

**KUDOS**  
**SERVICES**

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**IDEAS FOR  
ACTIVITIES  
THIS HOLIDAY  
SEASON**

A great thing for children and young people to do is create craft and make delicious treats. The holiday season can bring more opportunities to spend time together as a family.

We have put together some fun activities that you can do at home together, including some yummy cooking ideas. There are some great skills to learn and build while enjoying the seasonal fun.

**Thank you to Kudos Allied Health assistant Kate Harris for putting these ideas together..**





**Cookies in a Jar Recipe**

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## Cookies in a Jar Recipe

**Purpose:** Following instructions, learning weights and measurement, safety in the kitchen

### Jar Ingredients:

- 3/4 cup (110g) plain flour
- 1/4 teaspoon baking powder
- 1/4 teaspoon bicarbonate of soda
- 1/4 teaspoon salt
- 1/3 cup (75g) firmly packed brown sugar
- 1/3 cup (75g) caster sugar
- 3/4 cup (65g) rolled oats
- 100g raisins (dried cranberries)
- 130g white chocolate chips

### Extra ingredients for making cookies

- 125g butter, melted and cooled
- 1 egg, lightly beaten
- 1 teaspoon vanilla extract

#### Recipe Link:

<https://www.taste.com.au/recipes/abbys-cookies-jar/717-dc06f-5854-4c04-ae6b-768f72d9dcb9>

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## Create your own Reindeer Cookies

### Ingredients:

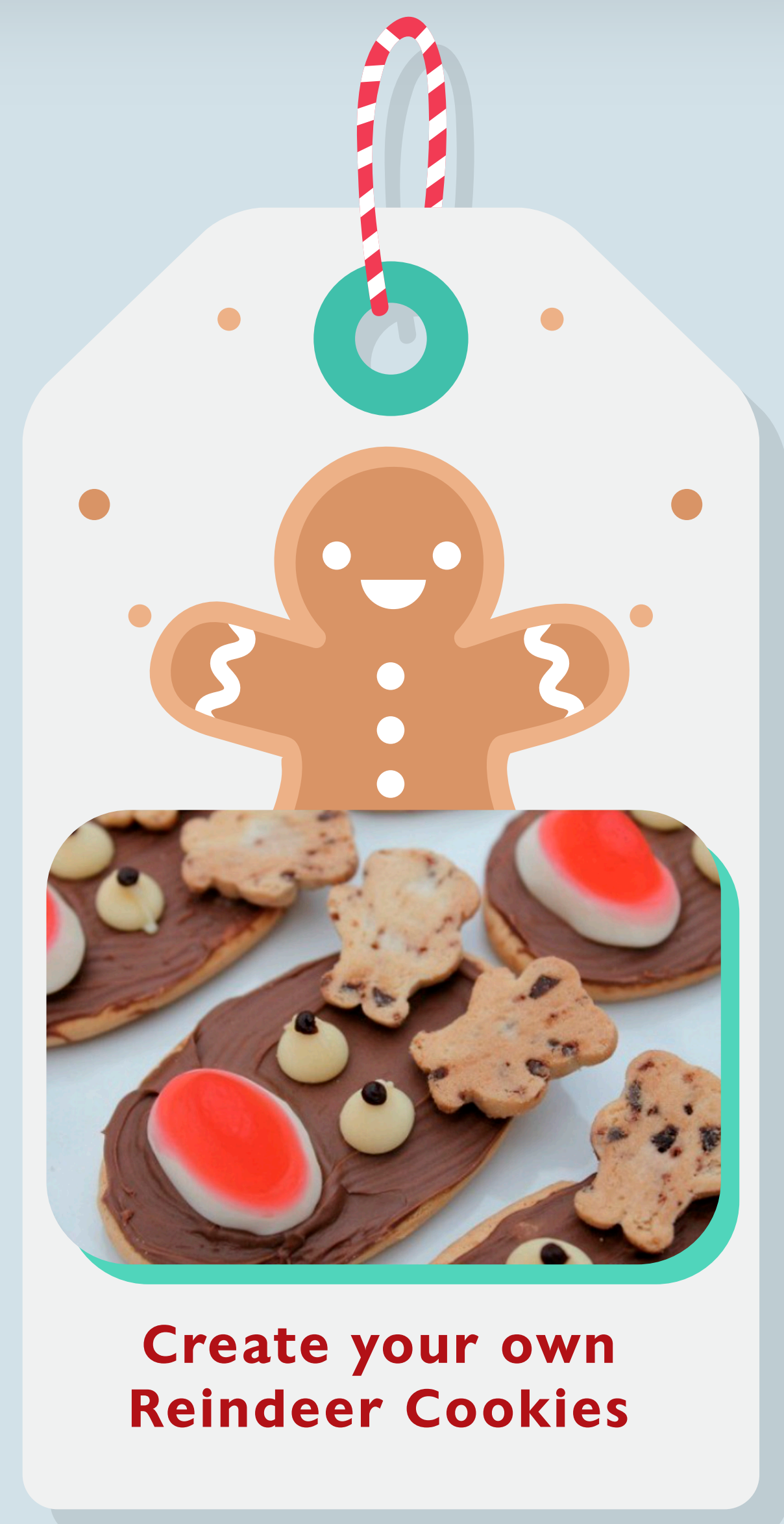
- Nutella or melted chocolate
- 1x packet of plain biscuits (oval shaped)
- Tiny Teddies or pretzels
- 1x packet strawberry creams
- 1x packet of white choc chips or M&Ms

