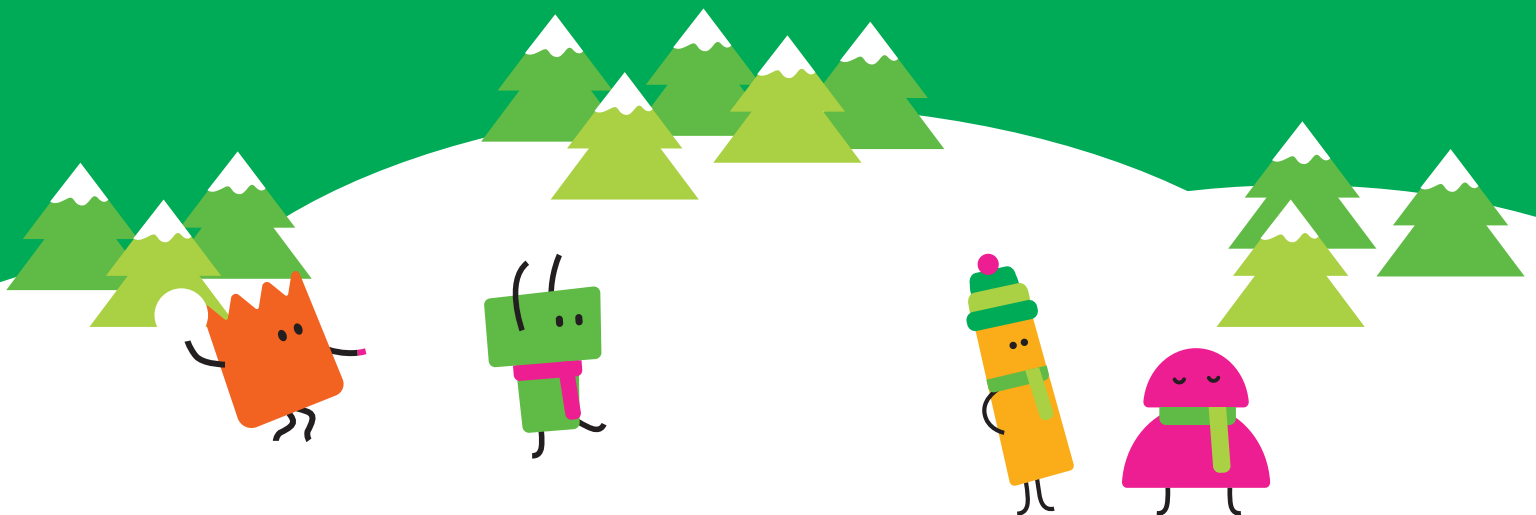


**STARLIGHT**

TRANSFORMING CHILDREN'S HEALTH THROUGH PLAY

# FESTIVE ACTIVITY PACK



WELCOME TO OUR

# PLAY PACK!

Starlight is the UK's leading charity for children's play in healthcare. Evidence shows that play in healthcare settings reduces the fear, pain and trauma that many children experience.

Through our life-changing services, we support children to experience the power of play to boost their wellbeing and resilience during treatment, care and recovery from illness. We undertake research and advocate for children to ensure their right to play is protected and provided for in the healthcare system.



TRANSFORMING CHILDREN'S HEALTH THROUGH PLAY

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## BEAM Academy & Starlight

BEAM ACADEMY is an organisation centred around providing yoga and mindfulness to early years, children and teens as well as yoga for young people with SEN.

All the classes and trainings are designed to be accessible to everyone. Starlight has partnered with BEAM to bring some mindfulness to our Play Pack.

For more information visit [www.beam.academy](http://www.beam.academy)



BEAM ACADEMY  
BODY ENERGY AND MINDFULNESS

**This journal belongs to:**



**DRAW OR STICK A PICTURE  
OF YOURSELF HERE**

# WHAT IS MINDFULNESS?



Mindfulness is a way to focus on the present moment.

Notice and be aware of the world around you right now rather than what has happened or what is coming. The activities help to practice mindfulness and spark some fun too.



Remember – mindfulness is being aware of thoughts, feelings, and your surroundings now without judging them as good or bad. You can notice thoughts and feelings and name them without trying to block them out.

DECREASED  
DEPRESSION

INCREASED  
FOCUS

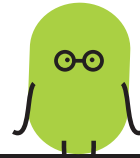
INCREASED  
ATTENTION

IMPROVED  
ACADEMIC  
PERFORMANCE

INCREASED  
COMPASSION

DECREASED  
DISRUPTIVE  
BEHAVIOUR

# WHY IS A MINDFUL BREAK GOOD FOR ME?



SELF  
CONTROL

INCREASED  
CLASSROOM  
PARTICIPATION

DECREASED  
LEVELS OF  
STRESS

POSITIVE  
CHANGES IN  
ATTITUDE

DECREASED  
ANXIETY

IMPROVED  
OVERALL  
WELLBEING

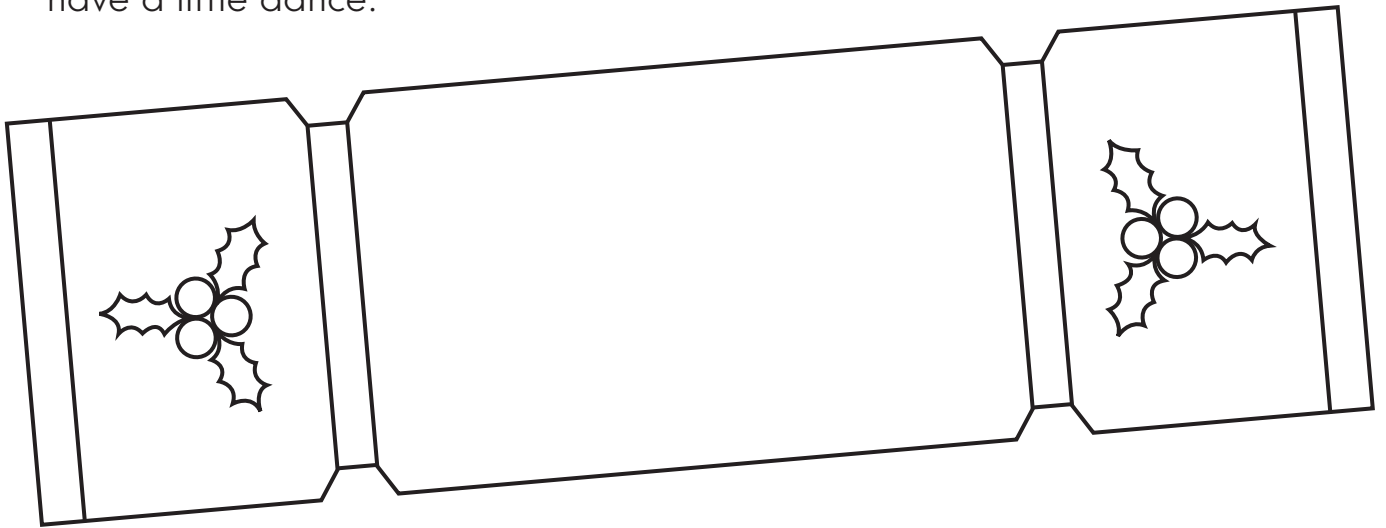
# STAR BREATHING

Use your fingers to trace the star. Inhale as you move along the pink arrow and exhale as you move along the green arrows. Try and create a nice gentle flow and go round your star at least three times.



