



<p>* 11 Take 3 Calming breaths</p>	<p>19 Take a walk In nature</p>	<p>20 Painting or drawing activity</p>	<p>16 Pamper Day</p>	<p>22 Winter Solstice</p>
<p>6 Be kind to yourself and others</p>	<p>12 NTF Xmas Party Join the fun</p>	<p>8 Mindful Day: Take time To Slow Down</p>	<p>4 Bake a cake</p>	<p>13 Watch a comedy film</p>
<p>15 Sing your favourite songs</p>	<p>1 Celebrate the start of advent</p>	<p>7 Christmas Jumper Day</p>	<p>10 Have a device free hour</p>	<p>24 Hang up Xmas stocking</p>
<p>21 National 'Robin' Day</p>	<p>14 Own choice activity</p>	<p>5 Craft Day</p>	<p>18 Listen to Happy tunes</p>	<p>9 National Pastry Day</p>
<p>3 Go outdoors</p>	<p>17 Afternoon Tea</p>	<p>23 Christmas Movie Marathon</p>	<p>2 Santa's elves arrive</p>	<p>25 Xmas</p>

Raise awareness of neurological tremor including ET & OT by sharing your festive activities with the Twitter hashtag #NTFChristmas .

