



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

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

