



Activity PACK

festive edition

#BeatTheBoredom



WELCOME to your personal MSV “Beat the Boredom” Activity Pack

We, at MSV, want you to stay active physically and mentally and enjoy a variety of activities that you can do on your own

This Festive themed activity pack includes ways to help you relax and stay active, we’ve also got some great ideas on preparing healthy hearty winter warmers to enjoy during the cold evenings

Don’t worry, we have also included your favourites... word searches, crosswords, Sudoku, quizzes, trivia and colouring. Please speak to your scheme manager if you need access to coloured pens etc. If you have any suggestions for future activities, we want to hear from you

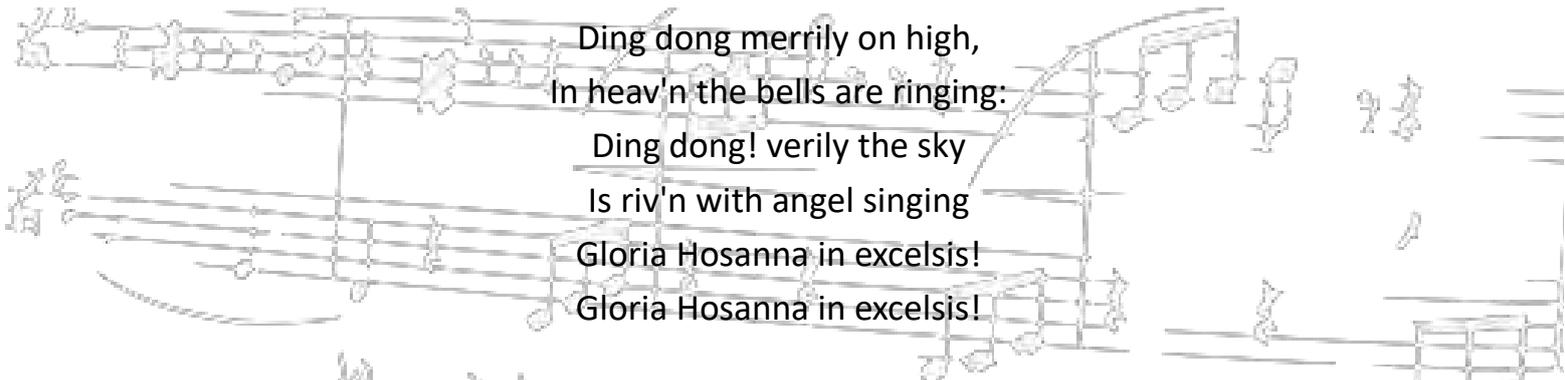


ENJOY and STAY SAFE

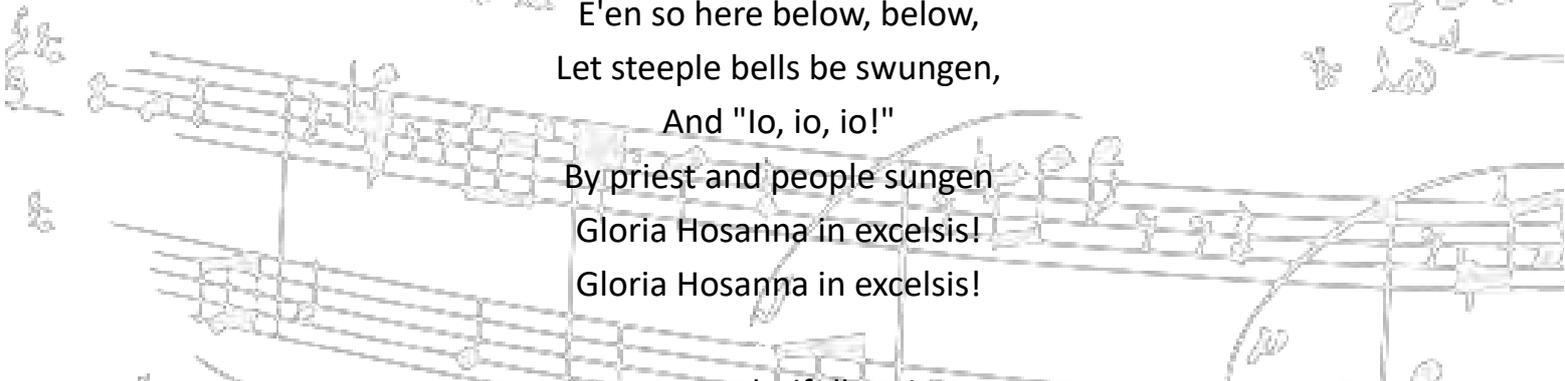
SPREADING THE FESTIVE CHEER...



Ding Dong Merrily On High

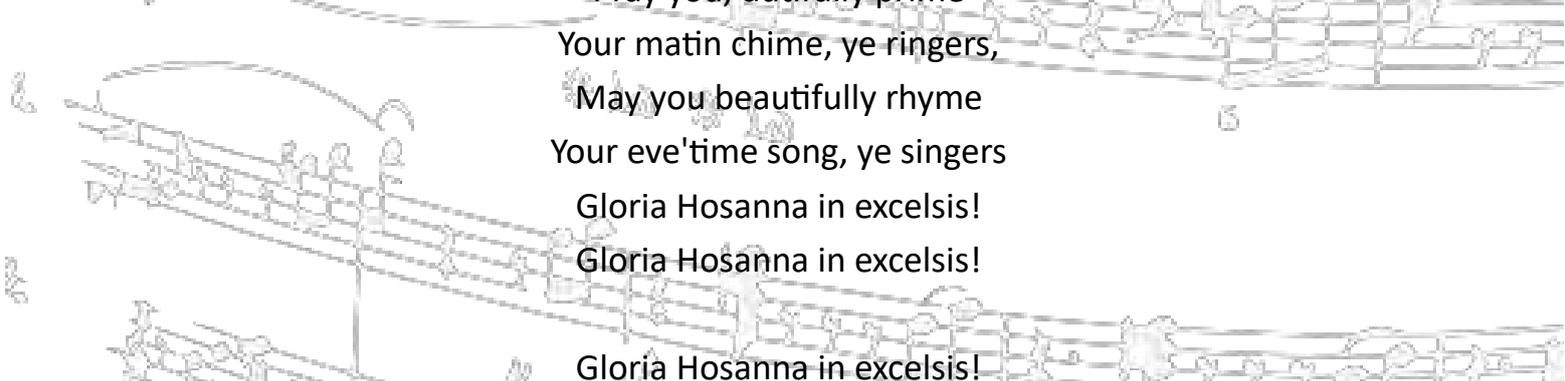


Ding dong merrily on high,
In heav'n the bells are ringing:
Ding dong! verily the sky
Is riv'n with angel singing
Gloria Hosanna in excelsis!
Gloria Hosanna in excelsis!

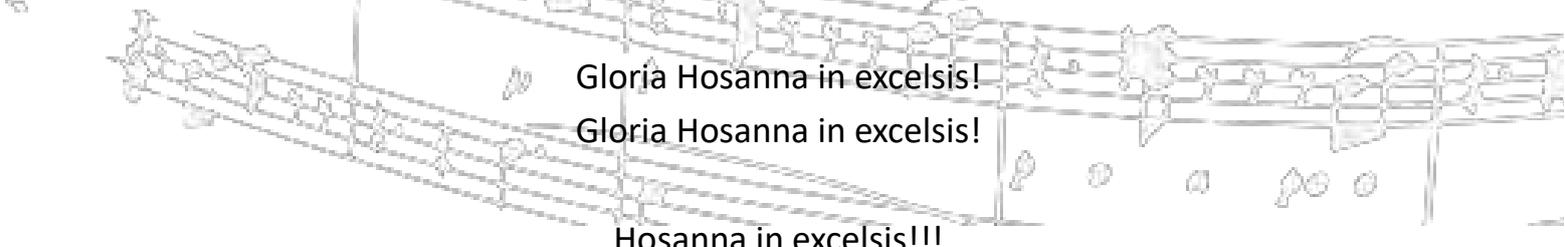


E'en so here below, below,
Let steeple bells be swungen,
And "Io, io, io!"

By priest and people sungen
Gloria Hosanna in excelsis!
Gloria Hosanna in excelsis!



Pray you, dutifully prime
Your matin chime, ye ringers,
May you beautifully rhyme
Your eve'time song, ye singers
Gloria Hosanna in excelsis!
Gloria Hosanna in excelsis!



Gloria Hosanna in excelsis!
Gloria Hosanna in excelsis!

Hosanna in excelsis!!!





SPREADING THE FESTIVE CHEER...