### Instructions

- Step 1: Spread the Nutella or melted chocolate over the biscuits.
- Step 2: Add the strawberry creams for the reindeer's nose and press gently into the chocolate.
- Step 3: Use 2 Tiny Teddy biscuits for each reindeer. Turn them over and use as the antlers, again pressing gently into the chocolate.
- Step 4: Add two white chocolate chips for the eyes.

#### Recipe Link:

<https://smartpartyplanning.com/reindeer-cookies/>



**Create your own Reindeer Cookies**





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## Make your own Playdough

### What you will need?

- 1 cup of flour
- 1 tablespoon oil
- 1 cup water
- ½ cup of salt
- 2 teaspoons of cream of tartar
- 2 teaspoons of gold glitter or food colouring

### How to make:

- 1. Mix all ingredients together in a saucepan with a whisk to remove lumps.
- 2. Cook over low heat, stirring with a wooden spoon. The mixture will thicken and become a big blob.
- 3. Take play dough off the heat and turn out onto the bench.
- 4. Knead until smooth.

Source: Original photo and recipe

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## Christmas Countdown with Santa

### Resources:

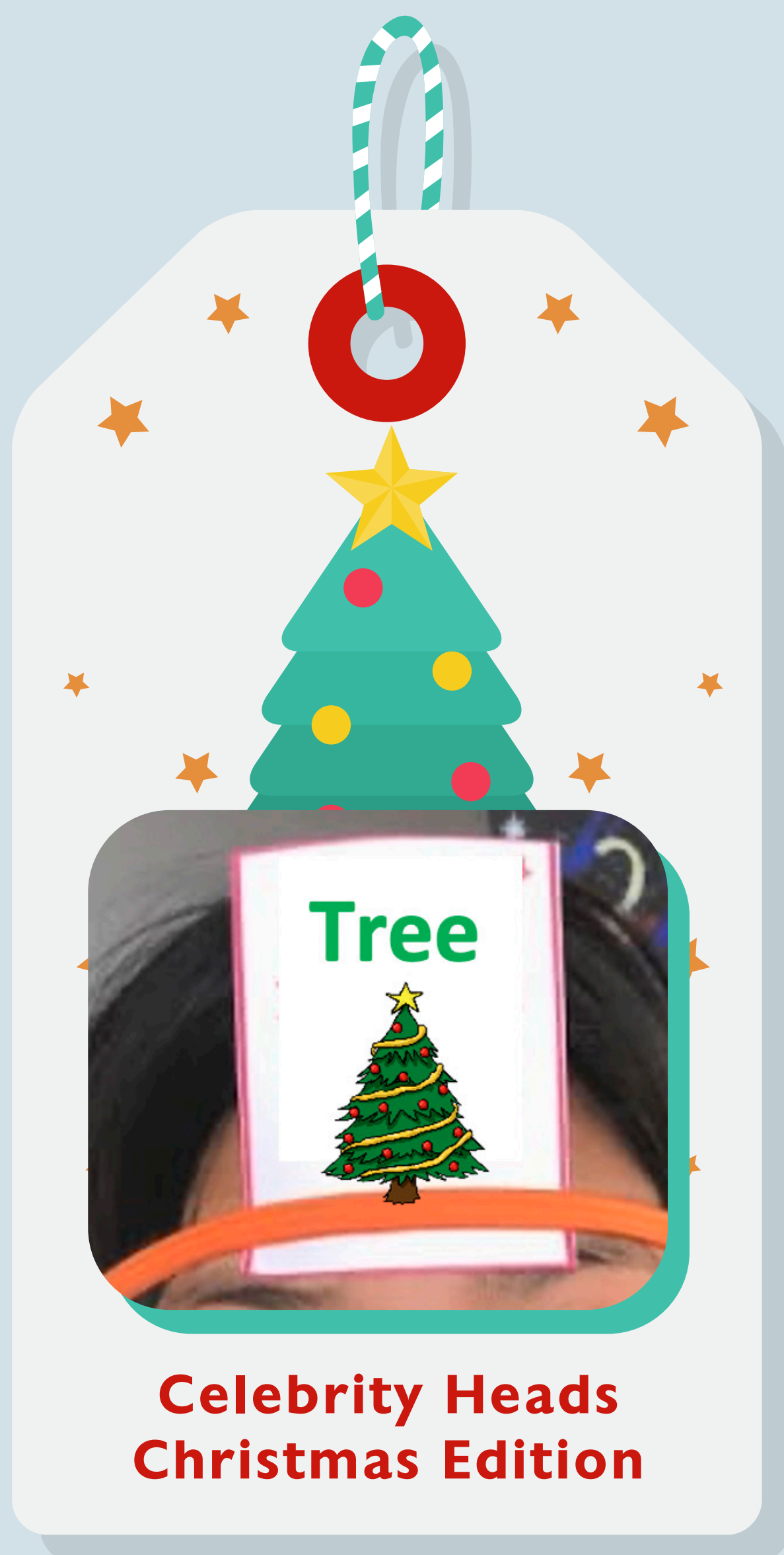
- White paper
- 24x cotton balls
- Textas/pencils

### Instructions

- 1. Draw a Santa face on the white piece of paper
- 2. Colour in his Santa hat RED
- 3. Write numbers 1-24 in order on his beard
- 4. Each day add one cotton ball puff

When they are all on, Santa will arrive during the night and bring joy to all.





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### Celebrity Heads Christmas Edition

#### What you need

- Headbands
- Cardboard squares (size of business cards)
- Sticky tape or Blu Tack
- Texas

#### How to play the game:

Before the game begins, ask all players to write the name of a Christmas thing on a cardboard square and place in a hat e.g. Santa, present, reindeer, roast lunch, stocking.

Each player pulls out of the hat a cardboard square and, without looking at the name, attaches the cardboard to the headband using tape and then places the headband on their head.

