

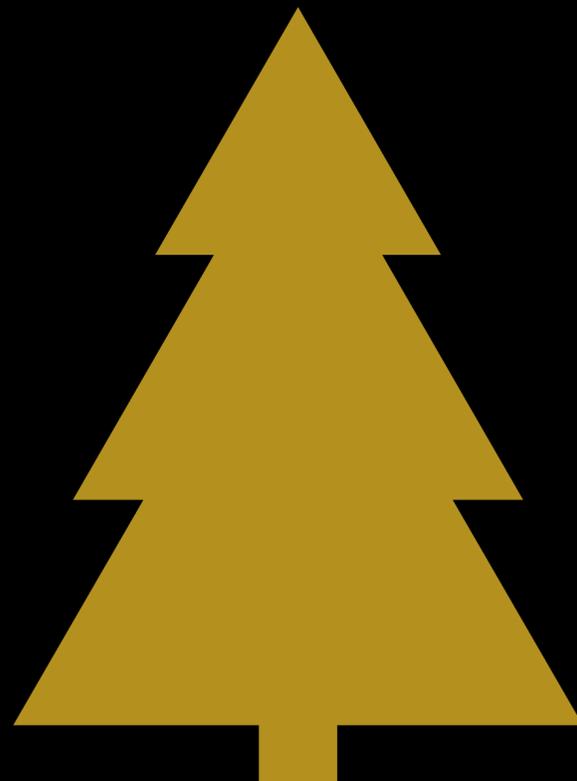
FESTIVIVE CHEER



We may be headed for a very Covid Christmas, but that doesn't mean we can't make it merry.

So, our team's put together a pack of festive activities to add some sparkle to staying at home this Christmas. I mean, don't stay at home. No really, stay at home.

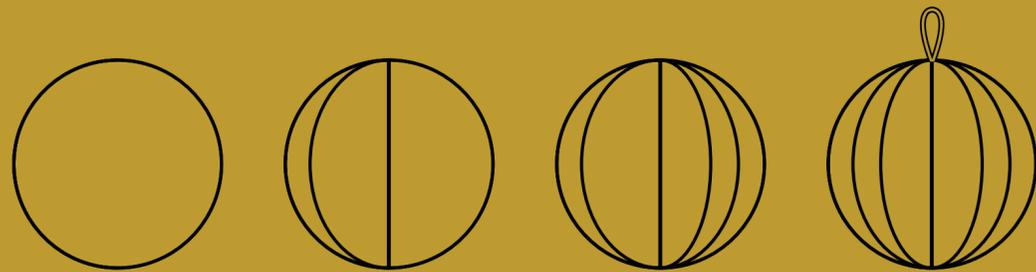
 **NO REALLY,
STAY AT HOME.**





Ellen's Unprecedented Plant Decorations

Add a bit of sparkle to your urban jungle this year with these fabulously festive baubles. Light enough for the delicate stems and leaves of your favourite house plants.



Your kit list:

- 🎄 Colourful paper or card - double sided designs work best
- 🎄 A pencil
- 🎄 Something circular to trace around - like a glass
- 🎄 Scissors
- 🎄 Some mini glue dots, glue, or double sided tape
- 🎄 Craft wire or a stapler.

Step one

Use your glass to cut out 12 equal circles, preferably in different colours.

Step two

Fold all the circles in half, stacked on top of each other.

Step three

Wrap a length of wire around the middle fold, or staple the fold top and bottom, to hold the 12 pieces together.

Step four

Fan your bauble out. Stick a glue dot or small piece of tape about a third of the way down from the top of one of the bits of paper and fasten it to the next.

Step five

On the next piece stick a glue dot a third of the way up from the bottom and fasten the next two pieces together. Carry on doing this alternating top and bottom.

Step six

Here's what the finished bauble will look like:

<https://www.homemade-gifts-made-easy.com/make-christmas-ornaments.html>





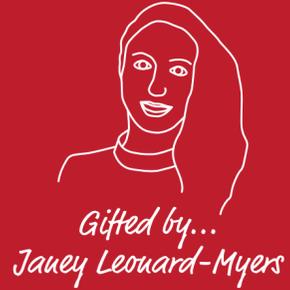
*Gifted by...
Tom Richards*

Tom's Christmas Break-list

Yes we know it's Christmas time, Bob. You've told us twenty-five times. Make sure you don't go Christmas crackers with this palate-cleansing playlist of non-Christmas tunes.



