1. Wish your family or friends a “Happy Christmas”.

2. Make one of our Christmas recipes. (find them on the CBBC website)

3. Help a family member with a chore.

4. Give your teacher a Christmas card. (or a nice picture made on Creative Lab)

5. List three good things about yourself.

6. Tell someone a Christmas joke.

7. Write a letter or card to someone.

8. Let someone else choose what to watch on iPlayer.

9. Share your Christmas treats with someone.

10. Ask someone if they need help.

11. Make someone laugh.

12. Donate to a food bank or charity.