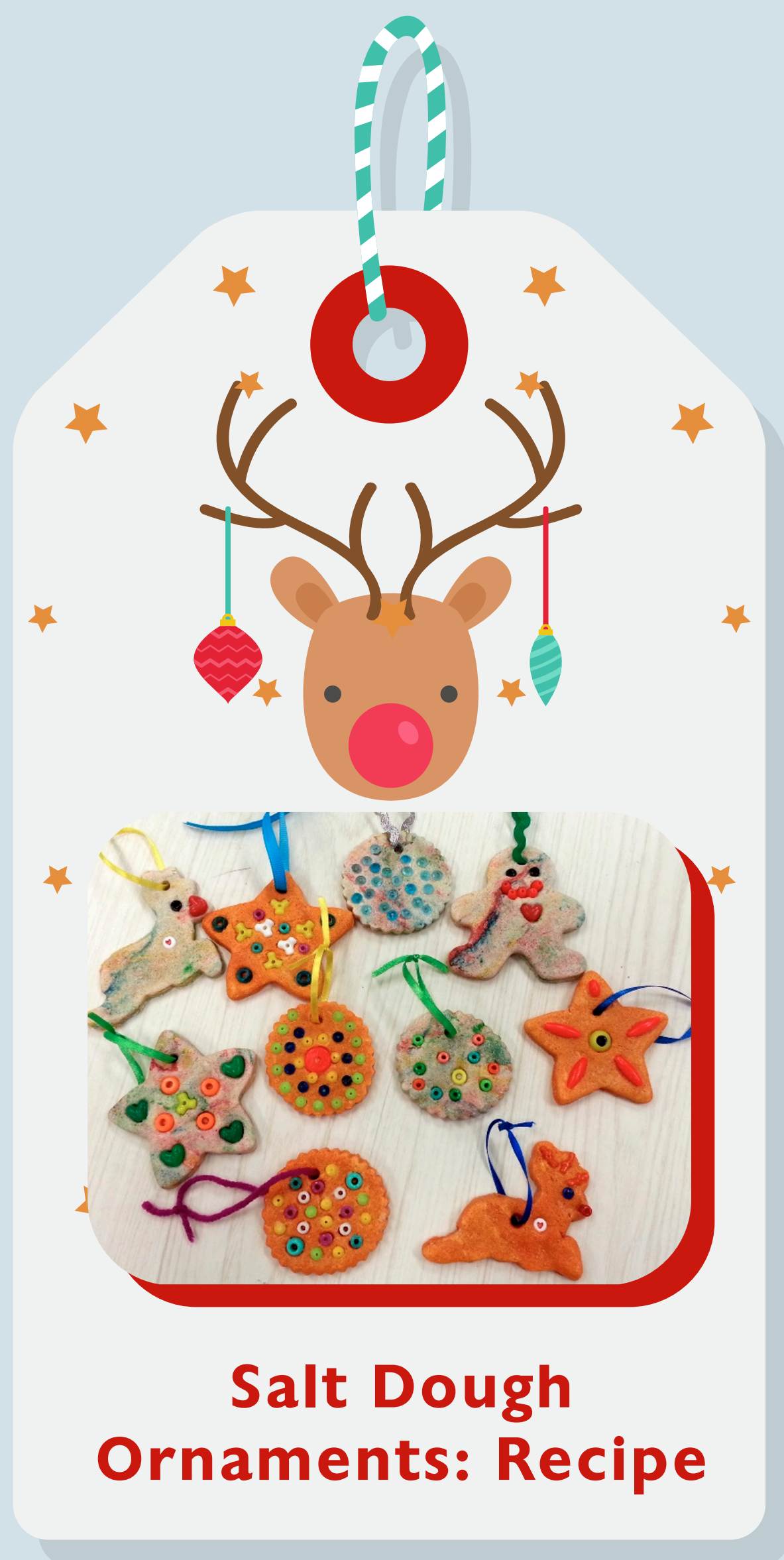
Now everyone knows the identity of the player's Christmas object - except the player!

To find out the Christmas object on the headband, each player takes turns asking questions about their celebrity, such as "Am I under a tree?" or "Am I human?"

To win the game, a player must be the first to guess the object.

Source: <https://www.kidspot.com.au/things-to-do/activity-articles/celebrity-heads-game/news-story6ad11b34e53678beaa8db7f832f7709e>





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### Salt Dough Ornaments: Recipe

#### Ingredients:

- 4 cups flour
- 1 cup salt
- 1.5 cups water  
(maybe a little more)
- Christmas cookie cutters
- Baking paper
- Baking tray
- Mixing bowl
- Rolling pin

#### Decorations:

- Child friendly  
acrylic paint
- String or yarn
- Glitter
- Clear Glue
- Gold Twine

#### Instructions:

1. Preheat your oven to 100 degrees Celsius.
2. Combine your flour, salt and water and mix well.
3. Knead for 10 minutes. If your dough is too dry, add a little bit more water.  
If it's too sticky, add a little bit of flour. It will help to place flour down on your surface when kneading and on your hands.
  - Keep kneading until the dough becomes really smooth. This takes about 10 minutes.
4. Once you're done kneading, roll out the dough to about 1/2 cm thickness. The thinner you make the ornaments, the better they will thoroughly bake and dry through. If you make them too thick they will take too long to dry.
5. Using your Christmas cookie cutters, cut out different shapes for your salt dough ornaments.
6. Using a straw, make a hole in the top of the ornament for where you would like the twine to hang.
7. Bake for 1-2 hours. If your ornaments are not completely dried through when you pull them out put back in for another hour. The baking time will vary greatly depending on the size and thickness of your ornaments. Larger ornaments will take longer whereas smaller ornaments will take less time. You can also let them air dry for a day before baking and this will cut down on the baking time.

