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Big Value Christmas

fun, Family activities
FOR the Festive season



Thanks to the following contributors:

*Musselburgh Baptist Church
Christians Against Poverty Debt*

*Many of the craft activities
sourced from www.pinterest.com*



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Christmas Fingerprint Creations

What you need

- Different coloured paints
- Dish or paint tray
- Paint Brushes
- Coloured paper/card
- Pen/pencils for finishing touches

Activity

Fill paint dishes with coloured paint. Fold the coloured paper into cards. Dip fingers into paint or paint hands. Get your child to stamp their painted fingertip/palms onto the card and decorate. See adjacent page for some inspiration of how you can use your child's hand/fingerprint. Colour in and add pencil detailing to finalise the card's design.

Notes

It's a good idea to cover your workspace with recycled newspaper or a plastic tablecloth to avoid getting paint on the table. Have a damp washcloth handy to wipe off excess paint from child's hands when changing colours. Get creative and use whatever colours you like! Just remember to use colours that contrast with your coloured card to be sure it shows up well.



Big Value Christmas

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Messy Play Recipes



Bubbles

2tblsp sugar / 1tsp glycerine / ½ cup dish wash liquid

½ cup water – mix altogether let stand overnight

Pipe cleaners twisted into a circle at the top make excellent blower wands.

Cloud Dough

This one stretches forever!

3 cups of flour / ½ cup cooking oil

Place in a bowl and mix with up to 1 cup of water. Add a little at a time while stirring. Mix well then knead by hand.

Builders cement

Great for that little man in your life

½ cup flour / ½ cup sand mix together with water until thick.

This will stick those pieces of wood together without nails. Use it for moulding objects.

Cornflour dough

1 cup corn flour/ 1 cup of water/ 3 cups of salt

Heat water and salt together until salt has dissolved slowly add cornflour stirring all the time. Add more water if necessary. Stir well then continue kneading by hand.

Playdough

1 cup of salt / 4 tblsp of oil/ 2 tblsp cream of tartar

4 cups of boiling water/ food colouring

4 cups of flour

Mix first three ingredients together in a large bowl. Add boiling water with colouring. Stir only enough to mix then add flour as quickly as possible. Keep stirring until flour leaves the sides of the bowl. Continue kneading by hand until smooth and stretchy. Store in airtight bag in the fridge.

Gloop

1 cup of cornflour scatter on a tray sprinkle water over and mix with hands

Trying to pick this one up is fun!



Poppy and Zion's Awesome Advent Calender

Poppy (2) and Zion (4) have created this awesome advent calender! Behind each of the days of advent there is an activity they have chosen as a family. Day 1, for example is decorating their xmas tree. Some examples of the activities they have chosem are, playdough, making xmas decorations and the next day painting them, picnic at the park, picnic at the beach, feeding the ducks, going to the skate park, going to the pools, and so on. Most of the activities are super low cost or free.

Elderflower Cordial

Best harvested on warm, sunny days this recipe is easy to follow and bottles a beautifully, fragrant taste of summer.

Ingredients

8 elderflower heads
400g caster sugar
600 ml water
Zest and juice of 1 lemon
1 dessert spoon of citric acid

Method

1. Shake, then gently rinse the elderflowers to remove any insects, and then place in a large bowl.
2. Put the sugar into a pan with the water and bring up to the boil, stirring until the sugar has dissolved.
3. Add the lemon zest and juice to the bowl of elderflowers. Pour over the sugar-water solution, and then stir in the citric acid. Cover with a cloth and then leave at room temperature for 24 hours
4. Strain the cordial through a muslin cloth
5. Pour into bottles, screw on the lids and store somewhere cool and dark ready for use.



How to Make a Calming Bottle.

