

Festive Tips for a

SCREEN-FREE CHRISTMAS

This Christmas, why not unplug and rediscover the simple joys of spending time together? Here are some festive, screen-free ideas to help families laugh, create, and connect in the old-fashioned way.

1 GET CREATIVE AND CRAFTY

Bring out the glue, glitter, and imagination to make your home sparkle with handmade cheer.

- **Make decorations:** Try paper snowflakes, salt-dough ornaments, or pinecone garlands for the tree.
- **Christmas card workshop:** Design and decorate cards for friends, family, or neighbours.
- **DIY gifts:** Craft photo frames, bath salts, or 'kindness coupons' offering hugs, chores, or treats.

2 BAKE, BUILD, AND TASTE TOGETHER

The kitchen is the heart of Christmas, and it smells divine when everyone's baking.

- **Festive baking:** Bake and decorate cookies, mince pies, or cupcakes together.
- **Gingerbread challenge:** Build a gingerbread house and let the kids take charge of decorating!
- **Sweet treat swap:** Wrap up homemade goodies to gift to friends or neighbours.

3 SLOW DOWN AND BE PRESENT

The greatest gift you can give is your attention.

- **Digital Detox Day:** Choose one day to switch off all screens and enjoy each other fully.
- **Gratitude Gathering:** Share what you are thankful for from the past year.
- **Memory Moments:** Take photos with a disposable camera or sketch favourite holiday scenes.

4 ENJOY COSY, INDOOR FUN

Cold outside? No problem, turn your home into a festive retreat.

- **Family game night:** Play board or card games, from Uno to festive trivia.
- **Hot chocolate bar:** Set up a 'cocoa station' with marshmallows, cream, and candy canes.
- **Puzzle power:** Work together on a big jigsaw puzzle — slow, calm, and wonderfully mindful.

5 HOLD A FAMILY TALENT SHOW

Let everyone shine with a little Christmas sparkle and imagination.

- **Perform together:** Sing, dance, tell jokes, or stage a short Christmas play.
- **Make costumes:** Use household items to design festive outfits or props.
- **Award the stars:** Give fun prizes like 'Best Performance' or 'Most Festive Outfit.'

6 READ, WRITE, AND IMAGINE

Nurture creativity and quiet time with stories that come to life.

- **Story hour:** Read holiday tales aloud by the tree or under a blanket fort.
- **Write a story or comic:** Create Christmas adventures starring your family or pets.
- **Book swap:** Exchange favourite books and read each other's choices.

7 EXPLORE THE GREAT OUTDOORS

Wrap up warm, breathe the crisp winter air, and find magic in nature.

- **Winter nature walks:** Spot birds, berries, and frosty patterns while collecting natural treasures.
- **Christmas light hunt:** Take an evening stroll to admire twinkling lights in your community.
- **Scavenger hunt:** Hide small surprises around the garden or park.

8 GIVE BACK AND SPREAD KINDNESS

Christmas feels even warmer when shared with others.

- **Kindness countdown:** Do one good deed a day, from helping at home to writing thank-you notes.
- **Donate together:** Collect food, toys, or clothes for a local charity.
- **Neighbourly cheer:** Deliver homemade treats or cards to someone spending Christmas alone.

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