



# Toddler Christmas

"make mine active"



Practical advice for healthy eating habits from pregnancy to preschool

[www.infantandtoddlerforum.org](http://www.infantandtoddlerforum.org)

Play pin the nose on Rudolph



Take a ball to the park and play football



Play musical statues to Christmas songs



Write your Christmas list with Mummy or Daddy and walk to the post box to send it to Santa



Play 'keep it up' with a balloon



Play catch with a bean bag

Walk to the playground to play for half an hour



Pull your friend around the park/garden on a sledge/board

Make a 'Welcome Santa' sign and gift for him and his reindeer



Be Rudolph for the day – lots of trotting and flying



Make snow angels in the snow or play hide and seek in the park



Take a walk to see Christmas lights



Have a snowball fight or play tag in the park



Go for a nature hunt. Collect ivy/ holly/leaves/ berries to make a decoration

Have a Christmas dance-a-thon



A trip ice skating or to your local play gym



Find a slope to do roly polys



Decorate the Christmas tree

Take a walk to jump in puddles or play in the park



Go for a walk to visit Santa



Do some Christmas star jumps



Hide and seek – find the secret present!



Do jumps on the trampoline or hop around the garden



Take a walk to deliver Christmas cards

Race Mummy, Daddy or a friend – run or use your scooter or trike