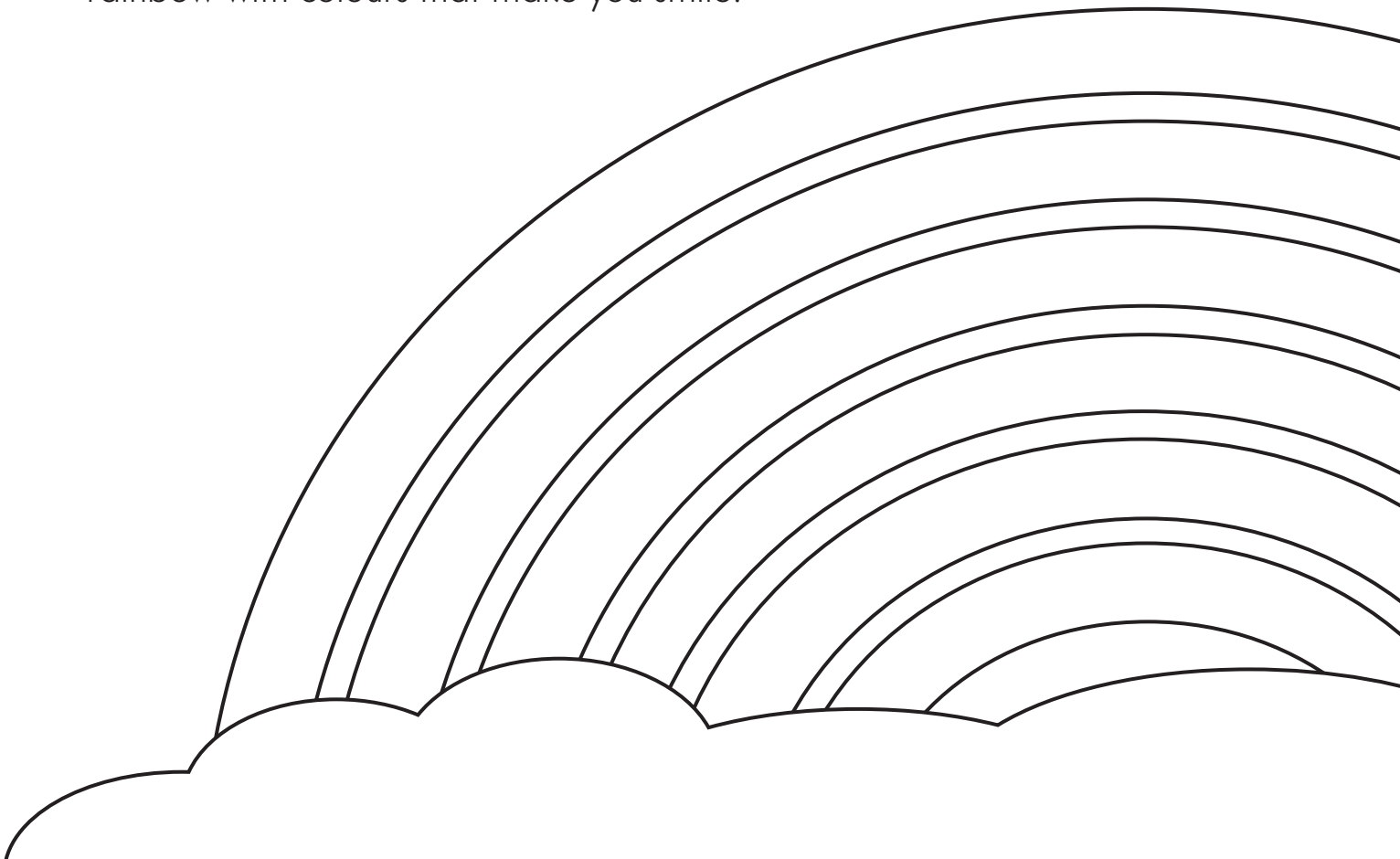
# I WANT TO CELEBRATE

When we think about things that have gone well, our clever brains look around for other similar things. So, think about something that is good or has gone well. Place it in the cracker. Feel the celebration and perhaps have a little dance.



