

# Family Fun!

Fun ideas for the family this holiday season!

## Make a snowflake decoration

Make a beautiful snowflake decoration using old wooden clothes pegs! Get an adult to help remove the metal spring, separate the two wooden pieces and glue them back-to-back. Create a number of pieces like this. Once the glue has set, join all these pieces together, until you have formed a circle. Now attach some string to the top, so that you can hang it. You can paint it afterwards or leave it as it is for a more natural look!



## Create a pop-up card

This festive pop-up card is so easy to make. Just cut a strip of paper about 1cm x 16 cm for the bottom tier of the tree. For each successive tier, reduce the length of the strip by about 3cm. Fold the strips to create a zig-zag pattern. Now glue each end of the zig-zag strips to the left and right hand side of the card. To make it look even more festive, use old wrapping paper and cards for the strips. Don't forget to write your greeting inside!

## Make a bird feeder

In the cold weather, spare a thought for our birds. This simple bird feeder can be made from oranges. Just scoop out the orange and fill the centre with a mixture of bird seed and some unsalted butter or lard. Hang in your garden, balcony or window ledge and enjoy watching the birds feed!



## Don't forget to laugh!

Laughing increases immune system functioning as well as serotonin/endorphin levels in the brain. Create more opportunities to laugh together by making a Family Joke Jar. Write your joke on a slip of paper, fold it and place in a decorated jar. Take turns to select and read some jokes from the jar.