

# The Big Christmas Celebration



You are all little reindeers and must help Santa to find his presents! Santa's sleigh was nearly overturned because of strong winds when he was flying and all of the presents fell out. To help Santa, we have to practice being reindeers!



## Welcoming Parents and Children | 3 min



## Start-up Routine | 7 min

1. Theme Song | 2 min
2. Running/ Themed Activities | 5 min



### ► Chicks to Raccoons See the start-up routine on page 8, 27 or 46

All of the children are little reindeers. Draw a little red point on their noses (optional). The instructor hands out sleighbells to the children (maracas) by placing the box in the middle of the circle. Once each child has his sleighbell, the instructor invites the parents and children to line up behind him so that the reindeers can take off! 3, 2, 1, go! Begin by walking and then, once the reindeers are moving, vary the walking styles.



### ► Bears to Foxes

The reindeers are going to do some checks to make sure that Santa's sleigh is working and that it's ready to find the missing presents. The Santas (*parents*) each climb into a sleigh (*parents mime climbing into a sleigh*) and get ready for take off. The reindeers accelerate to pass through the clouds. All of a sudden a snowstorm hits and the reindeers are thrown left and right (*the parents and children zigzag*). The snowflakes are getting bigger so the reindeers must avoid them:

- Lean to the right or left to avoid the snowflakes
- Duck down so that the snowflakes pass overhead
- Jump
- Crawl on hands and knees
- Run and then stop to let the snowflakes pass
- Sidestep
- Walk on hands and knees like reindeers

The instructor tells the reindeers to gather around and confirms that the sleighs seem to be working very well (*everyone applauds*).



## Obstacle Course | 18 min

Bravo! You are now ready to find Santa's lost presents. We must hurry though, as we have to cross several countries and don't have a lot of time!

We are now ready to go and find Santa's presents. We have to follow the obstacle course that will lead us to the lost presents. Because the journey is very long and we have lots of countries to cross, we must do the obstacle course several times.

*Make a large obstacle course that covers your room, using as much equipment as possible.*

The obstacle course can be performed in several ways depending on the age of the children.

- On hands and knees like reindeers
  - Walking forward
  - Walking backward to avoid the blizzard
  - Jumping over the snowflakes
- At the end of the activity, there should be a pile of objects (can be hidden by a parachute). We've found the presents! Bravo!





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## Supplementary Activities | 15 min

Now we have to take the presents back to Santa. It's time to put into practice all that we have learned as little reindeers!

Well my little reindeers, all we have to do now is put the presents back in Santa's sleigh so that he can go and give them to all of the children around the world.

### ▶ The Stroll (page 154) | Chicks to Raccoons

### ▶ The Sleigh Game! | Bears to Foxes

- The child is a reindeer, his parent Santa.
- Use skipping ropes or resistance bands.
- Pass the rope or band around the child's waist. His parent stands behind him and holds the two ends of the rope or band.
- The children move about the activity room (you can make a path for them to follow) and the parents follow as if they were pulled by a reindeer.

### ▶ Transport the presents to Santa's sleigh

- **Chicks to Raccoons:** Each child takes a present (object neither too heavy nor too large) and carries it to Santa's sleigh (cart or container for the presents). Repeat several times.
- **Bears to Foxes:** Transport a large present (larger object) with the help of a friend or parent to Santa's sleigh (cart or container for the presents). Repeat several times.

### ▶ Decorate the Christmas Tree!

- Stick the tree onto a wall.
- The children must find images of Christmas decorations that have been hidden around the activity room.
- Once they find an image, the children go and stick it onto the Christmas tree!



## End Routine | 5 min

*The instructor must perform this activity with the participants in order to show them the movements.*

### ▶ With big snowballs (Swiss Balls)

1. Roll the child, who is lying face down, onto the snowball.
2. Rock the child in a forward-to-backward motion and then left and right.
3. Do step 2 again, this time with the child on his back.

Finish the routine with the children lying on the floor on their backs to make snow angels (arms and legs apart).

### ▶ Massage (when Swiss Balls are not available)

Each parent takes a little snowball (textured ball). With the ball, the parent massages his child.

1. Child lying on his back: roll the snowball gently on the child's arms, belly and legs.
2. Child lying on his belly: roll the snowball on the child's back in different directions.

Between each position, the instructor invites the parents and children to stretch their arms, yawn and roll onto their sides.



## Handing Out the Surprises! | 2 min

- Hand out a little Christmas surprise per child.



## Equipment Required

- Motor skill equipment: Variable. Use as much equipment as possible so that the children can develop!
- Additional Equipment: The instructor's disguise: reindeer headband, red nose, Christmas music, Christmas tree(s) made of card, images of Christmas decorations for the tree(s) made of card (baubles, candy canes, stars, lights), decorations for the activity room, skipping ropes or resistance bands, cart or container for the presents (Santa's sleigh), make-up crayons to draw red noses on the children (optional), Christmas surprise for the children (optional).