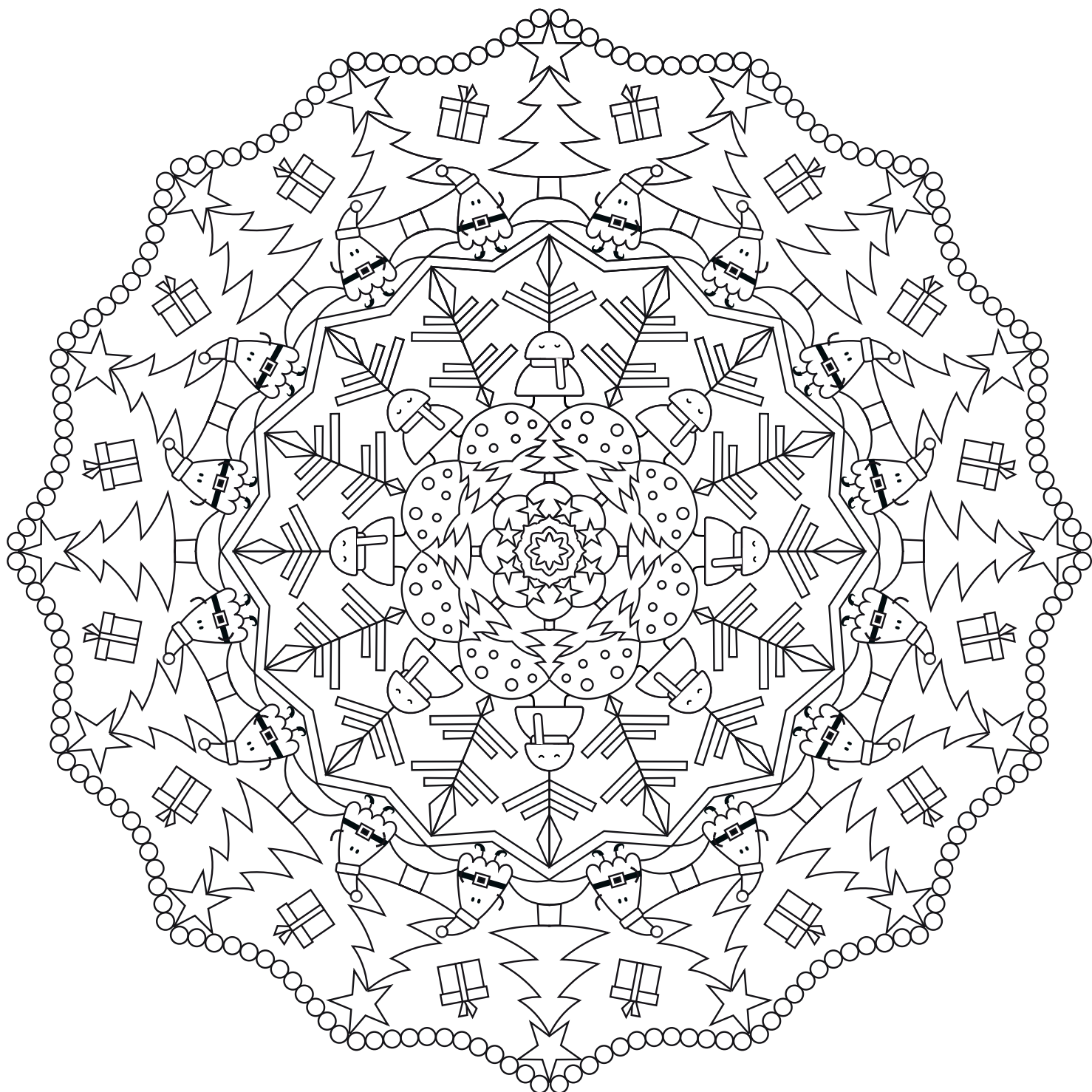
# POSITIVE WORDS

Positive words can help us believe in ourselves and feel a bit better when we're feeling sad. Write something positive in each of the rainbow lines below and then colour in your rainbow with colours that make you smile!



# MANDALA

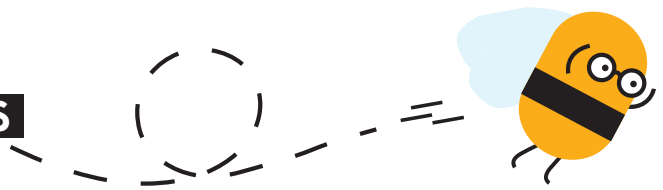
Take a break and colour in your mandala. Be in the moment and enjoy!





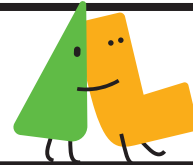
# BEE KIND!

## 7 WAYS TO PRACTISE KINDNESS



### MONDAYS

GIVE SOMEONE A HUG



### TUESDAYS

DO A GOOD DEED FOR SOMEONE

### WEDNESDAYS

SEND SOMEONE A CHRISTMAS CARD

### THURSDAYS

SHARE SOMETHING OF YOURS

### FRIDAYS

SMILE AT SOMEONE

### SATURDAYS

TELL SOMEONE YOU LOVE THEM

### SUNDAYS

ASK SOMEONE IF THEY NEED HELP



# YOGA POSES FOR FEELINGS

## WARRIOR 2 POSE

I feel strong



## DOG POSE

I feel happy



## TREE POSE

I feel confident



## CAT/COW POSE

I feel energised




## BUTTERFLY POSE

I feel peaceful




# WHO am I?


Tell us how you like to play by filling in the boxes with words or drawings.




What do I look like?



What is my favourite game?



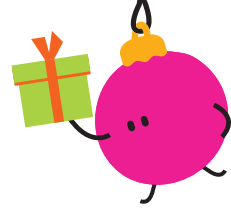
What does my favourite day look like?



What makes me smile?

# DOT to DOT

Join up the dots and see what picture emerges.



21 • • 23

20 • • 24

19 • • 25

18 • • 17

27 • • 26

16 •

28 •

15 •

29 •

14 • • 13

31 •

30 •

12 •

11 •

10 •

32 •

9 •

7 •

34 •

33 •

8 •

6 •

35 •

36 •

5 •

4 •

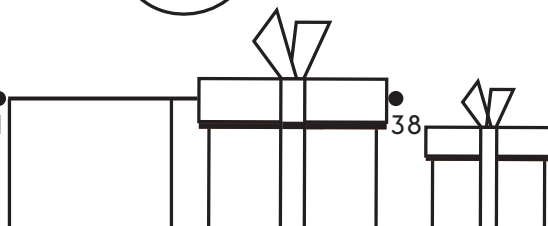
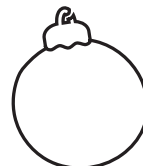
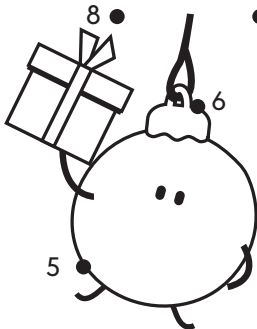
3 •

