

Christmas Advent Calendar



* Take 3
* Calming breaths

19 Take a walk In nature

20
Painting or
drawing
activity

Pamper Day

16

Buy an NTF Xmas puzzle

Do a random act of kindness 12 Bake a cake Mindful Day:
Take time
To
Slow Down

NTF Xmas
Party
Join the fun

13 Watch a comedy film

Donate your loose change to the NTF

Celebrate the start of advent

Read a festive story

Have a device free hour

Hang up
Xmas
stocking

ZI Winter Solstice Go
outdoors

Craft Day

5

Listen to happy tunes

Make a snowflake calendar

Buy an NTF Xmas card 3 17 Afternoon Tea

* 23
Christmas
Movie Marathon

Santa's elves arrive





Share your festive moments using the hashtag #NTFChristmas

Buy NTF cards and puzzles at tremor.org.uk/ntf-christmas

