



Thoughts & Ideas for Christmas

ABC's of Christmas – Challenge yourself to place a Christmas thought for each letter of the alphabet.

A – Angels; B – Bells; C – Candy Canes; D – Drummer Boy; E – Ebenezer Scrooge/Egg Nog;

F – Fruitcake; G – Gingerbread; H – Holly; I – “It’s a Wonderful Life”; J – Jesus; K – Kris Kringle;

L – Lights; M – Mistletoe; N – North Pole; O – Ornaments; P – Popcorn string; Q – Questions for Santa;

R – Rockefeller Centre Tree; S – Sugar Plums; T – Twelve Days of Christmas; U – ‘Up on the Rooftop’;

V – Van filled with gifts; W – White Christmas/Wreath; X – Xmas; Y – Yule Log; Z – Zwarte Piet (look it up)

Toys for Boys & Girls over the Years at Christmas – here are some favourite toys that had to be received from Santa over the years. How many can you name?

1900’s – Crayola crayons; Die-cast cars; Rocking Horse

1910’s – Lionel Trains; Raggedy Ann; Teddy Bear

1920’s – Joy Buzzer; Radio Flyer Wagon; Yo-Yo

1930’s – Army Men; Monopoly; View-Master

1940’s – Bubbles; Magic Ball; Scrabble; Slinky

1950’s – Barbie; Mr. Potato Head; Play-Doh

1960’s – Chatty Cathy; Easy Bake Oven; Etch-A-Sketch; G.I. Joe; Legos

1970’s – Pet Rock; Rubik’s Cube; Simon; Stretch Armstrong

1980’s – Cabbage Patch Kids; Care Bears; My Little Pony; Teddy Ruxpin; Transformers

1990’s – Beanie Babies; Buzz Lightyear; Furby; Tamagotchi; Teenage Mutant Ninja Turtles;
Tickle Me Elmo

2000’s – Beyblades; Bratz Dolls; Razor Scooter; Zhu Zhu Pets

2010’s – Elsa Doll; Fingerlings; Hatchimals; Tsum Tsum; L.O.L. Surprise

2020’s – can you create the list?

Cookies for Kringle – Santa’s Favourite Treats you need to leave for him on Christmas Eve

- Makes about 5 dozen cookies

- Approximately 25 – 40 minutes of your time
- Ingredients – 2 ¼ cups all-purpose flour; 1 teaspoon baking soda; ½ teaspoon salt; 1 cup unsalted butter (softened); ¾ cup granulated sugar; ¾ cup packed brown sugar; 1 teaspoon vanilla extract; 2 cups chocolate morsels; 2 large eggs; 1 cup chopped nuts (optional)
- Preparation – preheat oven to 375 degrees; Combine flour, baking soda and salt in small bowl. Beat butter, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy. Add eggs one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in morsels and nuts. Drop by rounded tablespoon onto an ungreased baking sheet/s. Bake for 9 to 11 minutes, or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.

Source for ABC's; Toys for B&G; Cookies for Kringle – "Santa Claus" magazine (Ben Harris & Sebastian Raatz – publishers) 2019

Top 10 Ways to Keep a Sense of Humor Over the Holiday Season

10 – Phone a friend/relative and tell them you're too busy to talk to them right now.

9 - Dress up like an elf at least once. Failing that, dress someone else up like an elf. And failing that, invite an elf over to your house. Nothing is better than having an elf in the room.

8 – When you buy egg nog, ask the grocery store clerk to explain what 'nog' is.

7 – Remember to blink periodically. (This is good advice all year round)

6 – Eat healthy and go light on the chocolate (Just kidding, don't panic)

5 – If you have to go to the mall, wear a hard hat, shoulder and knee pads and a head lamp – People will give you a wide berth, especially if you laugh maniacally.

4 – Double the amount of deep breathing you do for each family member you invite home for the holidays.

3 – Do the fun naked dance at least once.

2 – Make an extra effort to laugh at yourself.

1 – Make a vow to bring joy with you everywhere you go. If not, bring along the 'elf'.

Source – NB Professional Counselling Service for Teachers (School Based Wellness Program) 2006