

Christmas Advent Calendar



<p>* Take 3 11 Calming breaths *</p>	<p>19 Take a walk In nature</p> 	<p>10 Painting or drawing activity</p>	<p>16 Pamper Day</p> 	<p>22 Take time To Slow Down</p>
<p>6 Be kind to yourself and others</p> 	<p>12 Watch a comedy film</p>	<p>8 Have a device free hour</p> 	<p>4 NTF Xmas Party Join the fun</p>	<p>13 Look at pretty art</p> 
<p>15 Sing your favourite songs</p>	<p>1 Santa's elves arrive</p> 	<p>7 Read a poem</p>	<p>10 Christmas Jumper Day</p> 	<p>24 Hang up Xmas stocking</p>
<p>21 Winter Solstice & 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 Mindful Day</p>	<p>17 Afternoon Tea</p> 	<p>23 Christmas Movie Marathon</p>	<p>2 Go outdoors</p> 	<p>25 Xmas</p> 

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