Check it out...



Janey's Reindeer Treats

These simple, but gorgeously cute, festive mallow pops are sure to impress. Devilishly moreish, there's no Rule of Six when enjoying these sweet treats. It is Christmas after all.



Grab these six ingredients:

- One bar of milk chocolate for melting
- Pretzels (mini versions are best)
- Red smarties or sweets
- Edible eyeballs (from Tesco)
- Large marshmallows
- Plus, a pack of lolly sticks, straws or skewers.



Step one

Melt chocolate in a large bowl.



Step two

Make antlers by breaking your mini twist pretzels in half, then set them aside.

Step three

Place a lollipop stick into the bottom of the marshmallow. Dip the marshmallow into the melted chocolate covering completely.

Tip – score the marshmallow with a knife where you want the antlers placed to make them easier to insert.

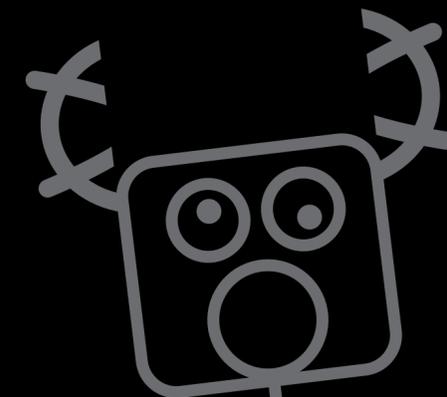
Step four

Insert antlers in the sides of marshmallows.



Step five

Stick on the eyes and nose. Then leave to set in the fridge.



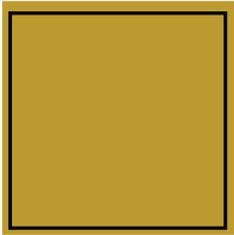
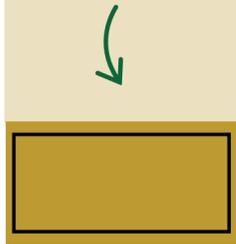
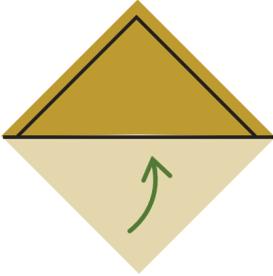
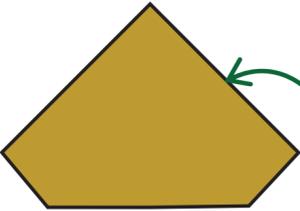
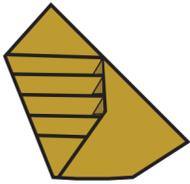
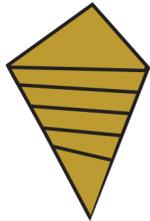
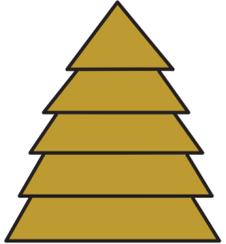


Dress the table with Dorina



We may have swapped rockin' for scoffin' around the Christmas tree, but we can still look great doing it. Get the Christmas tunes on, fold your napkins and serve on gold or red plates for an extra pop of Christmas colour.



 <p>1: Supplies</p>	 <p>2: Fold the Napkin in Half</p>	 <p>3: Fold It in Half Again</p>	 <p>4: Fold the Corners Up One at a Time</p>	 <p>5: Flip the Napkin Over</p>
 <p>6: To look like this</p>	 <p>7: Fold Both Outer Corners to Their Opposite Sides</p>	 <p>8: Flip It Again</p>	 <p>8: Flip It Again</p>	 <p>8: Fold 'em UP</p>





Sue's Peace, Joy and Cocktails

Next slide please...

Noël Negroni

This quarantini hits all the right spots: strong, bitter and delicious. But beware, one is a glass of Christmas joy, two and you won't remember the third.

25ml Campari	Shake it up, pour into a rocks glass over ice and garnish with a curl of orange peel
25ml Sweet Red Vermouth	
25ml Gin	



Support Bubbles

The French 75 is perfect to use up that left-over Christmas day fizz. Lemony, light and lovely at a Boxing Day brunch.

