

# Christmas Fun

## IN 5 MINUTES!



5-minute activities you can do with your family and friends over the Holiday to laugh, bond and have a blast!



### Activity - What the heck's in that stocking?



#### Christmas Fun in 5 Instructions:

Put an object from the house in a Christmas stocking and make everyone blind-guess what it is. The catch is, you can only feel from the outside, no peeking! Whoever guesses right ... gets what is in the stocking!

#### Why do we have Christmas stockings?

Christmas Stockings are a variation of the ancient tradition where children would lay out shoes with hay inside for St. Nicholas' (a real person and real saint!) donkey on the evening of December 5th, which was St. Nicholas's Feast Day. If the children were good, the hay would be replaced with treats or coins.

### Activity - Jingle Belly Laughs

#### Christmas Fun in 5 Instructions:

Get your friend(s) together and sing "Jingle Bells"... but only sing in Ha's! The last person in your squad to keep it up -- WINS!

#### Why sing Christmas Carols?

Before the 19th Century, neighbors visited each other to offer good luck and cheer. The idea of singing carols is a mashup of May Day celebrations and this tradition.



### Activity - Crazy Carolling



#### Christmas Fun in 5 Instructions:

Get your family or friends together and go sing your favorite Christmas carols using NO WORDS. You may only make noises with your mouth, body or instruments you find in the kitchen cabinet.

#### Why crazy carols?

Because it's funny and weird!

### Activity - Create-a-Christmas Ornament

#### Christmas Fun in 5 Instructions:

Get your friends to create an epic Christmas ornament using ONLY things that are currently in your house! Buying or borrowing anything from a neighbor is NOT ALLOWED! But have a neighbor or unbiased person judge and choose the winner!

#### Why Christmas Trees?

Dating even before Christianity, people decorated their homes with evergreen swag to remind them that the plants would return in abundance, and it would be harvest season again. This was absorbed into the Christian tradition of Christmas when people would decorate evergreen trees with apples to symbolize the garden of Eden.



## Activity - Give-a-care



### Christmas Fun in 5 Instructions:

Get your friends or family together to write a super-nice note (more than 5 words!) in a Christmas card for that person you know that needs a little extra love or encouragement! Everyone wins, and everyone smiles!

### Why the Christmas Card?

The first Christmas card as we know it was released in 1843, with a price point of a penny to mail. This inexpensive way to wish someone a Merry Christmas soon blossomed into a Christmas tradition.

## Activity - #SantaMakeover!

### Christmas Fun in 5 Instructions:

Use shaving cream/whipped cream (beard), flour (grey hair), pillows (for the tummy) and anything you can get your hands on to make yourself look like Santa! Remember, you can only use stuff you find in the house! Post pictures on your social media and let your social media friends vote for who did the best #SantaMakeover!

### Why Santa?

Saint Nicholas was said to have inherited a fortune, which he spent giving away to the sick and poor over the years. This legend took shape in Europe and feasts were held in his honor on the anniversary of his death. Our modern depiction of Saint Nicholas took shape in advertisements as early as the 19th Century.



## Activity - X-Mas Mummies!



### Christmas Fun in 5 Instructions:

Beat the clock and wrap your "mummie" (mom), dad, brother, sister, or friend head to toe in wrapping paper and bows you find around the house! You have 5 minutes! Make sure you take a picture and post it to social media to show all your friends your Christmas Mummy masterpiece!

### Why "Xmas"?

Some people think that using an "X" is taking the "Christ" out of Christmas. Actually, X is a Greek character that translates to "Christ." In fact, the Greek letter X has been used throughout history to symbolize Christ.

## Activity - Weird Wrapping!

### Christmas Fun in 5 Instructions:

Pick a really strange object, skip the box or bag and wrap it in Christmas paper. Then give it to a friend as a joke! Watch the look on their face and laugh together. Remember to have a real present to give them after so they know you love them!

### Why Christmas on December 25th?

When Church leaders wanted to commemorate the birth of Jesus in the fourth century, Pope Julius picked December 25th. The Bible does not specify the exact date of Jesus' birth.