God Rest Ye Merry Gentlemen

God rest ye merry gentlemen
Let nothing you dismay
Remember Christ our Savior
Was born on Christmas Day
To save us all from Satan's pow'r
When we were gone astray
Oh tidings of comfort and joy
Comfort and joy
Oh tidings of comfort and joy

God rest ye merry gentlemen
Let nothing you dismay
Remember Christ our Savior
Was born on Christmas Day
To save us all from Satan's pow'r
When we were gone astray
Oh tidings of comfort and joy
Comfort and joy
Oh tidings of comfort and joy

In Bethlehem, in Israel
This blessed Babe was born
And laid within a manger
Upon this blessed morn
The which His Mother Mary

Did nothing take in scorn
Oh tidings of comfort and joy
Comfort and joy
Oh tidings of comfort and joy
Fear not then, said the Angel
Let nothing you affright
This day is born a Savior
Of a pure Virgin bright

To free all those who trust in Him
From Satan's pow'r and might
Oh tidings of comfort and joy
Comfort and joy
Oh tidings of comfort and joy

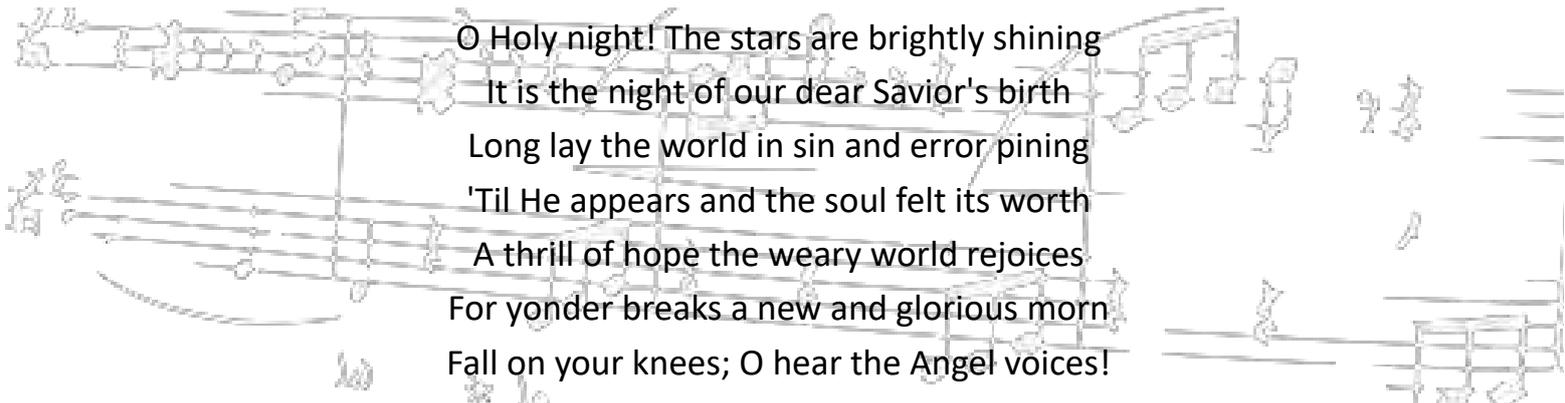
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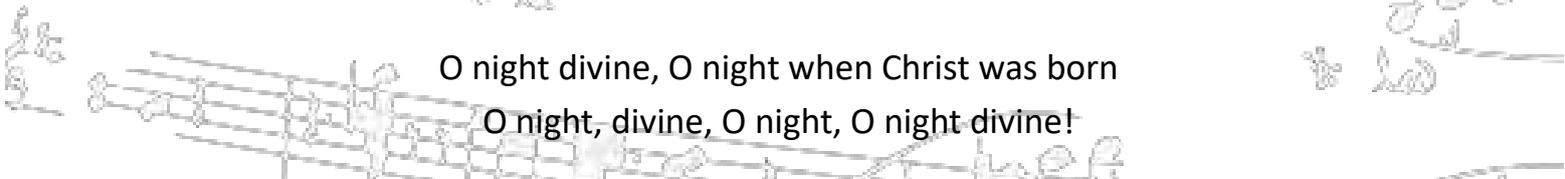
SPREADING THE FESTIVE CHEER...



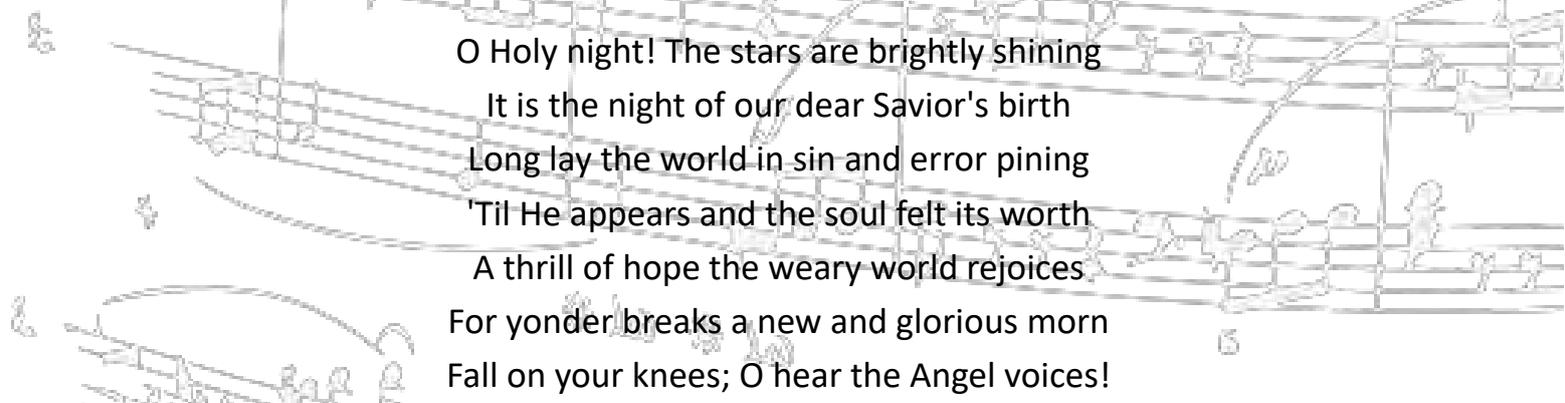
O Holy Night



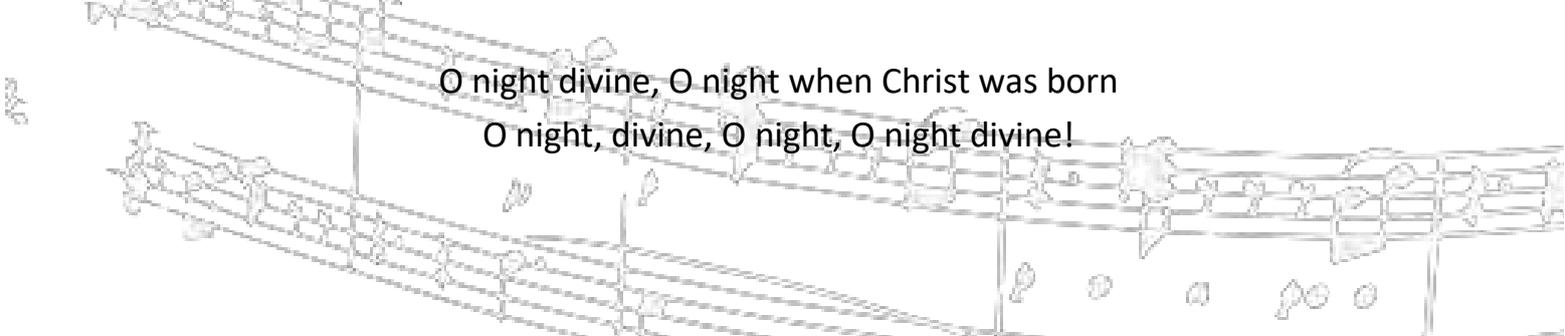
O Holy night! The stars are brightly shining
It is the night of our dear Savior's birth
Long lay the world in sin and error pining
'Til He appears and the soul felt its worth
A thrill of hope the weary world rejoices
For yonder breaks a new and glorious morn
Fall on your knees; O hear the Angel voices!



O night divine, O night when Christ was born
O night, divine, O night, O night divine!



O Holy night! The stars are brightly shining
It is the night of our dear Savior's birth
Long lay the world in sin and error pining
'Til He appears and the soul felt its worth
A thrill of hope the weary world rejoices
For yonder breaks a new and glorious morn
Fall on your knees; O hear the Angel voices!



O night divine, O night when Christ was born
O night, divine, O night, O night divine!





SPREADING THE FESTIVE CHEER...

Joy to the World

Joy to the world! The Lord is come

Let earth receive her King!

Let every heart prepare Him room

And heaven and nature sing

And heaven and nature sing

And heaven, and heaven and nature sing

Joy to the Earth! The Savior reigns

Let men their songs employ

While fields and floods

Rocks, hills and plains

Repeat the sounding joy

Repeat the sounding joy

Repeat, repeat the sounding joy

He rules the world with truth and grace

And makes the nations prove

And glories of His righteousness

And wonders of His love

And wonders of His love

And wonders of His love

Joy to the world! The Lord is come

Let earth receive her King!

Let every heart prepare Him room

And heaven and nature sing

And heaven and nature sing

And heaven, and heaven and nature sing



FESTIVE CELEBRATIONS



**we each celebrate the festivities in our own way,
here are some Christmas traditions from around the world...**



Philippines: Giant Lantern Festival
held each year Saturday before Christmas Eve in San Fernando. 11 villages take part in the festival to build the most elaborate lantern



Sweden: Gävle Goat
Since 1966, a 13-metre-tall Yule Goat has been built in the center of Gävle's Castle Square for the Advent



Austria: Krampus
Austrian tradition, St. Nicholas rewards nice little boys and girls, while Krampus is said to capture the naughtiest children and whisk them away in his sack.



