





# December 2019 Wellness Activity Calendar

## This Month's Theme: The Nativity of Jesus

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1 Advent Week 1</b> Spend time creating an Advent Wreath today. Use Legos, paper, paint, playdoh- whatever you have! Google for ideas and designs. <a href="#">CLICK HERE FOR ADVENT PRAYERS</a>	<b>2</b> Read one of the Nativity stories in the Bible. Matthew 1:18 - 2:15 and Luke 2:1-20	<b>3</b> Watch a video of the Nativity story. <a href="#">CLICK HERE</a>	<b>4</b> Pick a book to read and an action word that will be repeated in the story. Every time you read or hear the action word, stand up and sit back down.	<b>5</b> Come up with a list of simple exercises you can do during commercials when watching your favorite shows. Try jumping jacks or run in place for the whole time!	<b>6</b> St. Nicholas Feast Day. Watch a video about St. Nick. <a href="#">CLICK HERE</a> Find something you can share with others. Pray for friends.	<b>7</b> How many words can you make using the letters found in "Merry Christmas"? For example: yes, is, march, mist, mast, ram, Christ. Any others?
<b>8 Advent Week 2</b> Immaculate Conception of the Blessed Virgin Mary Feast Day. Use this prayer service today: <a href="#">CLICK HERE</a>	<b>9</b> Dance and sing the "Jesus Hokie Pokie" song. <a href="#">CLICK HERE</a> Can you add other actions to the song?	<b>10</b> Exercise Day! Do 6 jumps forward and backwards. Do 8 knee to elbow raises. Do 10 punches over your head. Repeat 3 times today.	<b>11</b> Think of creative ways that a Christmas tree is like Baby Jesus. For example, both have a glow at the top (tree has a star and Jesus has a halo). Share ideas.	<b>12</b> Feast of Our Lady of Guadalupe. Watch a video about Mary and Juan Diego. <a href="#">CLICK HERE</a>	<b>13</b> Design a hopscotch on the floor. Use painter's tape, masking tape or strips of paper. Can you make a crazy hopscotch design? Can you include sheep or angels?	<b>14</b> Learn "Silent Night" in American Sign Language. <a href="#">CLICK HERE</a>
<b>15 Advent Week 3</b> Design Christmas cards to pass out or send to family and people in your neighborhood. Make sure an adult goes with you if you deliver cards in your neighborhood.	<b>16</b> Play "I Spy" with Christmas decorations (in the house or outside). For example, I spy with my little eye something red. Three guesses and then tell what you see is red.	<b>17</b> Set up an obstacle course in the basement or big room. Use hoops, balls, ropes, mats, plastic cups or other items to make up the obstacle course. Be creative!	<b>18</b> Ask an adult if there is anything you can clean to make the house beautiful for Jesus' birth next week. Don't complain when cleaning.	<b>19</b> Time for a brain break song. Sing and dance to "Brrrrrrrrrr". <a href="#">CLICK HERE</a>	<b>20</b> Plan a walk after it gets dark outside. Bring along flashlights. What Christmas decorations do you see in the neighborhood? Are there stars in the sky?	<b>21</b> Joseph and Mary had to search for a place to sleep. Make a scavenger hunt with items for sleeping or things that remind us of Jesus.
<b>22 Advent Week 4</b> Go outside and build a snow scene of the Nativity. If there is enough snow, go sledding with your family.	<b>23</b> Bake and decorate a birthday cake or cupcake for Jesus' birthday.	<b>24</b> Prayer Service-Go to <a href="#">CLICK HERE FOR PRAYER SERVICE</a> and scroll to page 7 for a prayer service about the Nativity.	<b>25</b> Jesus Christ is born! Celebrate by spending time as a family playing a game or reading a book.	<b>26</b> Pick something you would have seen at the Nativity scene. Act it out and have others guess. You could be a sheep, baby, cow, shepherd, star or more!	<b>27</b> Write your first name in the air with your left foot. Do 10 ski jumps. Write your last name in the air with your right foot. Do 10 marking feet in place.	<b>28</b> Jump up with your arms and legs spread out like a star. Star jump 10 times in the morning and 10 times at night.
<b>29</b> Pray a prayer of thanksgiving with your family today. <a href="#">CLICK HERE</a> for prayers you can use. Prayers #5, #9 and #13 give thanks.	<b>30</b> Exercise Day! Do 10 arm pumps as fast as you can. Do 10 scissors crosses with your legs. Do 10 sit ups. Repeat until only one person in the family can do more.	<b>31</b> "Paint" the snow! You will need a spray bottle, water and food coloring or Kool-Aid packet. Fill the bottle with water and food coloring. Spray it on the snow!				