Recipe LINK: <https://www.thebestideasforkids.com/salt-dough-ornament-recipe/>



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## Gingerbread House

### Ingredients

- 200g butter, chopped
- 1 cup brown sugar
- 1 tbsp ground ginger
- 2 tsp ground cinnamon
- 1 cup plain flour
- 3 1/2 cups self-raising flour
- 2 eggs, lightly beaten
- 1/2 cup golden syrup
- 2 quantities of Royal Icing
- Lollies, for decorating

### Method

1. In a food processor, place the butter and sugar and process until fully combined.
2. Add the flours and the cinnamon and ginger into the processor and process on high until fully combined.
3. In a jug mix the eggs with the golden syrup. Pour this into the food processor while the motor is running and process until it is all combined.
4. Turn out onto a lightly floured bench and knead until smooth. Divide into 4 pieces and shape into flat discs. Wrap in cling film and refrigerate for 1 hour.
5. Remove from cling film and knead until pliable. Roll out to 5mm thick and cut to the template shapes. Re-roll offcuts and cut as needed.
6. Bake all pieces for 15-20 mins at 180°C or until golden.
7. Leave to cool overnight on wire racks.
8. When ready to assemble prepare the royal icing and set out lollies for decoration along with the cake board or heavy cardboard.
9. Cut the slope for the roof from the end pieces. Cut the doors and windows from the front and back pieces.
10. Take the royal icing and decorate the walls with lollies. Take a piece of brown paper spread with royal icing and stick it on the back of the two roof pieces so they are joined together (this will help support the weight of the roof). Leave to dry for 1/2 hour.
11. Use the royal icing to glue the walls together and to the board. Use some heavy objects to support the walls as they dry.
12. Place the roof on and use the royal icing to pipe the snow and shingles onto the roof. Complete the decoration and leave to dry. Gingerbread will keep for up to 1 week.

### Recipe Source

<https://www.kidspot.com.au/kitchen/recipes/easy-christmas-gingerbread-house-recipe/p26dzgxl>





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## Shaving Cream Art

### Purpose:

- Sensory play encourages children to manipulate and mould materials, building up their fine motor skills and coordination.
- Sensory play uses all 5 senses, but the sense of touch is often the most frequent.

### Therapist's Creative Ideas:

- Writing letters or words in shaving cream
- Free drawing
- Add glitter or food colouring to shaving cream
- Add corn flakes or crunchy items to change the texture
- Hand draw a snowman then decorate it with craft items

### Tips:

- Put shaving cream on a plastic sheet then take outside and hose off afterwards
- Play outside with shaving cream and hose down afterwards
- Buy from any Supermarket or Big W, Target or Kmart

Source:

<https://www.funathomewithkids.com/2013/12/-messy-christmas-sensory-play-demolish.html>