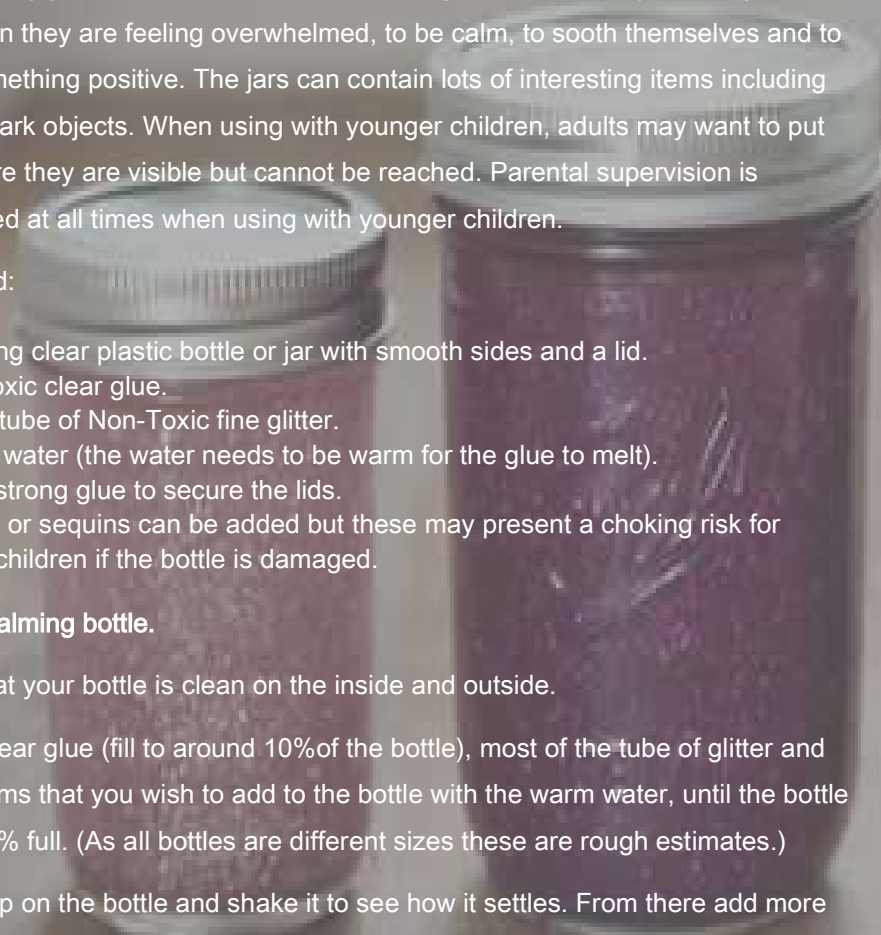
Calming bottles, Glitter bottles or mind bottles are a great relaxation tool for children and adults, simply shake the bottle and watch the glitter settle. They can help children when they are feeling overwhelmed, to be calm, to soothe themselves and to focus on something positive. The jars can contain lots of interesting items including glow in the dark objects. When using with younger children, adults may want to put the jars where they are visible but cannot be reached. Parental supervision is recommended at all times when using with younger children.

You will need:

- A strong clear plastic bottle or jar with smooth sides and a lid.
- Non-toxic clear glue.
- Small tube of Non-Toxic fine glitter.
- Warm water (the water needs to be warm for the glue to melt).
- Extra strong glue to secure the lids.
- Beads or sequins can be added but these may present a choking risk for small children if the bottle is damaged.

To make a calming bottle.

1. Ensure that your bottle is clean on the inside and outside.
2. Add the clear glue (fill to around 10% of the bottle), most of the tube of glitter and any other items that you wish to add to the bottle with the warm water, until the bottle is around 75% full. (As all bottles are different sizes these are rough estimates.)
3. Put the cap on the bottle and shake it to see how it settles. From there add more water, glue or glitter, depending on how quickly or slowly you would like the contents to settle. More glue will make the contents settle slower and water will make it settle quicker.
4. When you are happy with the consistency of the bottle secure the lid of the bottle with hot glue or extra strong glue so that children are not able to remove this.