Japan: Kentucky Fried Christmas Dinner
Aside from gift-giving and light displays, Christmas remains a novelty in the country. A new, quirky "tradition" has emerged in recent years



Iceland: The Yule Lads
During the 13 days of Yule, 13 tricky troll-like characters visit homes children place their shoes outside. They put nice gifts for good and rotten potato for bad children



Germany: St Nicholas' Day
Nikolaus travels by donkey on 6 Dec (Nikolaus Tag) leaves little treats like coins, chocolate, oranges and toys in the shoes of good children all over Germany



Norway
People hide their brooms, a tradition that dates back centuries to when people believed that witches and evil spirits came out on Christmas Eve looking for brooms to ride on



Venezuela
Roads close for people to travel to Church on roller skates before heading home for the less-than-traditional Christmas dinner of 'tamales'



Poland
Carp eaten Christmas Eve, traditional for the lady of the house to keep a live carp in the bathtub for a few days before and kill it herself. The scales from the carp are considered good luck



Finland: St Lucia
On St. Lucia Day 13 Dec, the eldest girl dons a white robe and a crown of candles before serving her family buns, cookies, coffee, or mulled wine





WINTER WARMERS

As the weather starts to cool down, we want to warm up,
here are some hearty winter warmer ideas ...



Leek and Potato Soup



PREP:
20 mins



EASY

COOK:
25 mins



SERVES 6-8

INGREDIENTS

50g butter
450g potatoes, peeled and cut into 1cm pieces
(try Golden Wonders or Kerr Pinks)
1 small onion, cut the same size as the potatoes
450g white parts of leeks, sliced (save the green
tops for another soup or stock)
850ml-1.2litres/1.5-2pts light chicken or
vegetable stock
142ml carton whipping cream
125ml full-fat milk

To finish

the white part of 1 leek
a small knob of butter
finely chopped chives

METHOD

Melt 50g butter in a heavy saucepan. When it foams, add 450g potatoes, cut into 1cm cubes, 1 small onion, cut the same as the potatoes, and 450g white parts of leeks, sliced and toss them in the butter until they are well coated. Season well with salt and freshly ground pepper and toss again. Put a disc of greaseproof paper on top of the vegetables to keep in the steam), then cover the pan with its lid.

Cook over a gentle heat for 10 mins, or until the vegetables are soft but not coloured. Uncover the pan and discard the paper. Pour in 850ml of the light chicken or vegetable stock, bring to the boil and simmer until the vegetables are just cooked – about 5 minutes. Do not overcook or the soup will lose its fresh flavour.

Purée in a blender until silky smooth, in batches if necessary, then taste and adjust the seasoning. Return soup to a clean pan and stir in three quarters of a 142ml carton of whipping cream and 125ml full-fat milk. To finish the soup, finely shred the white part of 1 leek and gently cook it in a small knob of hot butter until it is softened but not coloured. Reheat soup to a gentle simmer (add extra stock if too thick), then pour into warmed bowls.



WINTER WARMERS



Italian rolled pork dish
cooked long and slow for full flavour ...



Porchetta Ragu



PREP:
20 mins



EASY

COOK:
3 hours



SERVES 6-8

INGREDIENTS

2 tbsp olive oil
800g pork shoulder, diced
3 pork sausages
1 onion, chopped
1 carrot, chopped
1 celery stick, chopped
2 large garlic cloves, crushed
2 tsp fennel seeds, crushed
pinch of chilli flakes (optional)
200ml white wine
2 bay leaves
2 rosemary sprigs, leaves picked, finely chopped
½ bunch of thyme
100ml chicken stock
3 tbsp tomato purée
2 x 400g cans chopped tomatoes
2 tbsp double cream
1 lemon, zested
½ bunch of parsley, finely chopped
500g rigatoni pasta
grated parmesan, to serve

METHOD

Heat half the oil in a large casserole over a medium-high heat, and fry the diced pork for 5 mins, stirring often until browned. Transfer to a bowl using a slotted spoon and set aside. Squeeze the sausage meat from the skins into the pan, and fry for 2-3 mins until browned. Scoop into the bowl with the diced pork.

Reduce the heat to low and fry the onion, carrot and celery for 5 mins in the remaining oil. Add the garlic, fennel seeds and chilli flakes and fry for 1 min more. Return the meat to the pan along with the wine. Bring to a simmer and cook until the liquid has reduced by about half. Add the bay, rosemary, thyme, stock, tomato purée and chopped tomatoes, and return to a simmer. Season. Cover and cook over a low heat for 2 hrs 30 mins, or until the pork is falling apart.

Remove the lid, discard the bay and turn up the heat slightly. Simmer for 5-10 mins, or until slightly reduced, stirring often. Stir in the cream, lemon zest and parsley. Season to taste.

Cook the pasta following pack instructions. Toss with the ragu, and serve sprinkled with parmesan.





WINTER WARMERS

This is a classic winter warmer and perfect for batch cooking, make sure you put extra portions in the freezer once it has cooled ...



Beef & Veg Casserole



PREP:
15 mins



EASY

COOK:
3 hours -
3 hours
50 mins



SERVES 5

INGREDIENTS

- 2 celery sticks, thickly sliced
- 1 onion, chopped
- 2 really big carrots, halved lengthways then very chunkily sliced
- 5 bay leaves
- 2 thyme sprigs, 1 whole and 1 leaves picked
- 1 tbsp vegetable oil
- 1 tbsp butter
- 2 tbsp plain flour
- 2 tbsp tomato purée
- 2 tbsp Worcestershire sauce
- 2 beef stock cubes, crumbled
- 850g stewing beef (featherblade or brisket works nicely), cut into nice large chunks

METHOD

Heat oven to 160C/140C fan/gas 3 and put the kettle on. Put 2 thickly sliced celery sticks, 1 chopped onion, 2 chunkily sliced carrots, 5 bay leaves and 1 whole thyme sprig in a flameproof casserole dish with 1 tbsp vegetable oil and 1 tbsp butter.

Soften for 10 mins, then stir in 2 tbsp plain flour until it doesn't look dusty anymore, followed by 2 tbsp tomato purée, 2 tbsp Worcestershire sauce and 2 crumbled beef stock cubes.

Gradually stir in 600ml hot water, then tip in 850g stewing beef and bring to a gentle simmer. Cover and put in the oven for 2hrs 30 mins, then uncover and cook for 30mins – 1hr more until the meat is really tender and the sauce is thickened. Garnish with the picked leaves of the remaining thyme sprig.



WINTER WARMERS



A healthy homemade vegetable soup, packed with immunity-supporting vitamin C and four of your 5-a-day ...



Veg and Lentil Soup



PREP:
10 mins

COOK:
30 mins



EASY



SERVES 2

INGREDIENTS

- 85g dried red lentils
- 2 carrots, quartered lengthways then diced
- 3 sticks celery, sliced
- 2 small leeks, sliced
- 2 tbsp tomato purée
- 1 tbsp fresh thyme leaves
- 3 large garlic cloves, chopped
- 1 tbsp vegetable bouillon powder
- 1 heaped tsp ground coriander

METHOD

STEP 1

Tip all the ingredients into a large pan. Pour over 1½ litres boiling water, then stir well.

STEP 2

Cover and leave to simmer for 30 mins until the vegetables and lentils are tender.

STEP 3

Ladle into bowls and eat straightaway, or if you like a really thick texture, blitz a third of the soup with a hand blender or in a food processor.





LAUGHTER IS THE BEST MEDICINE



It's a cracker ...!



1. Why did the teddy refuse her Christmas dinner?
2. What was Cinderella told when her photos were delayed?
3. Why are Pirates called Pirates?
4. Why was the broom late?
5. What do snowmen have for breakfast?
6. Why was the turkey in a band?
7. What do you call a boomerang that does not come back?
8. What did Santa do when he went speed dating?
9. What do Santa's little helpers learn at school?
10. Why couldn't the skeleton go to the Christmas party?
11. What do frogs wear on their feet?
12. How is Drake like an elf?
13. Who's Rudolph's favourite pop star?
14. Who hides in the bakery at Christmas?
15. What do snowmen wear on their heads?
16. What does Santa suffer from if he gets stuck in a chimney?
17. What do they sing at a snowman's birthday party?
18. Why does Santa have three gardens?
19. What does Miley Cyrus have at Christmas?
20. Knock, knock Who's there? Arthur Arthur who?
21. What do vampires sing on New Year's Eve?
22. Why did Santa's helper see the doctor?
23. What happened to the man who stole an Advent Calendar?
24. What kind of motorbike does Santa ride?
25. What do you get if you cross Santa with a duck?
26. What is the best Christmas present in the world?
27. How did Scrooge win the football game?
28. Who delivers presents to baby sharks at Christmas?
29. Who is Santa's favorite singer?
30. What did Santa say to the smoker?
31. What do reindeer hang on their Christmas trees?
32. Why are Christmas trees so bad at sewing?



LAUGHTER IS THE BEST MEDICINE



It's a cracker ...!