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## Reindeer mask

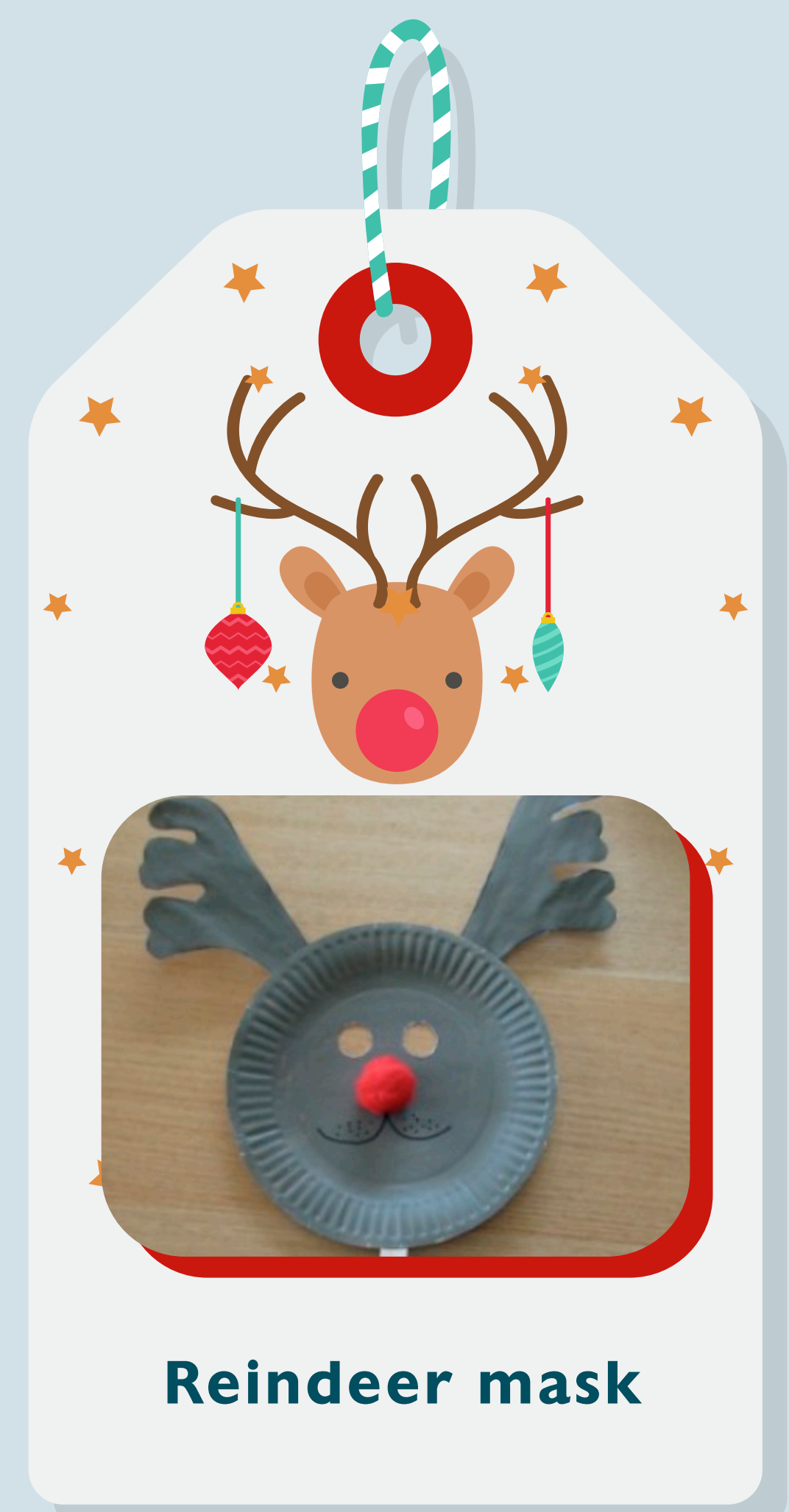
### You will need:

- Large paper plate
- Reindeer ears, drawn and cut out from white paper
- Brown paint, crayons or textas
- Sticky tape and scissors
- Large red pompom
- Large pop stick paddle
- Black marker pen

### How to make?:

1. Paint the paper plate and reindeer ears brown. Allow the paint to dry.
2. Cut out small eye holes in the paper plate and draw on the mouth.
3. Cut out the reindeer ears and sticky tape to the top of the paper plate. Also sticky tape the large pop stick at the bottom of the paper plate.
4. Sticky tape the red pompom for the Reindeer nose.

Source: Original Picture & Idea





## Cardboard Tube Christmas Elf Craft

### Resources:

- Cardboard Tube
- Paint/pencils/textas
- Coloured Paper
- Pom-poms
- Yellow felt (or paper)
- Stapler
- PVA Glue
- Fine tipped paintbrush (or Sharpie pen)
- Scissors

### Tips:

Step 1: Cut into the top of the tube at a slant and then fold the cardboard to create a triangle shape in the middle.

Step 2: Repeat on the other side of the tube.

Step 3: paint the cardboard tube using some paint.

Step 4: Use a texter or pencil to add a mouth, nose and eyes

Step 5: Using a piece of coloured paper, draw and cut out a large circle and cut the circle in half.

Step 6: Fold half of the circle round to create a cone shape and before stapling together, make sure it fits snugly onto the cardboard tube, with the ears sticking out and the two triangles in middle section covered.

Step 7: Add a pom-pom to the tip of the hat using some PVA glue.

Step 8: To finish off our Christmas Elf Craft we added a collar, using a strip of yellow felt stuck with PVA glue.



**Cardboard Tube  
Christmas Elf Craft**

### Recipe Source

<https://www.kidspot.com.au/kitchen/recipes/easy-christ-mas-gingerbread-house-recipe/p26dzgxl>

**Happy Holidays from**