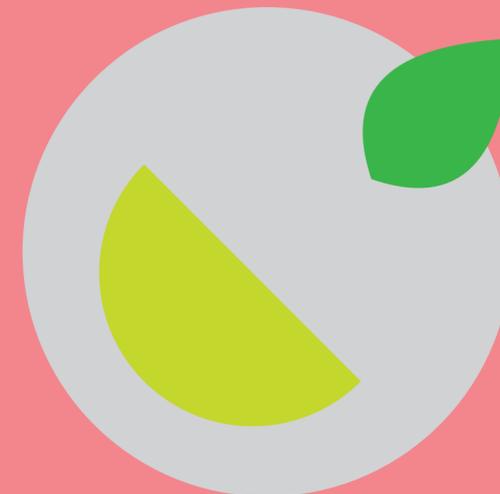
50ml gin	Shake gin, lemon juice and sugar syrup. Pour into a flute and top up with champagne, add a strip of lemon to garnish.
Tbsp lemon juice	
Tsp sugar syrup	
Champagne	



Merry, minty mocktail

Gorgeous as a breath of fresh air from the Christmas alcohol whirlwind. Or to plan ahead for Dry January.

Tsp sugar	Muddle sugar with limes and mint leaves, using a pestle and mortar or a bowl and the end of a rolling pin. Add to a tall glass with crushed ice, top with soda.
Bunch of mint leaves	
Lime wedges	
Soda water	



Check out more cocktail prints over at abstractheroes.com



JB's Big Covid Quiz of the Year

Through eight briefs-a-watching, seven memes-a-sending and six meetings Zooming we've definitely had some lockdown laughs. Fill in the missing words to form some of the most common phrases we've heard this year.



- 01** * "Can you ____ me ok?"
Anyone on a video call.
- 02** * "Stay alert. ____ the virus. Save Lives."
UK Government
- 03** * "Next ____ please."
Sir Chris Whitty
- 04** * "Can you see my ____?"
Anyone on a video call.
- 05** * "Christmas is a time to be _____. But it's also a time to be _____ careful".
Boris Johnson
- 06** * "Stay at home. ____ the NHS. Save Lives."
UK Government
- 07** * "You're on ____!"
Anyone on a video call.
- 08** * "A ____-____ test and trace system will be in place by June 1st."
Boris Johnson
- 09** * "It's going to _____. One day, it's like a miracle - it will _____."
Donald Trump
- 10** * "What happens is, you get _____. That's what happens: You get _____."
Donald Trump after contracting coronavirus.

Check your
answers on
the last page.



Take a winter stroll with Mary

If you're up north this Christmas, round up your bubble and take in some great outdoor scenery on these festive Manchester walks. Let's hope for a white Christmas.



01

Where?
Dunham Massey gardens in Altrincham.
Why?
Gorgeous scenery and even herds of deer.
Length?
2 hours.
Don't forget
Your walking boots - it's muddy in areas. A camera to take pictures. Some money for the car park.



02

Where?
Tatton Park, Knutsford.
Why?
Gardens and an adventure playground.
Length?
2 hours.
Don't forget
Your walking boots - it's muddy in areas. A camera to take pictures. Some money for the car park.



03

Where?
Worsley wood.
Why?
A 30-acre local nature reserve.
Length?
Less than one hour.
Don't forget!
Your walking boots - it's muddy in areas.



04

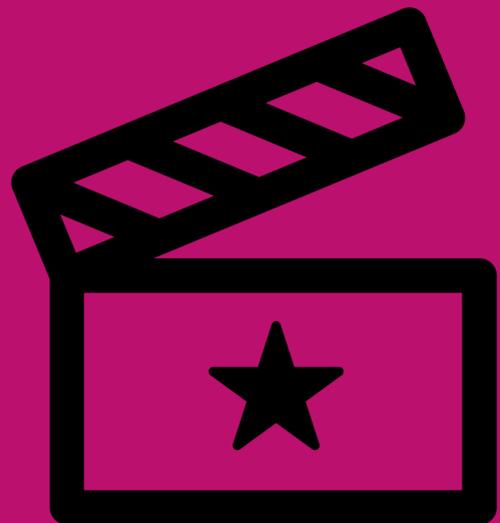
Where?
Fletcher Moss, Didsbury.
Why?
It's a great for bird-watching, the RSPB was founded here.
Length?
1 hour.
Don't forget
Your camera, the birds and squirrels would also appreciate a bag of seeds.