2 •

1 •

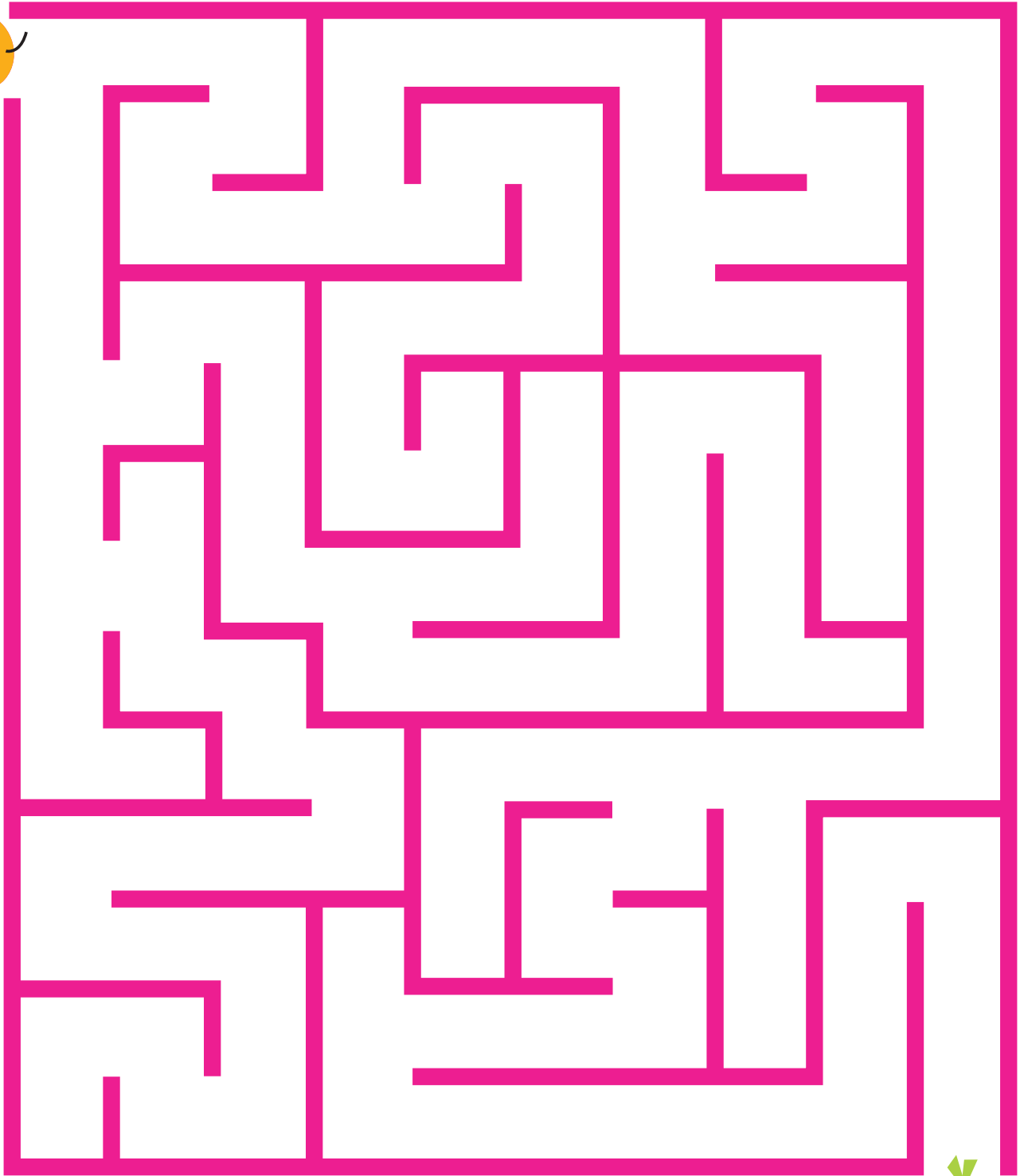
38 •

37 •



# MAZE

Can you help the elf find the Christmas presents?



# WORD SEARCH

**Can you find all 8 words?**

Celebrate

Fun

Play

Wellbeing

Enjoy

Laughter

Festive

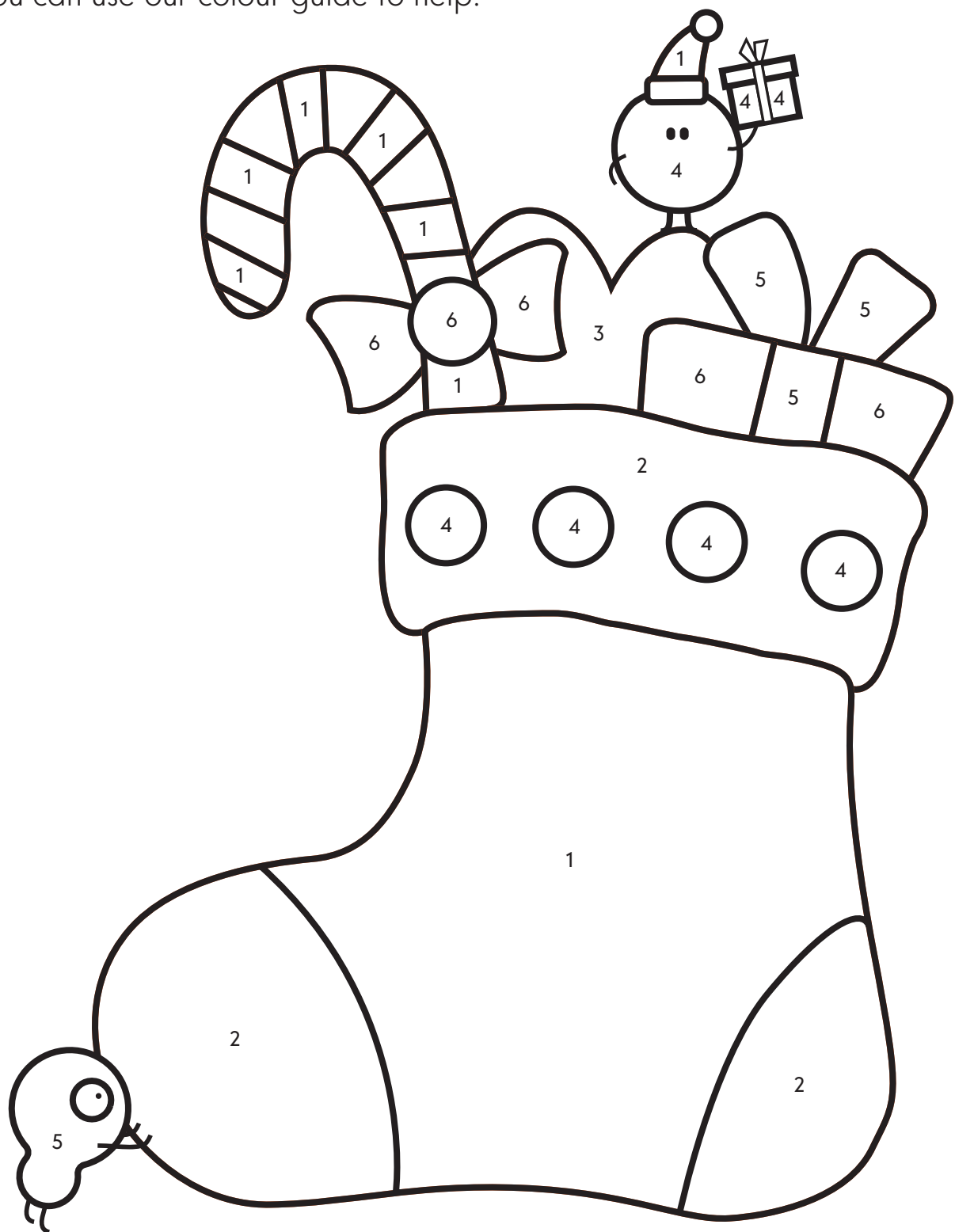
Pleasure



W	X	E	V	I	T	S	E	F
R	E	T	H	G	U	A	L	P
I	P	L	E	A	S	U	R	E
R	Y	A	L	P	N	E	W	L
C	E	L	E	B	R	A	T	E
S	B	N	V	Z	E	G	K	A
U	T	E	J	Y	Z	I	E	X
I	C	D	D	O	F	U	N	O
H	S	T	I	A	Y	Z	O	G