33. Did Rudolph go to school?
34. What do you get when you cross a snowman with a vampire?
35. How do snowmen get around?
36. How does Good King Wenceslas like his pizzas?
37. What do you call a cat in the desert?
38. What does Santa do with fat elves?
39. What did Adam say to his wife on the day before Christmas?
40. How many letters are in the Christmas alphabet?
41. What carol is heard in the desert?
42. What do angry mice send to each other at Christmas?
43. What athlete is warmest in winter?
44. What do you get if you eat Christmas decorations?
45. What's the most popular Christmas wine?
46. What did the beaver say to the Christmas Tree?
47. What do you get if you cross a bell with a skunk?
48. What do you call a bunch of chess players bragging about their games in a hotel lobby?
49. What's green, covered in tinsel and goes ribbet ribbet?
50. Which famous playwright was terrified of Christmas?
51. What is the best Christmas present in the world?
52. How do you know if Santa is really a werewolf?
53. What did the stamp say to the Christmas card?
54. Why did no one bid for Rudolph and Blitzen on eBay?
55. What does the Queen call her Christmas Broadcast?
56. Why don't you ever see Father Christmas in hospital?
57. How did Mary and Joseph know that Jesus was 7lb 6oz when he was born?
58. Why is it getting harder to buy Advent calendars?





STAY FIT AND ACTIVE

SAFETY TIPS. Before you start any exercise, ensure you are in good health. **REMEMBER TO BREATHE** - Inhaling and exhaling with movement encourages muscles and joints to relax. Sit upright with your shoulders pulled down away from your ears and your head in line with your spine. Align the knee over your ankle to avoid putting too much pressure on the front of the knee. Keep your feet flat on the floor for stability. Avoid straining. Avoid “jerking” or bouncing. **MOST OF ALL HAVE FUN...**

Mountain

1. Sit upright in a chair with your shoulders rolled down and back away from your ears. Keep your head in line with the spine.
2. Plant your feet on the floor directly under your knees.
3. Place your palms on your thighs or down by your side, palms facing forward.
4. Take long slow breaths. Inhale for a count of 3 to 5, then exhale slowly until all air is expelled.



Side Bend

1. From Mountain Pose, inhale and raise your right arm overhead with the palm facing inward and fingers pointed upward.
2. Rest your left hand on the chair seat for stability.
3. Slowly exhale and gently lean to the left. Keep a slight bend in both elbows.
4. Inhale and return to centre.
5. Exhale and lower your right arm.
6. Repeat on the other side.



Knee Hug

1. From Mountain Pose, bring your right knee toward your chest and place your hands just below the right knee.
 2. Hold for 3-5 breaths.
 3. Repeat on the other side.
- *For a more intense move, lower the hands down to your sides.



FEELING FIT FROM THE INSIDE



Cow / Cat

1. From Mountain Pose, place both hands on your thighs.
2. Inhale, lift your chest and slightly arch your back. Roll your shoulders down and away from your ears.
3. Exhale, pull your belly-button inward and round through the upper back and shoulders. Tuck your chin in toward the chest.
4. Repeat the sequence 3-5 times



Helicopter

1. From Mountain Pose, inhale and raise your arms parallel to the floor with palms facing downward.
2. Exhale and gently twist at the waist to the right.
3. Inhale and return to center.
4. Exhale and gently twist at the waist to the left.
5. Inhale and return to center.
6. Repeat the sequence 3-5 times



Half Forward Fold

1. From Mountain Pose, inhale and raise both arms overhead with palms facing inward and fingers pointed upward.
2. Exhale and lean forward from the hips until your torso and thighs form a 45° angle.
3. Keep your back straight and head in line with the spine.
4. Hold for 3-5 breaths.
5. Inhale and return your torso to an upright position.
6. Exhale and lower your arms



Reverse Chair

1. From Mountain Pose, slide toward the front of the chair with your hands resting on the thighs.
2. Inhale and raise both arms overhead with palms facing inward and fingers pointed upward.
3. Exhale and push through your heels to stand into a high squat position. Keep the back straight and head in line with the spine.
4. Hold for 3-5 breaths.
5. Slowly lower back into Mountain Pose





STAY FIT AND ACTIVE

Warrior I

1. From Mountain Pose, turn to sit sideways on the chair; face the right with both feet flat on the floor.
2. Keeping the right foot planted, straighten the left leg out to the side. Try to keep the left foot flat on the floor with both hips pointed toward your right knee.
3. Inhale and raise both arms overhead with palms facing inward and fingers pointed upward.
4. Keeping your hips pointed toward your right knee, exhale and slide your left leg behind you as far as it is comfortable. If it is too difficult to keep your left foot flat, turn your toes toward the chair and raise the left heel off the floor.
5. Hold for 3-5 breaths.
6. Slowly return to Mountain Pose and repeat on the other side



Warrior II

1. From Warrior I, inhale and rotate your torso to open the hips toward the front of the chair.
2. Exhale and lower your arms until they are parallel to the floor with palms facing downward.
3. Hold for 3-5 breaths.
4. Slowly return to Mountain Pose and repeat on the other side



STRETCH AND COOL DOWN...



Hamstring Stretch

1. From Mountain Pose, move forward to sit near the front edge of the chair.
 2. Keeping your left knee bent and your left foot flat on the floor, extend your right leg out in front of you. Place your right heel on the floor, flex your right foot and point your right toes upward.
 3. Place both hands on your left thigh and lean forward slightly from the hips. Keep your head above your heart.
 4. Hold for 3-5 breaths.
 5. Repeat on the other side.
- * Avoid placing hands on the straight leg to protect the knee from overextending. For a more intense stretch, use a strap or towel around the ball of your right foot and lift the right leg.



Gluteal Stretch

1. From Mountain Pose, place your right ankle on top of your left thigh just behind your knee.
 2. Rest your right hand on your right knee and your left hand on your right ankle.
 3. Hold for 3-5 breaths.
 4. Repeat on the other side.
- *If this is too difficult, keep both feet on the floor and cross your ankles. For a more intense stretch, lean slightly forward. Keep the back straight



Quadriceps Stretch

1. From Mountain Pose, turn to sit sideways on the chair, facing the right with both feet flat on the floor. Place your right arm on the back of the chair for support.
2. Keep the right thigh on the chair and adjust so the left thigh is off the chair by sliding toward the front edge of the chair.
3. Slowly lower the left knee and shin toward the floor. Point your toes behind you and rest the top of your foot on the floor.
4. Hold for 3-5 breaths.
5. Return to Mountain Pose and repeat on the other side





WORDSEARCH

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

Find the words below in the above word-grid. Words can be horizontal, vertical, diagonal and in any direction...

Yule
Winter Solstice
bells
candles
cards
celebrate
merry

Noel
stockings
tidings
eggnog
fruitcake
mistletoe
poinsettia

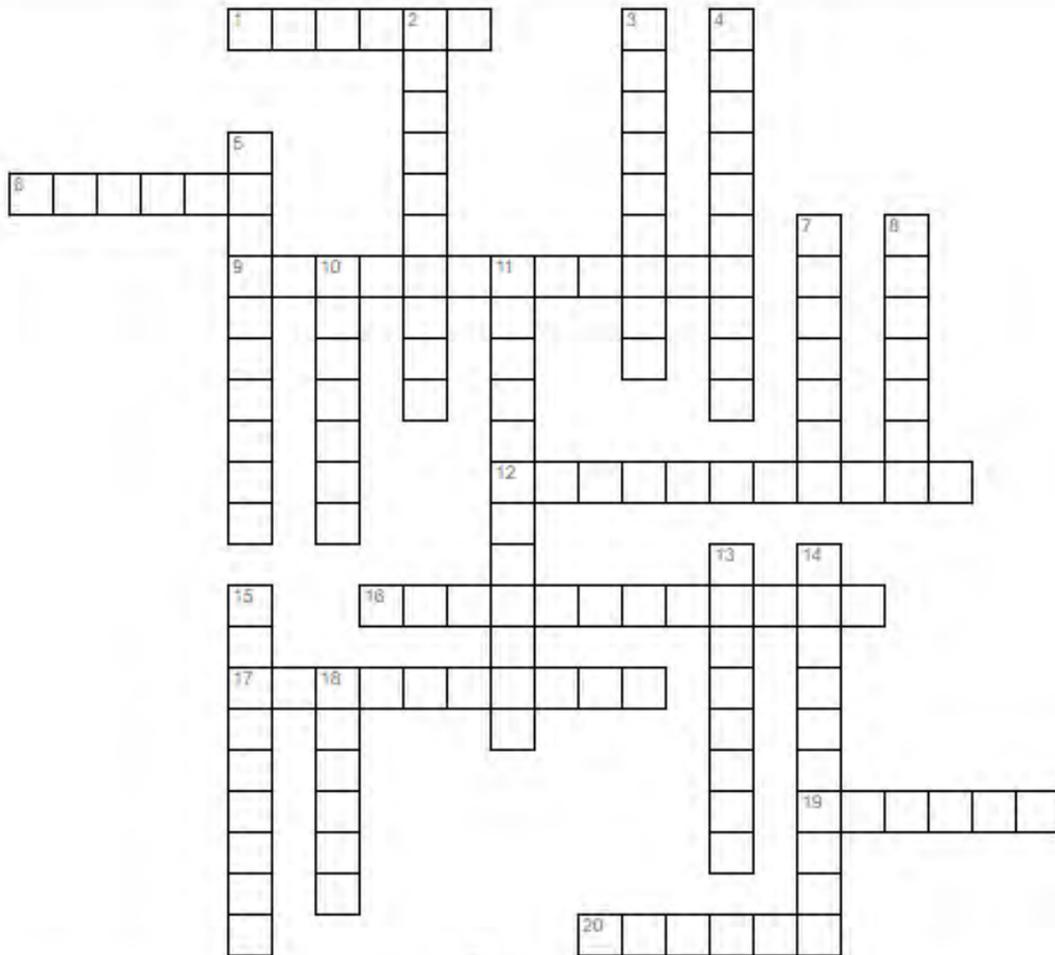
wreath
Christmas Tree
elves
presents
jolly
North Pole
reindeer