Gifted by...
James Kay

JK's Grinch-mas Film List

A list of not Christmas, but definitely Christmas, films for the least festive members of the family this year. What's your opinion?



01

Die Hard

What's less Christmassy than criminals posing as terrorists and taking over an LA skyscraper, while a dirty-vested NY cop crawls through air vents to take them down?



02

It's a Wonderful Life

Often held up as the pinnacle of Christmas films, it's a pretty depressing way to spend two hours. Think 95% mental breakdown misery, 5% Christmas payoff at the end.



03

The Grinch

Maybe you'll watch it and have a fuzzy moment of revelation, maybe your heart will grow three sizes, or maybe you'll just steal all the presents?



04

Bad Santa

One for the Christmas haters. Billy Bob being his most Billy Bob in a film that will change how you see shopping centre Santas forever.



05

Krampus

A genuine horror film that puts a Christmas monster at its heart. Don't put it on for the kids before going to bed on Christmas Eve, you might ruin Christmas for them forever.

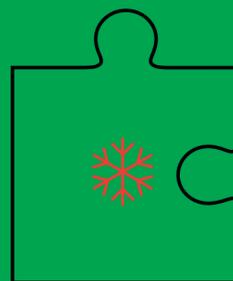


Gifted by...
Steve Bruat

Steve's Christmas conundrum

Nope it's not whether to bother with sprouts this year, or if you should throw on The Pogues for the fifth time today, it's a wholesome Christmas crossword. Have a go:

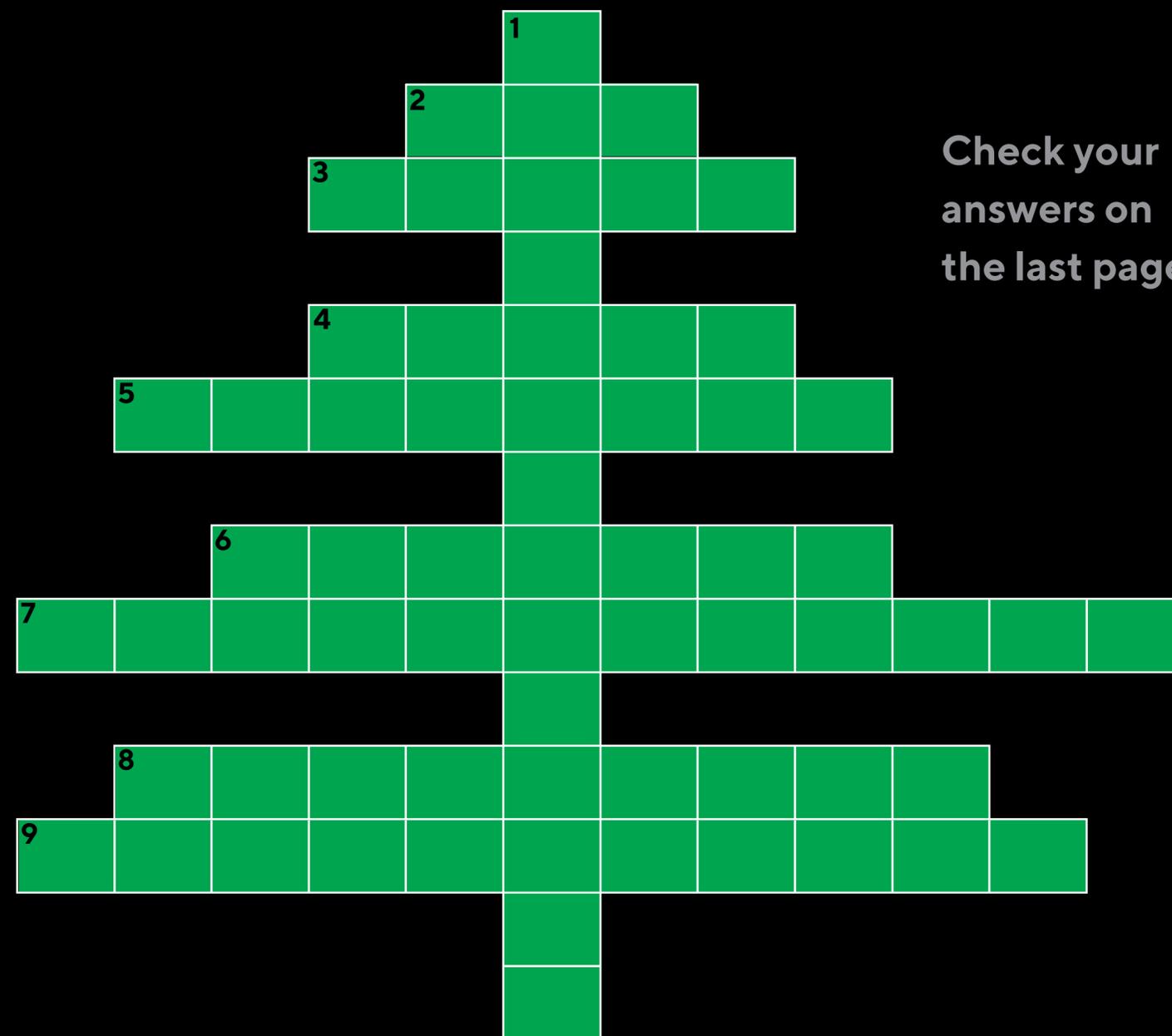
1. What Santa expects of little behavioural scientists? (4,9)
2. ___ State Decision Making - the idea that we don't know what we'll do until we need to do it. (3)
3. Social _____ - the tendency to be guided by what others do. (5)
4. What drives 90% of our behaviours? There are good and bad ones. (5)
5. Another word for cut-through, how obvious a thing is. (8)
6. The fallback position, the thing that will normally happen. (7)
7. The preference to overvalue what we already have. (4,8)
8. Expertise - the name of a bias to place irrational faith in experts. (8)
9. Ignoring or undervaluing - we have a tendency to undervalue things in the future compared to the present. (11)