# COLOURING IN

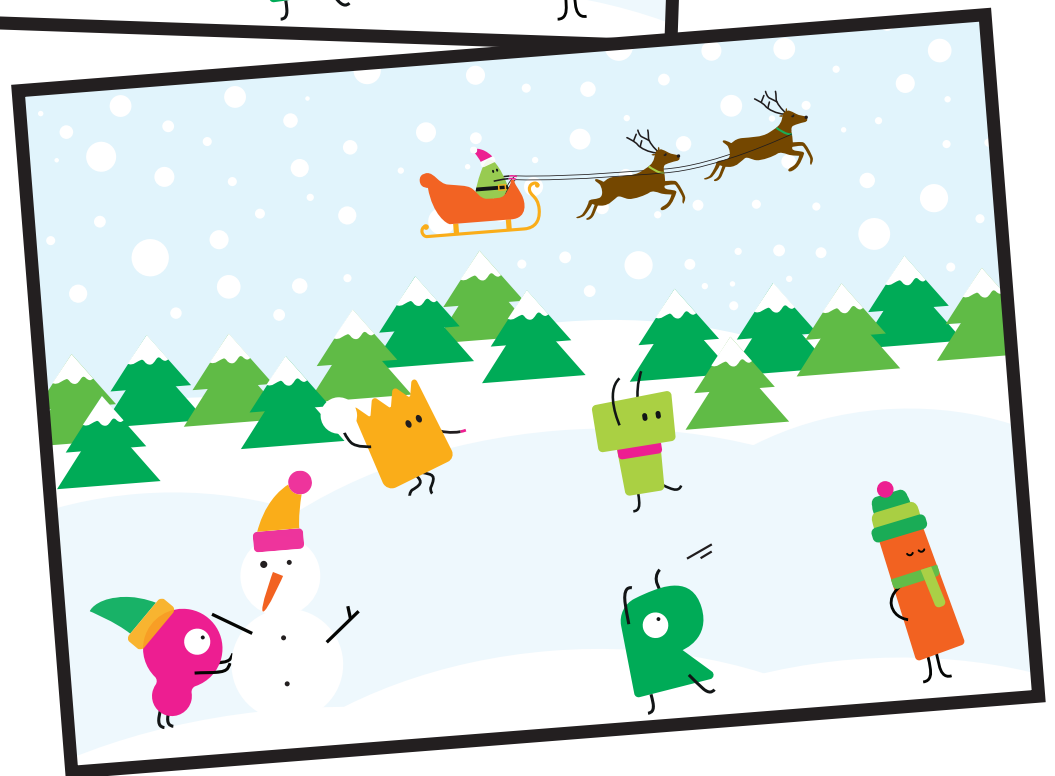
Have some fun and add some colour to the page.  
You can use our colour guide to help.





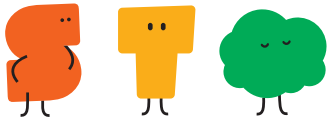
# SPOT THE DIFFERENCE

There are 10 things different on these pictures – can you find them all?  
Circle the difference as you go along to help you keep track.

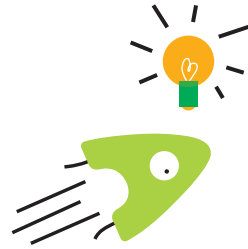


# Find the **CHARACTER**

Our characters are hiding! How many can you find?



# I SPY



All the words can be found inside your home and outside on the street.  
See how many you can find using our prompts.

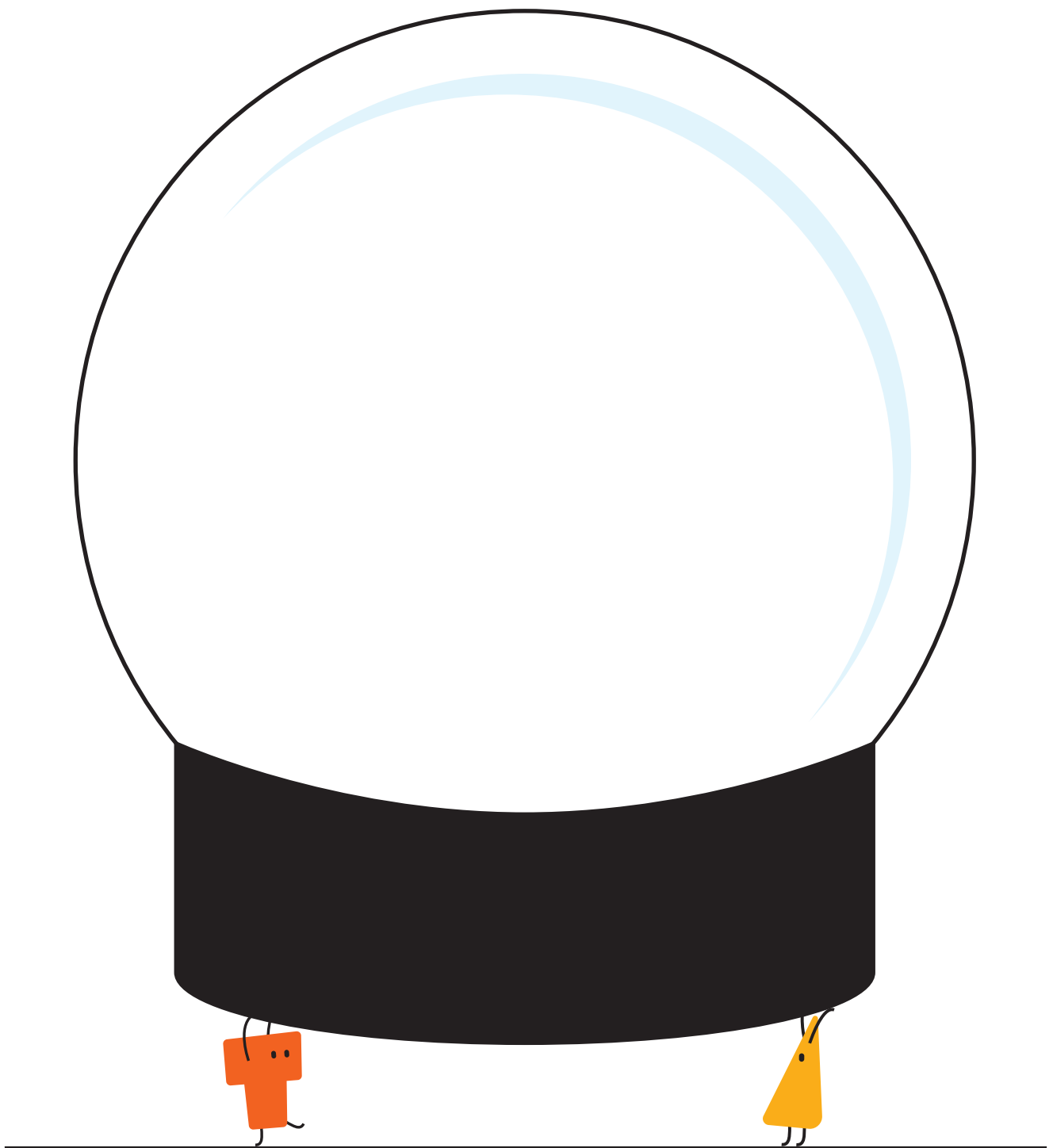
- |                                   |                                 |
|-----------------------------------|---------------------------------|
| <b>1</b> R _ _ _ _                | <b>11</b> P _ _ _ _             |
| <b>2</b> L _ _ _ _                | <b>12</b> C _ _ _ _             |
| <b>3</b> F _ _ _ _ C _ _ _ _ _    | <b>13</b> R _ _ _ _ _           |
| <b>4</b> B _ _ _ _ _              | <b>14</b> S _ _                 |
| <b>5</b> W _ _ _ _                | <b>15</b> C _ _ _ _ _           |
| <b>6</b> C _ _ _ _ _ T _ _ _      | <b>16</b> S _ _ _               |
| <b>7</b> S _ _ _ _                | <b>17</b> F _ _ _ _ L _ _ _ _ _ |
| <b>8</b> C _ _ _ _ _              | <b>18</b> B _ _ _ _ _ H _ _     |
| <b>9</b> T _ _ _ _ _              | <b>19</b> F _ _ _ _ _ _ _       |
| <b>10</b> B _ _ _ _ _ S _ _ _ _ _ | <b>20</b> W _ _ _ _ _           |



