own or with a friend, there are many physical and psychological benefits to walking.</p>	<p><i>Gratitude jar</i> 2</p> <p>Take an empty jar and write three things that you're grateful for. These can be small things like a coffee from your favourite café, to love of your family.</p>	<p><i>Declutter</i> 3</p> <p>Have a pre-Christmas clear out and donate a bag of old clothes to one of the Fire Fighters Charity clothing bins. Find your nearest with our map.</p>	<p><i>Get designing</i> 4</p> <p>Forget about generic cards from the store and turn your favourite photos into a custom card. Using Canva for your designs is easy.</p>	<p><i>Challenge yourself</i> 5</p> <p>Try a jigsaw, crossword, sudoku, or Wordle. Keep your brain active and challenge yourself without checking the answers!</p>	<p><i>Connecting</i> 6</p> <p>Pick 12 people and send them a festive message and let them know you're thinking of them. Tune into the power of giving, whether it be a gift, service or just time.</p>
<p><i>12 dates of Christmas</i> 7</p> <p>Plan a date (with yourself or a partner) for each month of 2025, such as a picnic in the park or a candlelit bubble bath.</p>	<p><i>Make a list</i> 8</p> <p>Christmas can be a busy period, so take time to make a list of all the things you need to do and make a plan.</p>	<p><i>Lost in music</i> 9</p> <p>Make a playlist and lift your mood. Pick your favourite tunes that remind you of good times in your life; school discos, friends weddings, or festivals.</p>	<p><i>Tasty times</i> 10</p> <p>It's easy to get into a routine with food so try something new. Make a special hot chocolate, host holiday brunch, bake festive food or decorate a gingerbread house.</p>	<p><i>Enjoy nature</i> 11</p> <p>It may be winter, but it's still important to get outside and enjoy nature. Take a local train or visit a special place that brings back good memories.</p>	<p><i>Food for thought</i> 12</p> <p>Pick your five favourite festive treats and donate them to your local food bank.</p>
<p><i>Laugh out loud</i> 13</p> <p>Get your friends or family round for a games night. Prepare mulled wine or hot chocolate, and ask friends to bring or bake a treat.</p>	<p><i>Try meditation</i> 14</p> <p>Sit back and unwind with our guided relaxation videos, or try out Pilates, yoga, or tai chi.</p>	<p><i>The beauty of art</i> 15</p> <p>Visit your local museum or watch a Christmas performance at your local theatre. Visit a stately home or explore a German market.</p>	<p><i>Get the popcorn</i> 16</p> <p>Snuggle up and watch a Christmas movie. Get cosy and grab some treats. Watch an old classic or something that makes you feel all gooey inside.</p>	<p><i>Pay it forward</i> 17</p> <p>Small gestures can be the start of great things. Do something nice for someone else and ask them to pay it forward too.</p>	<p><i>Skills swaps</i> 18</p> <p>Offer out your skills to a friend or neighbour, and don't be afraid to ask for help in return. Christmas wrapping or help with decorations, a problem shared is a problem halved.</p>
<p><i>Send virtually</i> 19</p> <p>Donate the money you would have spent on stamps for Christmas cards and send them virtually instead.</p>	<p><i>Reach out</i> 20</p> <p>Not everyone can celebrate. Reach out to someone who may find it a difficult time. Check in on them, visit an elderly relative; isolation is one of the most key mental health triggers.</p>	<p><i>Feed the animals</i> 21</p> <p>Birds, hedgehogs, squirrels - whatever local wildlife find its way into your garden, put out food for your little visitors.</p>	<p><i>Read a book</i> 22</p> <p>We all have busy schedules and sometimes struggle to switch off. Buy yourself a new book; immerse in a new world or learn about a new country or language.</p>	<p><i>12 miles to go</i> 23</p> <p>Step out into the crisp winter air and walk off those Christmas dinners by walking 12 miles. Ask friends to sponsor you for the challenge. Do it individually or invite the family to take part with you.</p>	<p><i>You made it!</i> 24</p> <p>Wish 10 people Happy Christmas and make your donation of £24 to the Fire Fighters Charity. Congratulations and thank you for the support!</p>