




Christmas Mood & Move

ADVENT CALENDAR

NAME: _____

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| 1 <input type="checkbox"/> March on the spot (30secs) if someone says the word 'Christmas' | 2 <input type="checkbox"/> Go for a walk or roll in your local park | 3 <input type="checkbox"/> Listen to a sound bath | 4 <input type="checkbox"/> Log on to Dance class on the Activity Hub | 5 <input type="checkbox"/> Challenge a staff member to do 5000 steps with you |
| 6 <input type="checkbox"/> 10 heel & toe raises if a Christmas ad appears on TV | 7 <input type="checkbox"/> Balance a book on your head and walk or roll down the hall | 8 <input type="checkbox"/> Take 5 minutes to do a breathing exercise | 9 <input type="checkbox"/> Do 5-10 leg raises when drinking your tea or coffee | 10 <input type="checkbox"/> Log on for Aerobics class on the Activity Hub |
| 11 <input type="checkbox"/> Reach for your toes 10 times before lunch | 12 <input type="checkbox"/> Lift bottom off chair while the kettle boils | 13 <input type="checkbox"/> Have a piece of fruit after lunch or dinner | 14 <input type="checkbox"/> Go for a 10 minute walk and listen to music | 15 <input type="checkbox"/> Try a mindfulness video |
| 16 <input type="checkbox"/> 9 Air punches every time tea or coffee is mentioned | 17 <input type="checkbox"/> Balance on one leg with support before lunch (8 secs) | 18 <input type="checkbox"/> Draw or paint a picture about Christmas | 19 <input type="checkbox"/> Log on for Zumba on the Activity Hub | 20 <input type="checkbox"/> Make a dessert or treat for Christmas |
| 21 <input type="checkbox"/> Hoover & tidy your room | 22 <input type="checkbox"/> How many leg extensions can you do to your favourite song? | 23 <input type="checkbox"/> Watch a Christmas Movie | 24 <input type="checkbox"/> Dance and sing to your favourite Christmas song | 25 Happy Christmas  |