**Answers:**  
 1. Robin  
 2. Leaves  
 3. Father Christmas  
 4. Bubbles  
 5. Wreath  
 6. Christmas Tree  
 7. Scarf  
 8. Clouds  
 9. Tinsel  
 10. Brussels Sprouts  
 11. People  
 12. Candle  
 13. Reindeer  
 14. Sky  
 15. Cracker  
 16. Snow  
 17. Fairy Lights  
 18. Bobbie Hat  
 19. Fireworks  
 20. Wellies

# SNOW GLOBE SCENES

Draw your own festive scene in the snow globe below.



# MATCHING PAIRS

Put your memory to the test and see how many pairs you can make.

## How to play:

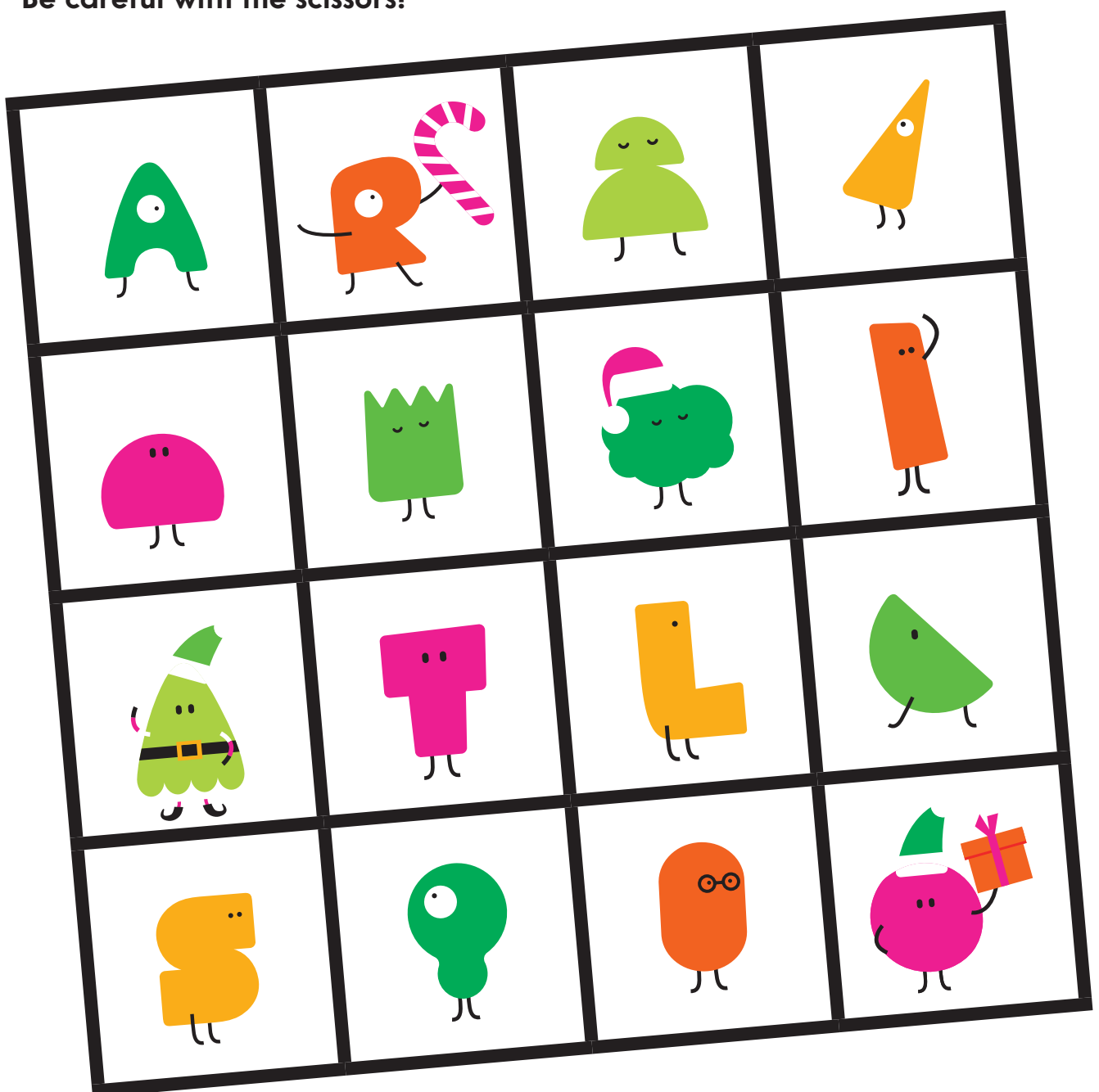
Print out this sheet twice.

Cut out each character square so you are left with 32 squares.

Turn the squares over and mix them up.

Take turns to turn over two at a time and see who can match the most first.