CROSSWORD



A CHRISTMAS CAROL



Across

- 1 cheerful; kind; friendly
- 6 lighthearted; merry; cheerful
- 9 plea; prayer
- 12 kindness; charitableness; goodwill
- 16 hateful or distrusting of mankind
- 17 agreement
- 19 linger; wait
- 20 an opinion contrary to a widely held belief

Down

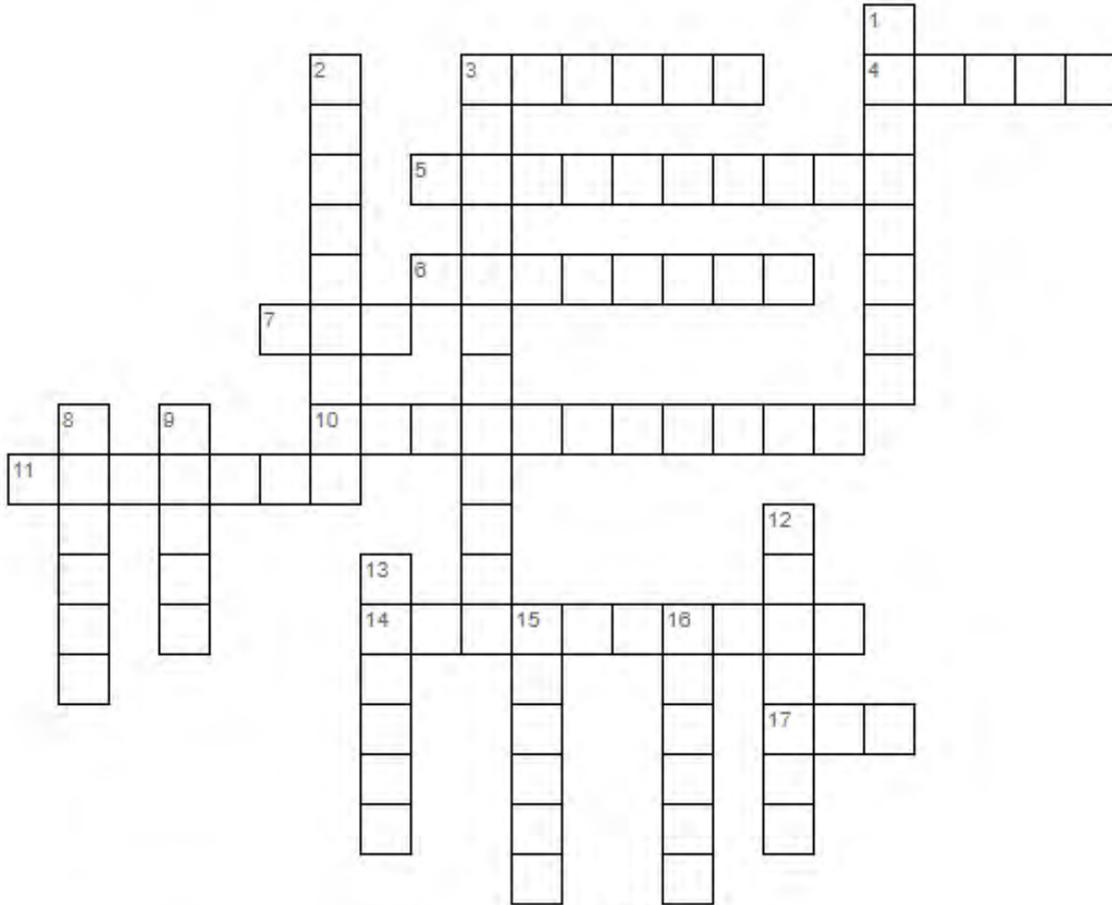
- 2 good humor or pleasantness
- 3 willingness to believe; trustingness
- 4 examine closely
- 5 continued despite obstacles; carried on; persisted
- 7 a sign left by something vanished; trace
- 8 sarcastic; biting; ironic
- 10 deed done to make up for wrongdoing
- 11 confirmed; supported with evidence
- 13 greedy; eagerness
- 14 generosity or openhandedness
- 15 refraining from doing something
- 18 dirty; foul; not honorable





CROSSWORD

POPULAR BRAND SLOGANS AND TAGLINES



Across

- 3 'The quicker picker upper'
- 4 'Think different'
- 5 'Maybe she's born with it...maybe it's _____'
- 6 'The taste you can see'
- 7 'Every kiss begins with _____'
- 10 'The happiest place on earth'
- 11 'A Diamond Is Forever'
- 14 'When it rains, it pours!'
- 17 'What can brown do for you?'

Down

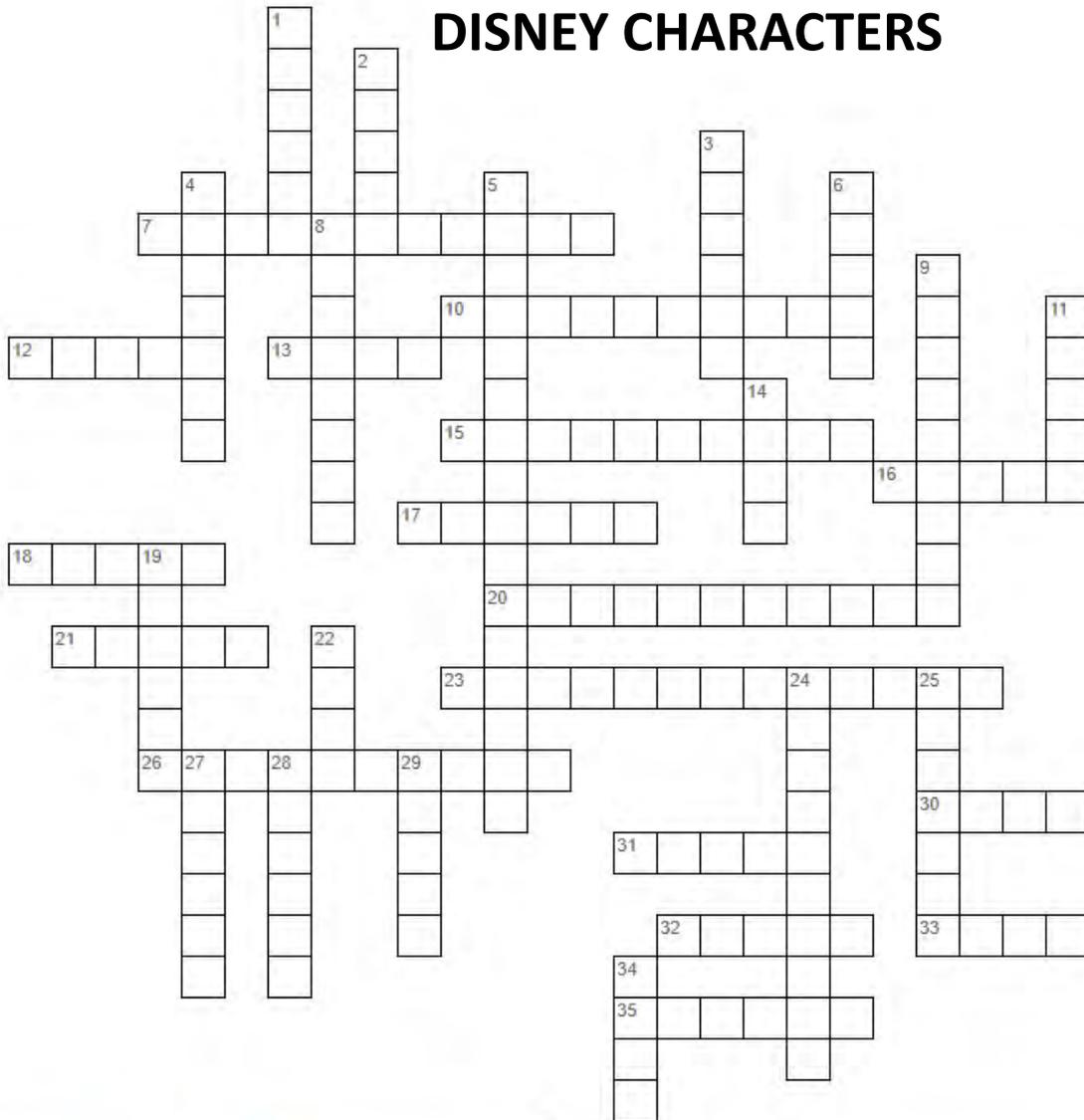
- 1 'Is it In you?'
- 2 'I'm lovin' it'
- 3 'What We Want, What We Believe'
- 8 "Where's the beef?"
- 9 'The relentless pursuit of perfection'
- 12 'I'm a big kid now'
- 13 'Work hard. Have fun. Make history.'
- 15 'Expect More. Pay Less.'
- 16 'Obey your thirst'



