



What To Watch!

As the weather gets colder and we need to stay inside, here are some feelgood film and TV picks.

Arthur Christmas (U) – Netflix

Sister Act (PG) – Disney+

The Muppet Christmas Carol (U) – Disney+

Beauty and the Beast (U/PG) – Disney+

Doctor Who (2005 – Present) – BBC iPlayer/Netflix

Call The Midwife – BBC iPlayer/Netflix

Sherlock (2010 – 2017) – BBC iPlayer

Jingle Jangle (PG) – Netflix

His Dark Materials – BBC iPlayer

Gogglebox – All 4

Friday Night Dinner – All 4

The Christmas Chronicles (PG) – Netflix

The Adventures of TinTin (PG) – Netflix

Or you can go old school, buy a copy of Radio Times and **highlight** your watchlist ;)





It sounds like...

Relaxing

*Christmas Time Is Here –
Instrumental*

Vince Guaraldi Trio

White Christmas
Oscar Peterson

Silent Night
Sufjan Stevens

Home For The Holidays
Jack Jezzro

To Us Is Given
Dave Brubeck



Party

Respect
Aretha Franklin

Underneath the Tree
Kelly Clarkson

All I Want For Christmas
Mariah Carey

Power
Little Mix

It's A Beautiful Day
Michael Buble

Santa Tell Me
Ariana Grande

*Christmas Time
(Don't Let The
Bells End)*
The Darkness



Winter Wellbeing

This time of year isn't just about giving and receiving presents, you should take time for yourself too



Wrap up warm and go for a winter walk (with or without dog)

Baking can be really relaxing - gingerbread can be made any time of the year.



Combat those colds, take on more Vitamin C by eating tangerines and clementines

Hygge (pronounced *hugh-guh*) is a Danish and Norwegian word for a mood of being cosy and comfortable and linked with feelings of wellness and contentment. It's not necessarily to do with winter, but a chance to put some warm socks on, your favourite jumper and sip a hot chocolate.





Creative Crafting

DIY Wreath

The festive holidays are the perfect time to get creative and try something new. Here we have shared just two of our favourite things to make at Christmas – but there are hundreds of ideas for crafting inspiration out there, we like to use Pinterest to make mood boards and get us thinking.

You will need:

- A wreath base or wire coat hanger. *Please be very careful when working with wire.*
- String/twine.
- Whatever you want to decorate your wreath with. We like to use: cheap baubles, dried orange slices, cinnamon sticks, tinsel, ribbon, evergreen cuttings (try walking round your local area and seeing what greenery you can find for free)

Wilko & Poundland have lots of affordable crafting materials, but if you are on a budget, a coat hanger and some greenery from your local park will still look beautiful.

1. If you are using a coat hanger, very carefully pull it into a circular shape.
2. Next, get your wreath base/hanger and add a base layer of decorations. We'd recommend using something like tinsel or your evergreen branches. Make sure the whole wreath base/hanger is covered. Secure in place with your string.
3. This is the fun bit, unleash your creative chaos and add the decorations, securing each in place with your string. We think the more decorations, the better – *but perhaps you'll prefer a more minimalist approach.*





Delicious Baking

Tree Biscuits

Recipe Adapted from Jack Monroe's *A Year In 120 Recipes* (cookingonabootstrap.com). *Tree Biscuits recipe by Jack Monroe. Photo Copyright Susan Bell.*

These delicious biscuits can double up as a decoration for your Christmas tree...if they last that long.

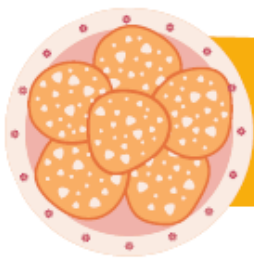


Ingredients & tools (made 24 assorted sizes)

- 300g plain flour
- 100g butter
- 100g sugar
- 2 eggs
- 1 tsp cinnamon
- Icing sugar (optional)
- String
- A biscuit cutter
- Baking sheet/tray
- Mixing bowl
- Wooden spoon

Preheat your oven to 180C, or 160C if you have a fan assisted oven.

- First, melt the butter in the microwave for 30 seconds to make it easier to stir in. Then combine the butter and flour until they form a breadcrumb consistency.
- Tip in the sugar and cinnamon and beat in the eggs to combine to form a dough.
- Flour your work surface and hands, tip the dough out, and work it briefly to shape.



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- Roll it out. If you don't own a rolling pin, you can use an empty bottle – a wine bottle, old vinegar bottle, any glass bottle will do. Roll it out to around half a centimetre thick for optimum biscuit thickness.
- Cut out using a cookie cutter, or if you're feeling radical, a blunt knife to make whatever shaped biscuits you like. You can get great cookie cutters from Poundland.
- If you want to hang them on the tree, make a small hole using a skewer, or the tip of a sharp knife – the hole will need to be larger than you think, as it smooshes back together in the oven a little.
- Lightly grease your baking sheet, and place your cookies on top, leaving a few millimetres around them in case they spread out and all stick together. Bake in the centre of a preheated oven for 12 minutes at 180C, remove, and allow to cool.
- If you want, you can dust the biscuits very lightly with icing sugar whilst they are still warm, for an extra sweet kick. Thread string or ribbon through and hang them on the tree.

Jack Monroe is an award-winning food writer and bestselling author. You can access affordable and nutritious recipes for free all year round on her website: cookingonabootstrap.com



Relax & Colour



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