**Be careful with the scissors!**



# Nature

## SCAVENGER HUNT

Can you use your senses to discover as many of these things as possible whilst out on an adventure?

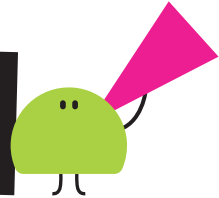
Write or draw what you find.



### TOUCH

- ☐ Something spiky
- ☐ Something smooth
- ☐ Something cold
- ☐ Something heavy
- ☐ Something crunchy

### HEAR



- ☐ Something loud
- ☐ Something far away
- ☐ An animal
- ☐ Something repetitive
- ☐ Something man-made

### SMELL

- ☐ Something stinky
- ☐ Something pretty
- ☐ Something fresh
- ☐ Something woody
- ☐ Something sweet

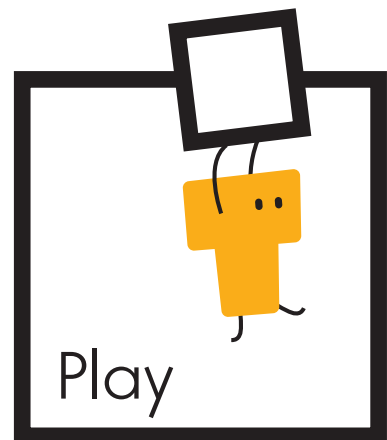
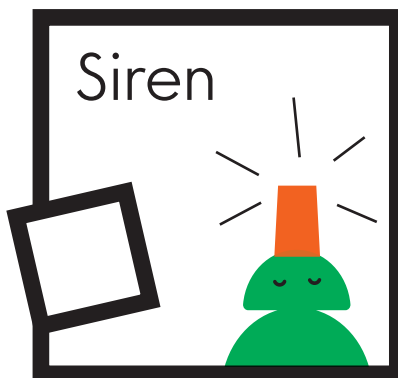
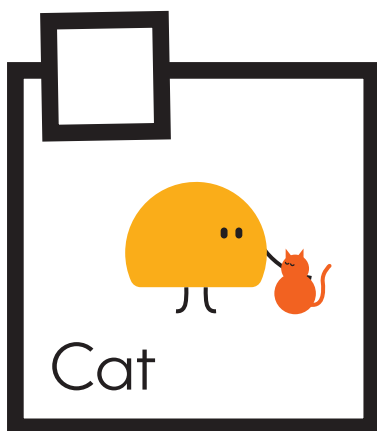
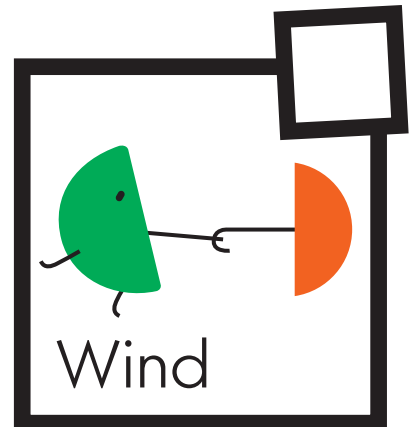
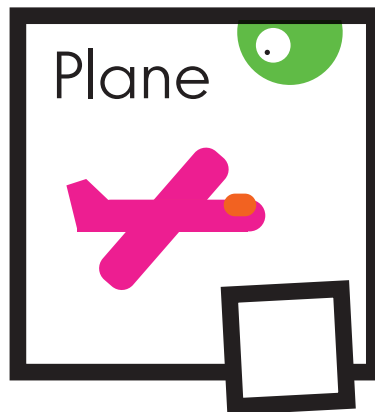
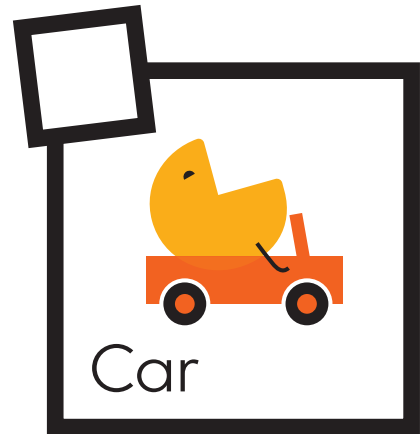
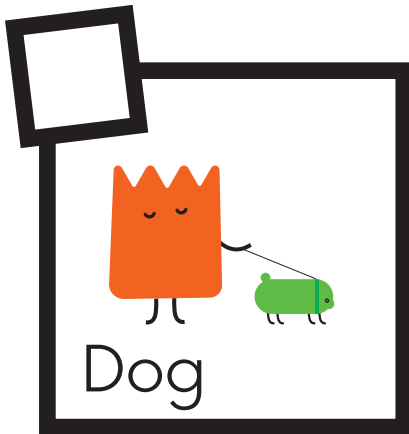


### SEE

- ☐ Something bright
- ☐ Something small
- ☐ Something colourful
- ☐ Something tall
- ☐ Something holey