Next slide please...



Check your
answers on
the last page.





Gifted by...
Tamsin Scott

Tamsin's Christmas Candles

Nothing beats the charm of homemade. These are great as a last minute gift or if you just don't feel like braving the shops this year.



Grab these six ingredients:

- 🕯️ A package of candle-making soy wax - I get mine from Eco-Lux
- 🕯️ A package of large candle wicks
- 🕯️ A bottle of fragrance oil
- 🕯️ A spatula
- 🕯️ A heat-proof container
- 🕯️ A double boiler
- 🕯️ A thermometer
- 🕯️ A pair of chopsticks or pencils

01 Step One: Measure the wax
Have a clean, flat surface to work on. Protect the area with newspaper or paper towels.

Measure out how much wax you need to fill your container, then double it. That's how much wax you'll need to melt.

02 Step Two: Melt the wax
Pour the wax into your double boiler and allow to melt for 10 to 15 minutes, stirring frequently.

03 Step Three: Add fragrance oils
While this step is optional, I definitely recommend it for a lovely smell.

When your candle wax is melted, add fragrance oils. Follow the instructions on your wax package for how much to add. Simply pour it into your melted wax and stir for a few seconds.

04 Step Four: Attach the wick
The wick needs to be attached to the bottom of your container before you pour in the wax. You can attach the wick by dipping it in the melting wax then quickly sticking it to the bottom of the container. Let the wax sit five minutes to harden. Or simply super glue it.

05 Step Five: Pour the wax
Before you pour the wax into your container, let it cool for a few minutes. When the temperature on the thermometer reads 140 degrees, it's time to pour.

Slowly pour the wax into your container. Hold the wick in place, but don't pull on it. Leave a small amount of wax in the boiler for topping off your candle later.

06 Step Six: Secure the wick
To prevent your wick from swaying in the melted wax, you need to secure it in place. Lay two chopsticks across the top of the container. Sandwich the wick in between so that it stays centered while the wax hardens.

Allow the wax to set for four hours at room temperature.

07 Step Seven: Add more wax
If your candle hardens with an unsightly top (cracks or holes) simply reheat and add your remaining wax. Let it set.