3 tbs Sugar
 1/2 tsp Salt
 1/2 Cup Cornflour
 2 Cups water
 Food colouring
 Mix all except food colouring and heat in pot till thickens, divide into pots and add colouring



Christmas Salt

1cup Rock salt or Salt flakes
 2 tsp Red or gourmet peppercorns
 4 Star anise
 2 tsp Chilli flakes
 Mix together and put in glass jars



Make snowflake decorations out of toilet rolls.

Simple Tips

For a debt free Christmas

1. Prepare a budget and stick to it
2. Plan ahead; it's a great time to start planning for next year now!
3. Set a limit
4. Shop online if you get tempted by all the bells and whistles in the shops.
5. Save receipts to keep track of your spending
6. Draw names as a family so that you each only have to buy for one person
7. Think with your brain not your heart, there are so many things to give to at this time of year or parties that have gift exchanges, sometimes you need to learn to say no and set a limit to how much you can give
8. Think homemade
9. Don't strive to keep up with the Joneses!
10. Don't shop and snack. That little reward coffee as you rush round doing your shopping can add up. Keep a bottle of water in your bag to sip on and wait to you get home for that holiday treat you already have waiting for you there.



Homemade Hot Chocolate Reindeer, fill disposable icing bags with Hot Choc powder, marshmallows, Choc Chips and sprinkles, decorate as shown and give as wee gift to friends

Chocolate Chip Cookie Gift in a Jar

with free printable recipe!



1 3/4 cups all-purpose Flour
 3/4 teaspoon baking soda
 3/4 teaspoon salt
 1/2 cup granulated sugar
 3/4 cup packed brown sugar
 1 1/2 cups (9 ounces) semi-sweet chocolate chips
 Combine flour, baking soda, and salt in small bowl. Place mixture in 1-quart jar. Now for the tip to getting your mix to look "pretty," use the back of a spoon to pack the flour mixture down around the outside of the jar. Add the brown sugar next using the same method to pack it down in the jar. Finish by adding the sugar and top with the chocolate chips. Include the attached instructions with your gift so the recipient knows how to use the mix! (see other sheet)

Make your OWN CLEANING PRODUCTS

Floor Cleaner

1/4 Cup Borax
 2 litres Hot Water

Mix together in a large bucket to clean floors and walls

Scouring Powder

1/2 Cup Borax
 1/4 Cup Baking Soda
 1 1/2 Cups Hot Water

Mix ingredients in a sealable container. Use as a scourer on sinks and bathtubs.

Toilet Cleaner

1 Cup Baking Soda
 1 Cup White Vinegar

Pour baking soda and vinegar into toilet bowl.

Leave for 10 minutes, then clean with toilet brush and flush clean.

Shower Door Cleaner

1 Cup Water
 1 Cup White Vinegar

Pour ingredients into a spray bottle and spray onto shower door. Leave for an hour then wipe off.

Oven Cleaner

1 Cup Baking Soda
 Water

Sprinkle baking soda on base of oven. Mix with enough water to make a paste. Spread paste over oven walls and door. Leave overnight and wipe off the next day.

Window Cleaner

1 Cup White Vinegar
 2 Cups Water
 Squirt of Dishwashing Liquid
 Couple of drops of tea Tree Oil

Pour ingredients into a spray bottle. Spray on windows, wipe clean with newspaper.



Kettle Lime Scale Cleaner

1/2 Cup White Vinegar

Fill kettle with water, add vinegar. Leave overnight then rinse thoroughly the next day.

Clay hand/foot prints



- Flatten the play dough in a tray or plate. Create a lip around the edge to secure plaster if you wish to make

a plaque.