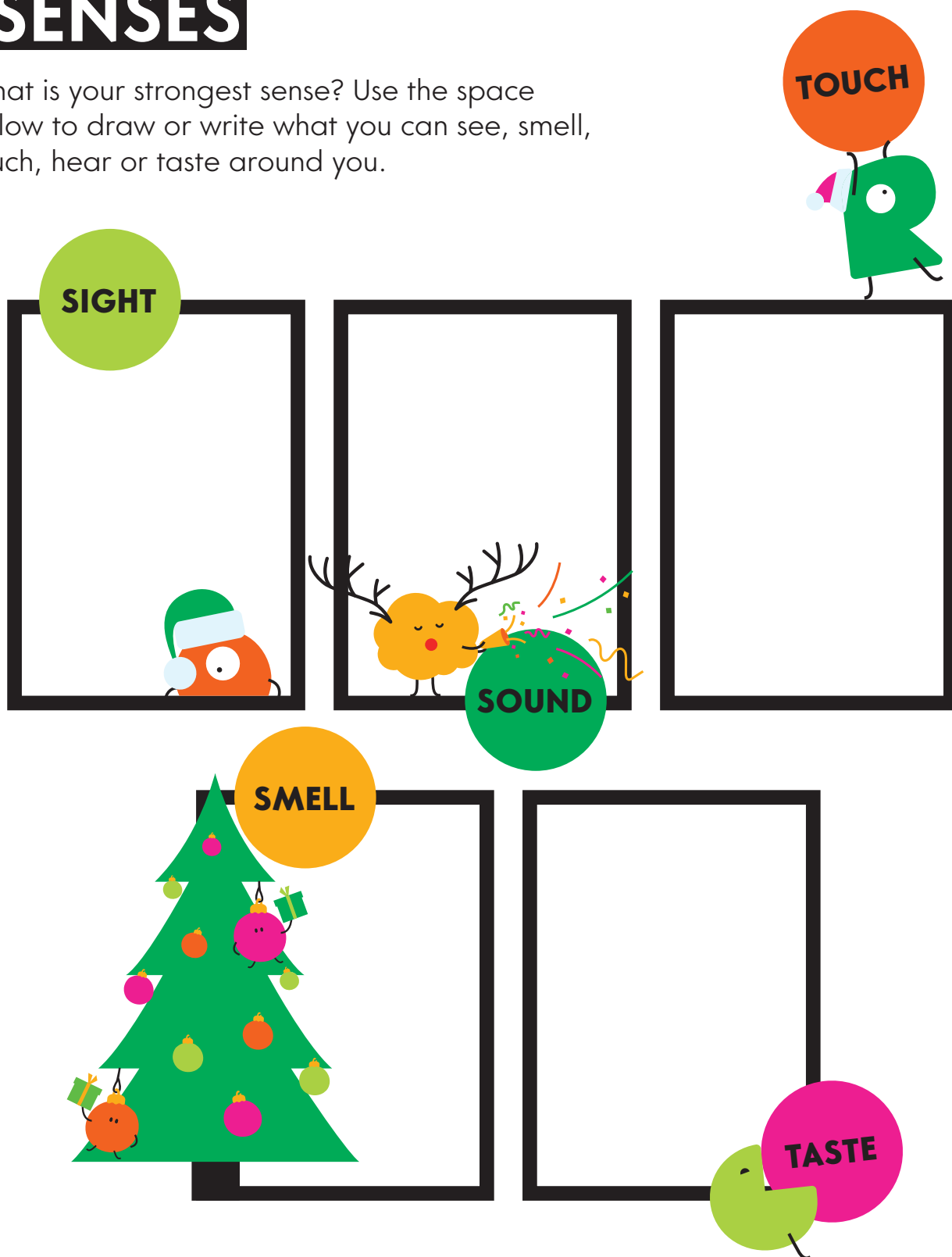
# SOUND

Go outside and listen closely for all the sounds.  
Tick off the box as you hear (or see) the sound.



# USE YOUR SENSES

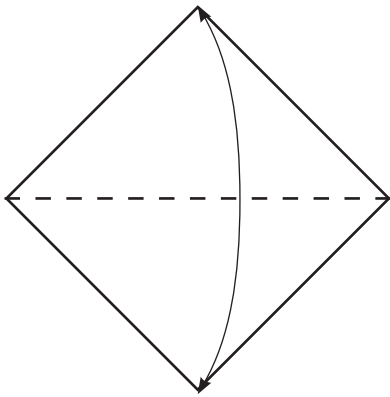
What is your strongest sense? Use the space below to draw or write what you can see, smell, touch, hear or taste around you.



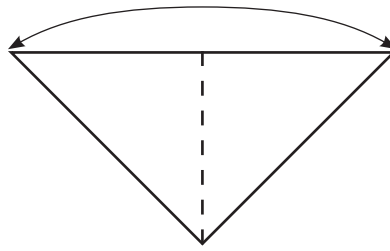


# MAKE A SNOWFLAKE

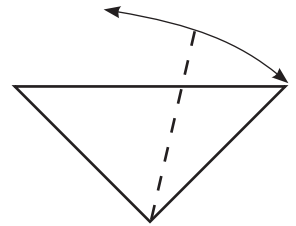
Follow the instructions below to make a triangle, then either use the example to turn it into a paper snowflake or create one of your own. **Be careful with the scissors!**



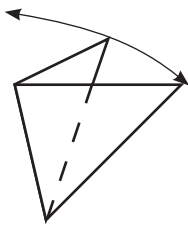
- 1** Fold a square piece of paper in half to make a triangle.



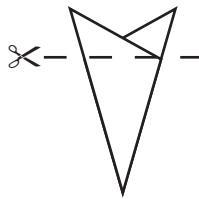
- 2** Fold the paper in half again.



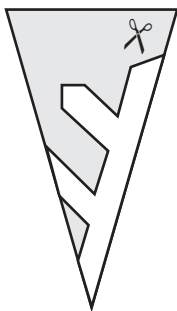
- 3** With the triangle pointing down, fold one corner about a third of the way across the other side.



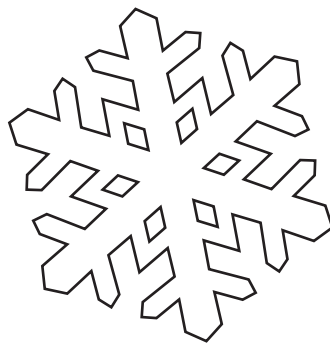
- 4** Turn the paper over and fold the other side across to match.



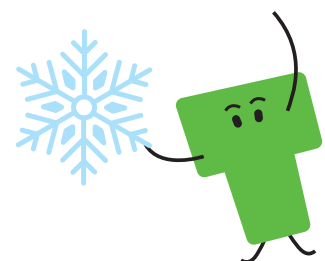
- 5** Cut the points off the top to make a triangle.



- 6** Cut a design out of the sides of the triangle.

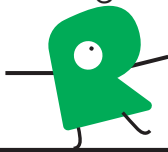


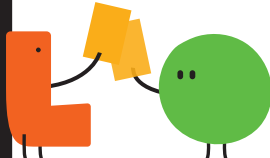






- 7** Open it out and reveal your snowflake!



# BINGO!

How many of these games can you play over the next month.  
Tick them off as you play!

Hide and Seek	Right Light, Green Light 	What's the time Mr Wolf?	Marco Polo
Four Square	Cats Cradle	Musical Chairs 	Tig / Tag / It
Musical Statues 	Musical Bumps	Snap 	Hopscotch
Snakes and Ladders 	Patball	Stuck in the mud	Finders Keepers 
A board game 	Building blocks	Marbles	Floor is Lava 



# WORD SEARCH

**Can you find all 8 festive words?**

Tree

Lights

Elf

Mistletoe

Tinsel

Gift

Reindeer

Carols



M	C	A	F	B	C	H	R	D
T	I	N	S	E	L	E	C	S
R	I	S	F	H	E	R	A	G
E	H	C	T	D	J	G	R	K
E	F	M	N	L	P	I	O	H
R	L	I	H	S	E	F	L	Q
S	E	L	I	G	H	T	S	U
R	T	S	V	R	W	I	O	X
C	M	Y	A	S	E	V	U	E



This play pack is provided by Starlight, just one of the ways we help children and young people in health settings.

Scan the code to find out about other ways we protect play in hospital and hospices.



TRANSFORMING CHILDREN'S HEALTH THROUGH PLAY



StarlightUK



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