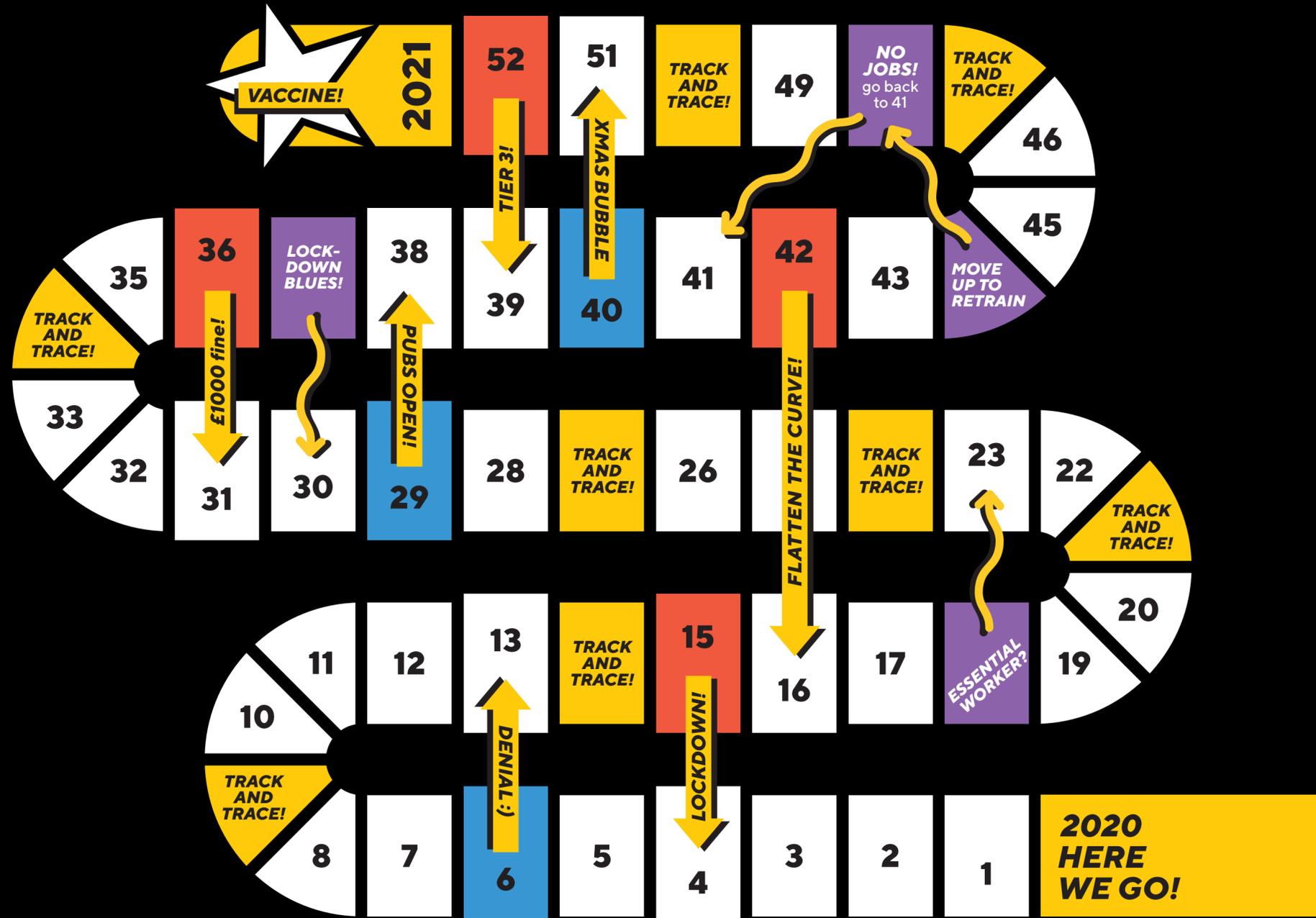


Nat's classic Christmas game

Time for a Christmas classic. Pass this page to the littlest members of your family or embrace the nostalgia and climb the ladder, just beware of those slippery

snakes.

Take it in turns to roll the dice and navigate your way through 2020. ...And don't worry, it will end eventually.



If you land on Track and Trace - roll again to take the test... Roll an even number to move forward 2 spaces or an odd number to move backwards 2 spaces



JB's quiz

1. Hear
2. Control
3. Slide
4. Screen
5. Jolly
6. Protect
7. Mute
8. World-beating
9. Disappear
10. Better

Steve's crossword

1. Good behaviour
2. Hot
3. Proof
4. Habit
5. Salience
6. Default
7. Loss aversion
8. Authority
9. Discounting

ANSWERS

FESTIVE CHEER



Lovingly prepared by The Behaviours Agency team.
We wish you a very merry Christmas and a happy new year.

And, because we can't celebrate with you in person, we've donated
the money we'd have spent to Royal Manchester Children's Hospital

If any of our activities have brought you festive joy, we'd love to hear about it.
You can share with us using:

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