- Place baby/child's hand and/or foot into the play dough and press down ensuring the whole hand/foot creates an indent in the play dough.
- Remove hand/foot.
- Mix the plaster powder with water. Add little amounts at a time. Stir quickly and thoroughly until the mixture is similar to a white sauce consistency.
- Pour mixture into the mould, paying attention to the indent of the fingers and toes as this is where air bubbles can form easily.
- When the plaster mixture is completely covering the hand and foot bang the plate gently on a hard surface to remove remaining air bubbles.

Wash any equipment used to mix the clay immediately to avoid clay hardening to utensils.

Allow the plaster to air dry for at least 24 hours before removing it from the tray. At this point remove the play dough from the mould. If there is play dough attached to the hand mould, roll a ball out of play dough and use it to remove any play dough from the plaque.

Air dry for another 24 hours.

Your precious memento is now complete!



Make your own swimming bags or laundry bags from scrap material/curtains etc, net curtains make good laundry bags



Cover Note books, diaries etc. with fabric, add pockets to hold pens etc.

Recycle old tshirts

Make bracelets, rag rugs, small drawstring bags for treasures



More simple Ideas for Christmas on a budget!

Make Hacky Sacks out of balloons and lentils or wheat



Give the gift of baking!

Cake in a Jar

Brownie

Biscuits

Anything goes!



Make Salt Dough Ornaments



Or use a baking soda dough

2 cups Baking Soda

1 cup Corn Starch

1 and a 1/4 cups of water

several drops of Cinnamon Oil Flavour

Mix Baking Soda, Corn Starch and water in a big pot on your stove on a Medium heat keep mixing. It will start to boil and bubble at this point so you will need to scrape the sides of the pot well. Mix, mix, mix. In less than 5 minutes, you should have a ball of steaming hot dough.



Make homemade crayons out of old used crayons, melt them and set in fun moulds



Make playdough, put it in a cool container as a gift, there are loads of recipes online

Try this one!

One part conditioner

2 parts cornflour

Food colouring (Optional)

that's it, mix all together.



Give plants in homemade containers

Microwave Christmas Pudding

3/4 Cup Brown Sugar
 3/4 Cup Sultanas
 3/4 Currants
 1/3 Cup Non Fat Milk Powder
 1 cup water
 125g Butter
 1 1/2 Cups Plain Flour
 1 tsp Baking Soda
 1 tsp Mixed Spice



In a microwave proof bowl, mix brown sugar, sultanas, currants, milk powder, water and butter. Microwave for 5 minutes. In a bowl sift flour, baking soda and mixed spice. Mix the two bowls together to just combine. Cover with plastic wrap, microwave for 8-10 minutes. Carefully turn upside down onto plate to serve. Microwave times may vary by wattage. Recipe for 700 watt microwave.

Quick & Easy Christmas Cake

500g Bin Inn Everyday Cake Mix
 100g Butter, softened
 3 Large Eggs
 1/2 Cup Water
 Pinch Ground Nutmeg
 Pinch Mixed Spice
 750g Fruit Mix



Place all ingredients, except fruit mix in a bowl. Mix well. Gently blend in fruit mix. Pour in a lined cake tin. Bake at 150°C for 1 1/2 hours or until cooked.

Create New family memories and traditions

Make a Christmas themed Scavenger Hunt

Have a progressive "dinner" cookie tour (a different cookie a teach house)

Plan a Christmas ornament exchange with friends

Stay up late and drive round the Christmas lights

Fill a box of gifts for those with less

Sing carols at a local rest home or around your neighbourhood

Take baking to those that serve your community, police, nurses etc.

Donate your time to a Christmas event for those less fortunate

Make your own nativity scene, and read a part of the Christmas story each night leading up to Christmas with your family

See how many candy canes you can distribute in the month of December in your community, each given with a note of encouragement or kind words

Help out a single mum or give someone a well-earned rest and mind their children for awhile

Get in touch with family and friends and just tell them you care

Chocolate Chip cookies



Preheat oven to 375° F. Beat 3/4 cup (1 1/2 sticks) softened butter or margarine, 1 large egg and 3/4 teaspoon vanilla extract in large mixer bowl until blended. Add cookie mix; mix well, breaking up any clumps. Drop by rounded tablespoon onto ungreased baking sheets. Bake for 9 to 11 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely. Makes about 2 dozen cookies.