GRACE is growing healthy ~ Body, Mind and Spirit ~ in our families!

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## List of this Month's Web Page Addresses

Date	Address	Date	Address
Dec 1	Advent Prayers <a href="https://dynamiccatholic.com/best-advent-ever/advent-prayers">https://dynamiccatholic.com/best-advent-ever/advent-prayers</a>	Dec 12	Story of Our Lady of Guadalupe <a href="https://www.youtube.com/watch?v=I-u7SFLvz8Q">https://www.youtube.com/watch?v=I-u7SFLvz8Q</a>
Dec 3	The Christmas Story for Kids <a href="https://www.youtube.com/watch?v=xyhPDMS5VB0">https://www.youtube.com/watch?v=xyhPDMS5VB0</a>	Dec 14	"Silent Night" performed in ASL <a href="https://www.youtube.com/watch?v=3SxrGYF4JaQ">https://www.youtube.com/watch?v=3SxrGYF4JaQ</a>
Dec 6	Who is St. Nicholas? <a href="https://www.youtube.com/watch?v=2tWDL7YV60">https://www.youtube.com/watch?v=2tWDL7YV60</a>	Dec 19	Koo Koo Kanga Roo - Brrrrrrrrrrrr <a href="https://www.youtube.com/watch?v=yjd7Z_7DdU4&amp;list=PL0b8FXmUuHrvoacvhGOvJd6rFmm2NV03L">https://www.youtube.com/watch?v=yjd7Z_7DdU4&amp;list=PL0b8FXmUuHrvoacvhGOvJd6rFmm2NV03L</a>
Dec 8	The Feast of the Immaculate Conception of the Blessed Virgin Mary <a href="https://www.catholicbishops.ie/wp-content/uploads/2013/08/Feast-of-the-Immaculate-Conception.pdf">https://www.catholicbishops.ie/wp-content/uploads/2013/08/Feast-of-the-Immaculate-Conception.pdf</a>	Dec 24	Nativity Prayer [page 7] <a href="http://www.churchofscotland.org.uk/_data/assets/pdf_file/0003/37092/Creative_Prayer_ideas_Bristol_Diocese.pdf">http://www.churchofscotland.org.uk/_data/assets/pdf_file/0003/37092/Creative_Prayer_ideas_Bristol_Diocese.pdf</a>
Dec 9	Jesus Hokie Pokie Song <a href="https://www.youtube.com/watch?v=VAdvwa78UGg">https://www.youtube.com/watch?v=VAdvwa78UGg</a>	Dec 29	Thanksgiving Prayers <a href="https://www.crosswalk.com/faith/prayer/12-christmas-prayers-experience-joy.html#11">https://www.crosswalk.com/faith/prayer/12-christmas-prayers-experience-joy.html#11</a>

## Additional Activities

- Nativity Games and Puzzles - <http://www.akidsheart.com/bible/nativity/nativity.htm>
- Nativity Bingo - <https://joyfulcatholicfamilies.com/nativity-bingo/>



**For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. JOHN 3:16**

*Wishing you a blessed and*  
**MERRY CHRISTMAS**