CROSSWORD



DISNEY CHARACTERS



Across

- 7 supercalifragilisticexpialidocious...
- 10 thunder; comes after lightning
- 12 iconic mouse's dog
- 13 is the sister
- 15 iconic princess; friends with mice
- 16 is the hairy creature with the crossbow
- 17 shy little guy
- 18 has a snake in his boot
- 20 chubby punks; like to eat nuts
- 21 hilarious; never had a friend like him
- 23 wants to go to infinity and beyond
- 26 is the father
- 30 forgetful; lost
- 31 loves to read; beautiful
- 32 just can't wait to be king
- 33 weak limb; lost
- 35 fat; purple; many lages; sings beautifully; witch

Down

- 1 iconic mouse; original Disney character
- 2 can fly; travels with a circus
- 3 iconic mouse's girlfriend; wears pink or red
- 4 is the bro
- 5 is speed, comes before thunder
- 6 fancy duck
- 8 he can fly! he can fly! he can fly!
- 9 rosy cheeks; pale skin; midnight black hair
- 11 goofy
- 14 wants to let it go; has anger management issues
- 19 irritable sailor; squawks
- 22 chubby; likes to eat honey
- 24 tiny; believes in faith, trust, and pixie dust
- 25 Prince Ali; hopeful street rat
- 27 sleepy
- 28 the only one
- 29 wants to be part of our world
- 34 is the son





SUDOKU

Find the missing numbers. A number can **only occur once** in a row, column or square. To solve, look for open spaces where its row, column and square already have enough other numbers filled to tell you the correct value...

Grid n°626 hard

			5				4
4	8	5		2			
		3	1		7		
		2		1		3	6
5				8		1	7
	8						
				7	6	2	1
			1				5
7							

Grid n°1971316398 hard

	2	9		3	5		
3				8	5		
	1				2		6
9			2				
						6	
	5			1			8
			9			2	3
							1
	3	8				4	5

Grid n°43638 hard

			5		3		
4		3					2
	5		8		2		
		2		3	1	8	
9			1	8	5		
		5					
	9				4	1	
3	2	6		4			9
	4			9			

Grid n°55470 hard

	5			9		1		
4					2	8		
				3				9
	3						5	
		2		4				1
		8		1			6	
				6		3		
8	1	3	9					
	2	9						



DID YOU KNOW...



Striving to learn something new every day is a great way to keep your mind active. You'll be surprised how many facts you are capable of maintaining.

Information retrieval helps us exercise our brains...

- ⇒ 11% of people are left handed
- ⇒ August has the highest percentage of births
- ⇒ unless food is mixed with saliva you can't taste it
- ⇒ the average person falls asleep in 7 minutes
- ⇒ a bear has 42 teeth
- ⇒ an ostrich's eye is bigger than its brain
- ⇒ lemons contain more sugar than strawberries
- ⇒ 8% of people have an extra rib
- ⇒ 85% of plant life is found in the ocean
- ⇒ Ralph Lauren's original name was Ralph Lifshitz
- ⇒ rabbits like liquorice
- ⇒ the Hawaiian alphabet has 13 letters
- ⇒ 'Topolino' is the name for Mickey Mouse Italy
- ⇒ a lobsters blood is colourless but when exposed to oxygen it turns blue
- ⇒ armadillos have 4 babies at a time and are all the same sex
- ⇒ reindeer like bananas
- ⇒ the longest recorded flight of a chicken was 13 seconds
- ⇒ birds need gravity to swallow
- ⇒ the most commonly used letter in the alphabet is E
- ⇒ the 3 most common languages in the world are Mandarin Chinese, Spanish and English
- ⇒ dreamt is the only word that ends in mt
- ⇒ the first letters of the months July through to November spell JASON
- ⇒ a cat has 32 muscles in each ear
- ⇒ Perth is Australia's windiest city
- ⇒ Elvis's middle name was Aron





WORD OF THE DAY

Your mission is to use one of these words during your day...

1. **ambit** [pronounced: am-bit]
A sphere of operation or influence; range; scope
2. **verbum sap** [pronounced: vur-buhm-sap]
A word to the wise is sufficient; no more need be said
3. **tirrivee** [pronounced: tur-uh-vee]
A tantrum
4. **antediluvian** [pronounced: an-tee-di-loo-vee-uhn]
Very old, old fashioned, or out of date; antiquated
5. **hebetude** [pronounced: heb-i-tood]
The state of being dull; lethargy
6. **beneficence** [pronounced: buh-nef-uh-suhns]
The doing of good; active goodness or kindness; charity
7. **immemorial** [pronounced: im-uh-mawr-ee-uhl-mohr]
Extending back beyond memory, record, or knowledge
8. **fussbudget** [pronounced: fuhs-buhj-it]
A fussy or needlessly fault-finding person
9. **bounteous** [pronounced: boun-tee-uhs]
Freely bestowed; plentiful; abundant
10. **ambrosial** [pronounced: am-broh-zhuhl]
Exceptionally pleasing to taste or smell; especially delicious or fragrant



CHRISTMAS TRIVIA



1. What was the first company that used Santa Claus in advertising?
2. In Charles Dickens' "A Christmas Carol," what was the first name of Scrooge?
3. Which country did eggnog come from?
4. Which real life person is Santa Claus based on?
5. What is Ralphie's little brother's name in the movie A Christmas Story?
6. Which country started the tradition of putting up a Christmas tree?
7. How many ghosts show up in A Christmas Carol?
8. What is the name of the last ghost that visits Scrooge in A Christmas Carol?
9. Visions of which food danced in children's heads as they slept in the poem "Twas The Night Before Christmas?"
10. What was the real name of the character Tim Allen plays in The Santa Clause?
11. What department store was featured in the movie Miracle on 34th Street?
12. What are the two other most popular names for Santa Claus?
13. In Home Alone, where are the McCallisters going on vacation when they leave Kevin behind?
14. With what three words was the Grinch described in How the Grinch Stole Christmas?
15. In the movie It's A Wonderful Life, what happened every time a bell rang?