Bath Salts

- 2 cups Epsom salts
- 8 or 9 drops of lavender essential oil
- 25mls oil (e.g. sunflower or grapeseed oil)
- A couple of tiny drops of food colouring (optional)
- A few sprigs lavender flowers and/or leaves



Add the salts to a sealable glass container and stir in oils with a metal spoon. Add a couple of tiny drops of food colouring and stir through evenly. Rub the lavender leaves between your fingers to release the oils/fragrance and place on top of the bath salts for storage. Stir salts before using as oil tends to go to the bottom of the jar.

Bath Salts with Milk

- 2 cups of powdered milk (goat, cow or buttermilk)
- 1 cup of epsom salt (optional)
- 1 cup of sea salt (optional)
- 1/2 cup of baking soda (optional)
- 1/2 ounce of [lavender essential](#) oil or any other fragrance you prefer (optional)



Measure out the milk. If you're using salt(s), mix everything together well, making sure to break up any clumps. I find that a large, wide, stainless steel bowl works best for mixing. Add the fragrance or essential oil. Mix everything together well. Scoop the milk-mixture into jars or other air-tight containers. Add a half cup or so to briskly running bath water and enjoy a soothing soak!

Relaxation Strategies

The BUG Relaxation

Butterfly

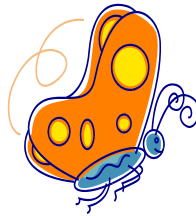
Have the child sit in butterfly pose

Flutter the butterfly's wings (move legs up and down)

What does your butterfly look like today? What colour is it? What designs does it have?

The butterfly lands on a flower, what does the flower look like? What colour is it?

Now, look into the flower, what do you see? Tell your child about something special in the flower.



Lady Bug

Have the child sit in child's pose

Ask the child how many spots they want to have today (best to keep this under 10!)

Slowly and firmly press your hands into the child's back to put on the spots



Dead Bug Journey

Have the child lie on his/her back with arms and legs in the air

Explain that a live bug is filled with energy (muscles should be tight and quick) and a dead bug is fully relaxed (collapse to the floor and loosen all muscles)

Go outside and call out "Live Bug!" – the child should run around

Call out "Dead Bug" – the child should collapse on the spot and relax

Alternate until the child seems to have burned off energy



Sea Turtle

Tell your child you are going to relax like a sea turtle

Say, "Give yourself a big hug and pull all of your energy back into your shell."



- Make sock puppets and do a play
- Blowing bubbles
- Singing/Dancing
- Drawing
- Learning to Juggle
- Play Simon say's or play leap frog or duck, duck, goose.
- Play skipping/elastics/clapping games.



OUTINGS:

- A day at the Museum. (look up often free/cheap activities for kids)
- Toitu
- Visit the Art Gallery. (look up often free/cheap activities for kids)
- Go to Woodhaugh gardens and wade in the paddling pool.
- Go to the Botanical Gardens and feed the ducks.
- Go find all the parks in the area and rate them.
- Go to the Beach, make sand castles, have a picnic, jump the waves.
- Pick something from the top 50 free family attractions in Dunedin.

SCHOOL HOLIDAY Boredom Busters

ACTIVITIES:

- Finger painting (non toxic paint)
- Making a hut out of indoor furniture, sheets etc.
- Dress ups
- Jigsaw Puzzles
- Card Games eg. Snap, go fish, memory.
- Board games
- Playing Statues
- Doing a Collage (cutting and pasting magazine pictures)
- Play statues
- Cooking/Baking together
- Set up plastic bottles and do Tenpin bowling.
- Make a kids garden.
- Make a treasure hunt for the children by hiding household items outside.
- Chalk on concrete, drawing, hopscotch, four square.