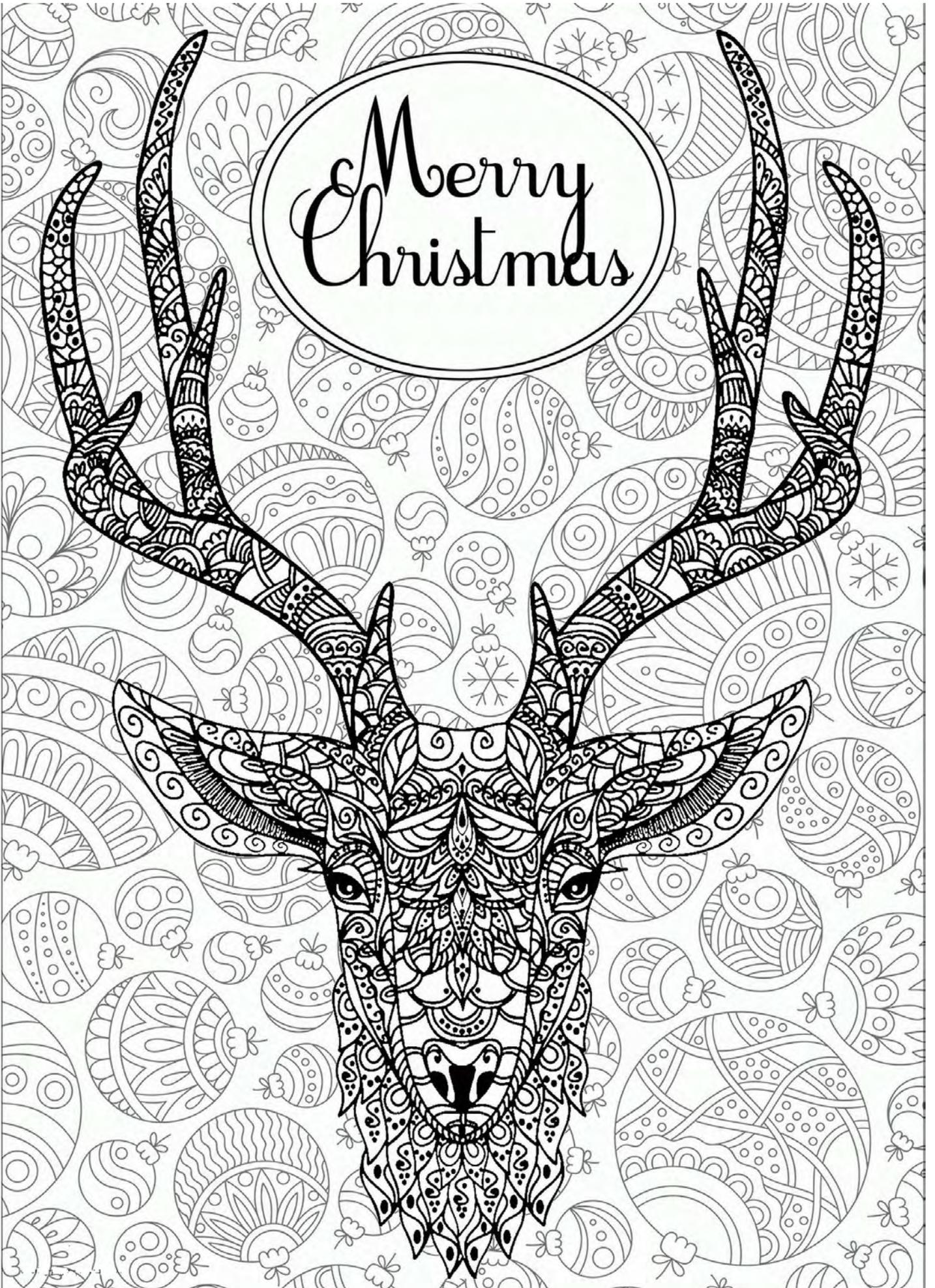


CHRISTMAS TRIVIA

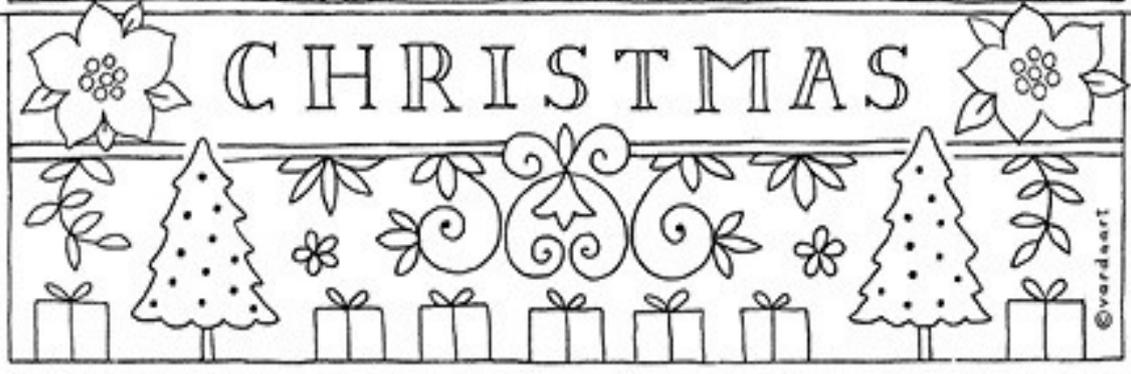
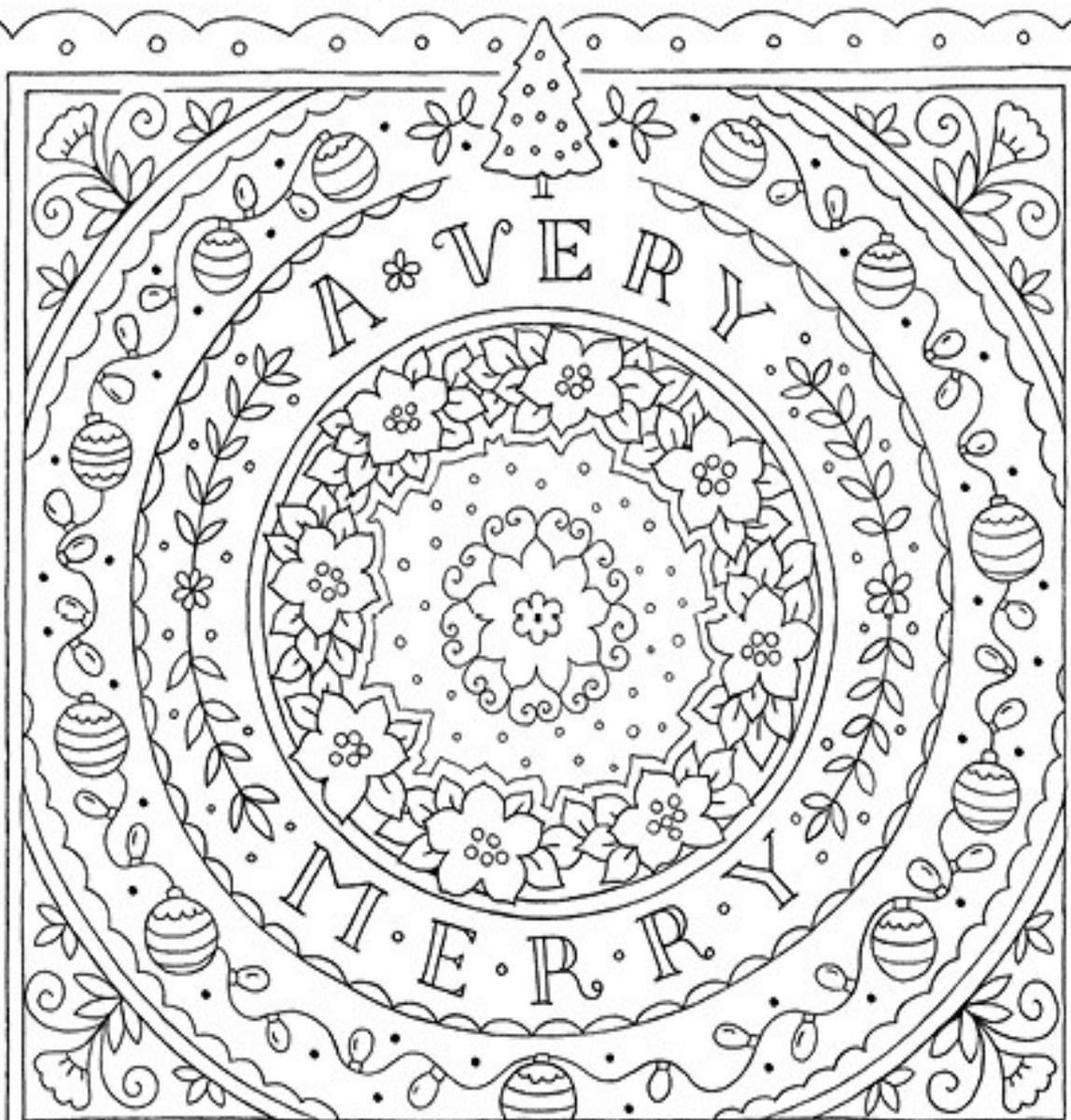
16. What Christmas decoration was originally made from strands of silver?
17. Who played George Bailey in the Christmas classic *It's a Wonderful Life*?
18. What was the name of the animatronic cassette-playing bear toy that every kid wanted for Christmas in the mid-80s?
19. What Christmas carol does the Peanuts gang sing at the end of "A Charlie Brown Christmas?"
20. Per a recent holiday fad, what "spy" hides around the house, reporting back to Santa on who has been naughty and nice?
21. Which Hollywood actor played six different roles in *The Polar Express*?
22. Which fairy tale were the first gingerbread houses inspired by?
23. Who wrote, "Christmas doesn't come from a store, maybe Christmas perhaps means a little bit more?"
24. Three of Santa's reindeer's names begin with the letter "D." What are those names?
25. What was the highest grossing Christmas movie of all time?
26. In the movie *Elf*, how does Buddy get to the North Pole?