“Now, let go of all that energy and let your arms relax, like a sea turtle bobbing in the ocean.”

And, “go with the flow,” bobbing along in the ocean and feeling relaxed.

Cycling Trip



Have the child lie on their back with feet up in the air.

Go on a cycling journey together!

Journey through somewhere the child knows (like your neighbourhood) or somewhere imaginary (like the rainforest). Describe the place as best you can.

Tell your child how they should pedal – going uphill is hard work, pedal slowly; going downhill, pedal really fast!

Ask your child what they see as they are pedalling along

When the child seems calmer, tell them they have reached their destination and can get off the bike. Lay the bike down in soft green grass or a sandy beach and just relax.

Ocean Breathing

Have the child sit and explain that you are going to make the sound of the ocean together.

Talk about being at the beach, listen to the sound of the waves crashing on the sand.

Take a full breath in allowing your belly to expand.

Exhale, forcing the breath out like you are trying to fog up a mirror. It may help to make the sound “hahhh” as you do this.

Repeat inhaling and exhaling slowly until calm.



Out and About in DUNEDIN

Top 50 free family attractions in Dunedin

Top 10 Lookouts

1. Signal Hill (Centennial Memorial)
2. Flagstaff, off Whare Flat Road
3. Scott Memorial, Port Chalmers
4. Harbour Cone
5. Mt Cargill
6. Soldiers' Monument
7. Lookout on Three Mile Hill
8. The Chasm/Lover's Leap
9. The Fortifications, near Taiaroa Head
10. Lookout over Karitane from Coast Road



**DUNEDIN CITY
COUNCIL**

Kaunihera-a-rohe o Otepoti

Top 10 Beaches

11. St Clair Beach
12. St Kilda Beach
13. Brighton Beach
14. Macandrew Bay
15. Warrington Beach
16. Long Beach
17. Tunnel Beach
18. Waikouaiti Beach
19. Wharekeake (Murderers' Beach)
20. Sandfly Bay



Top 10 Walking Tracks

21. Ross Creek
22. Pineapple Track
23. Track to Tunnel Beach
24. Harbour Cone Tracks
25. Organ Pipes
26. Bethunes Gully/Mt Cargill
27. Track from Logan Park to Bracken's Lookout
28. Jubilee Park
29. Chingford Park
30. Okia Reserve

Top 10 Playgrounds

31. Mosgiel Memorial
32. Marlow Park, St Kilda
33. St Clair Playground
34. Latham Park
35. Ralph Ham Park, Macandrew Bay
36. Navy Park, South Dunedin
37. Thomas Burns Skate Park
38. Arthur Street
39. Market Reserve
40. Botanic Garden

Top 10 Public Gardens and/or Significant Trees

41. Dunedin Botanic Garden (including significant tree) - Horse Chestnut
42. Chinese Garden - admission charge applies
43. Woodhaugh Gardens - remnant native forest
44. Lady Thorn Dell, Port Chalmers Quarry, Church Street
45. Olveston, 42 Royal Terrace (significant tree) - English Oak on corner of Cobden Pl
46. Chingford Park (significant trees) - English Beech, Horizontal Elm, Macrocarpa
47. Jubilee Park (significant trees) - forest of English Beech, Wellingtonia / Giant Redwood
48. Ross Creek (significant trees) - stand of Coastal Redwood
49. New Zealand's Tallest Tree, Orokonui Eco-Sanctuary
50. Truby King Reserve

The Top 50 reflects some of the favourite recreation attractions as rated by staff from the Community and Recreation Services Department, Dunedin City Council. The numbers reflect their locations on the map, and not their order of rank.

For more information on these attractions see the Dunedin City Council website www.dunedin.govt.nz or call 03 477 4000

Community resource from an idea by Jules Radich, Action Coach. Ph. 03 477 1894