Merry
Christmas

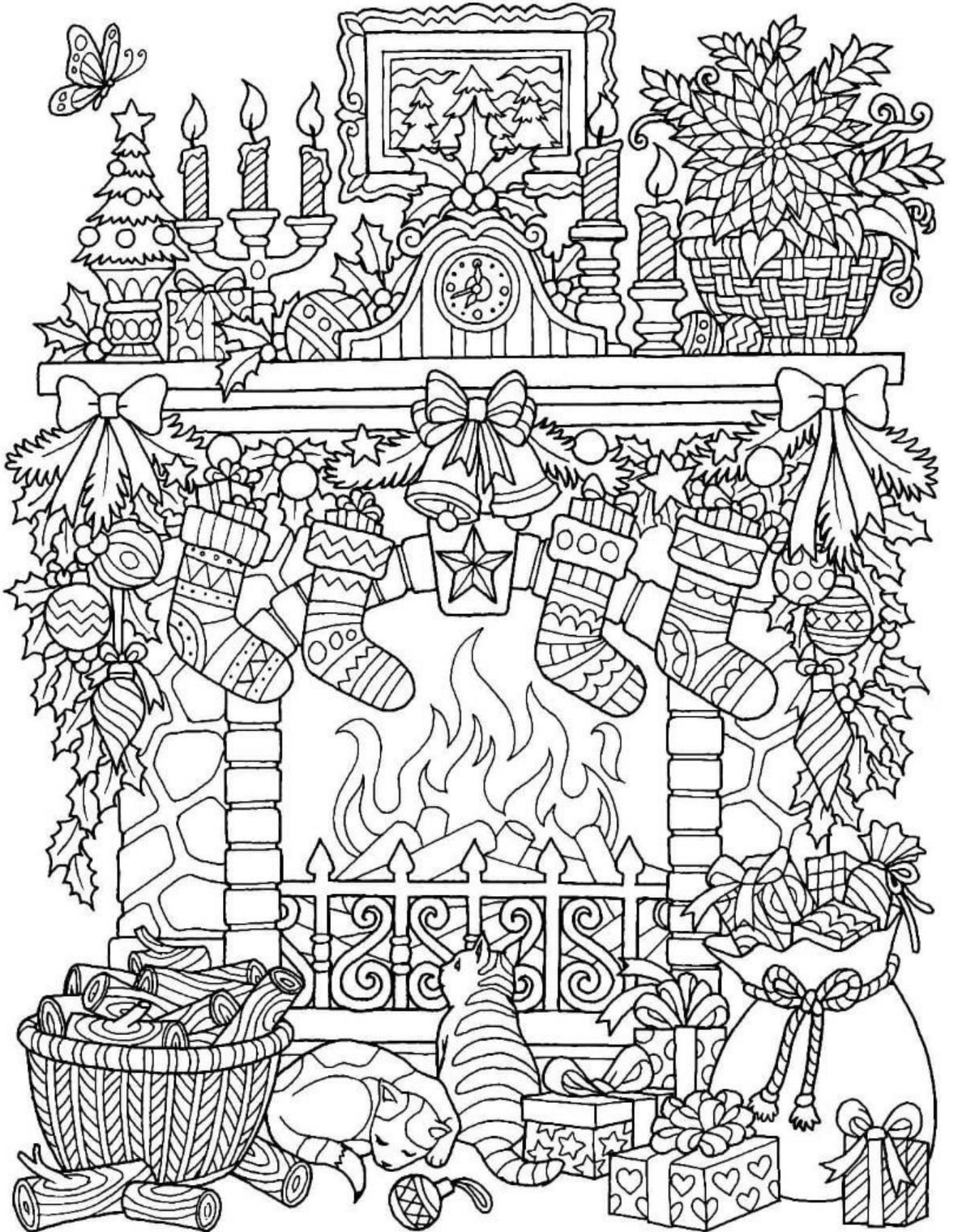


HAVE
YOURSELF



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QUIZ ANSWERS

spoiler alert:
answers are from this point forward

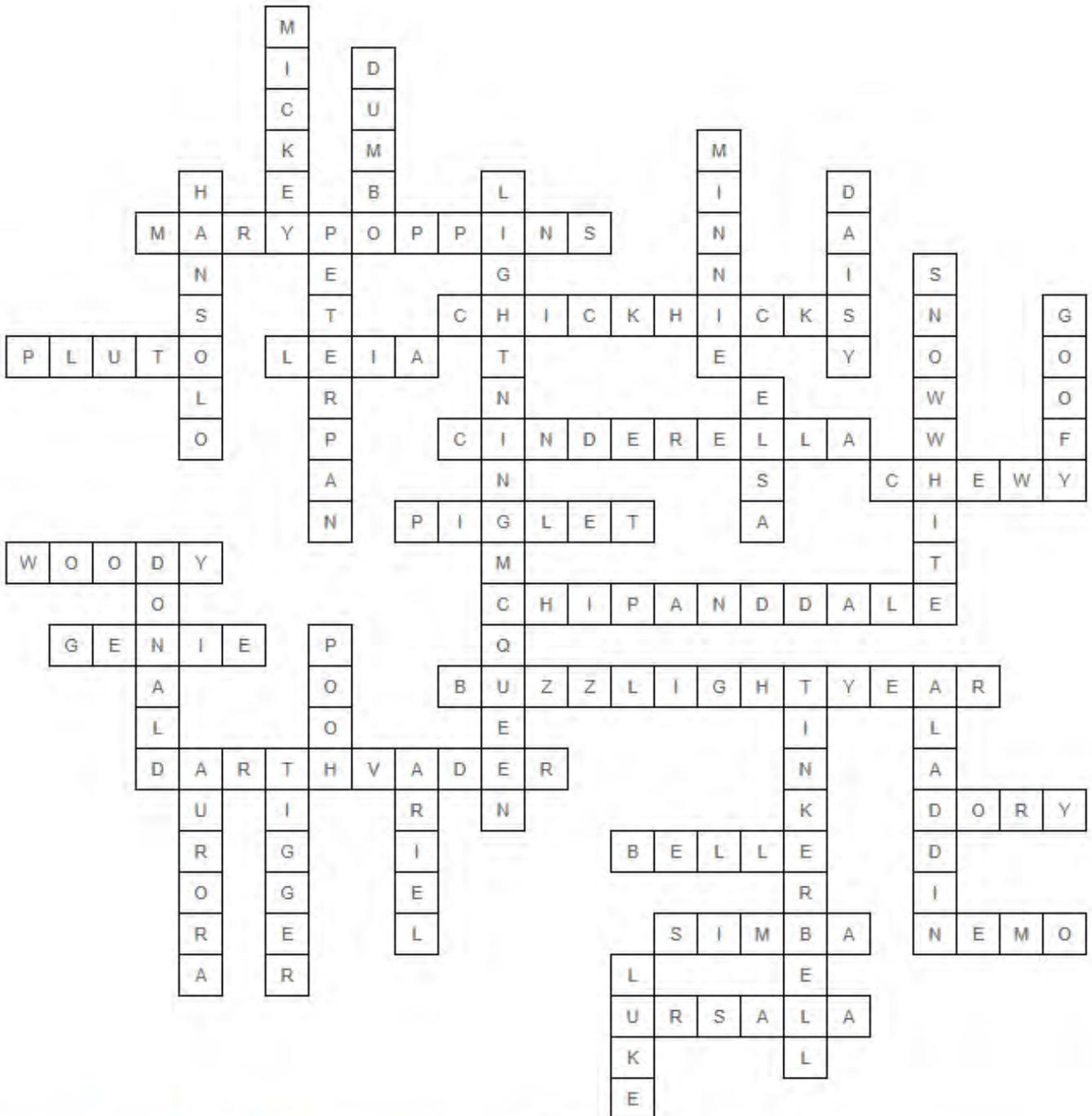
1. She was already stuffed
2. One day your Prints will come
3. Because they arrrr
4. Because it over-swept
5. Snowflakes
6. Because he was the only one with drumsticks
7. A stick.
8. He pulled a cracker.
9. The elf-abet!
10. He had nobody to go with.
11. Open toad sandals.
12. He spends all his time wrapping.
13. Beyon-sleigh!
14. A mince spy.
15. Ice caps.
16. Claustrophobia!
17. Freeze a jolly good fellow
18. So he can 'ho ho ho'!
19. Twerky!
20. Arthur any mince pies left?
21. Auld Fang Syne
22. Because he had a low "elf" esteem!
23. He got 25 days!
24. A Holly Davidson!
25. A Christmas Quacker!
26. A broken drum, you just can't beat it!
27. The ghost of Christmas passed!
28. Santa Jaws
29. Elf-is Presley!
30. Please don't smoke, it's bad for my elf!
31. Horn-aments!
32. They always drop their needles!
33. No. He was Elf-taught!
34. Frostbite!
35. They ride an icicle!
36. One that's deep pan, crisp and even!
37. Sandy Claws!
38. He sends them to an Elf Farm!
39. It's Christmas, Eve!
40. "no EL"!
41. O camel ye faithful!
42. Cross Mouse Cards!
43. A long jumper!
44. Tinsilitis!
45. 'I don't like Brussels sprouts!'
46. Nice gnawing you!
47. Jingle Smells!
48. Chess nuts boasting in an open foyer!
49. Mistle-toad!
50. Noël Coward!
51. A broken drum – you just can't beat it!
52. He has Santa claws!
53. Stick with me and we'll go places!
54. Because they were two deer!
55. The One Show!
56. Because he has private elf care!
57. They had a weigh in a manger!
58. Because their days are numbered!

ANSWER

WORD SEARCH

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

DISNEY CHARACTERS



Grid n°626 hard

1	7	3	8	6	5	9	2	4
4	8	5	9	2	7	6	1	3
2	9	6	3	1	4	7	5	8
9	4	7	2	5	1	8	3	6
5	3	2	6	8	9	1	4	7
6	1	8	7	4	3	5	9	2
3	5	9	4	7	6	2	8	1
8	6	4	1	9	2	3	7	5
7	2	1	5	3	8	4	6	9

Grid n°1971316398 hard

4	2	9	6	7	3	5	1	8
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1	8	3	7	5	9	6	2	4
2	5	4	3	1	6	7	8	9
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7	3	8	2	6	1	9	4	5

Grid n°43638 hard

9	8	2	4	5	6	3	7	1
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7	5	1	8	3	2	9	6	4
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1	3	8	5	4	7	6	2	9
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Grid n°55470 hard

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5	6	2	7	4	3	9	8	1
9	7	8	2	1	5	4	6	3
7	4	5	1	6	8	3	9	2
8	1	3	9	2	7	6	4	5
6	2	9	3	5	4	7	1	8

1. Coca-Cola
2. Ebenezer
3. England
4. The Christian bishop St. Nicholas
5. Randy
6. Germany
7. Four
8. The Ghost of Christmas Yet to Come
9. Sugar plums
10. Scott Calvin
11. Macy's
12. Kris Kringle and Saint Nick
13. Paris
14. Stink, stank, stunk
15. An angel got his wings
16. Tinsel
17. Jimmy Stewart
18. Teddy Ruxpin
19. "Hark! The Herald Angels Sing"
20. The Elf on the Shelf
21. Tom Hanks
22. Hansel and Gretel
23. Dr. Seuss
24. Dancer, Dasher, and Donner
25. Home Alone
26. He hides in Santa's sack



Stronger Together