

# The Meaning of Christmas

A fun Pack that explores the true meaning of Christmas and the healing effect on our wellbeing



[www.kyannwellbeing.co.uk](http://www.kyannwellbeing.co.uk)

# Christmas

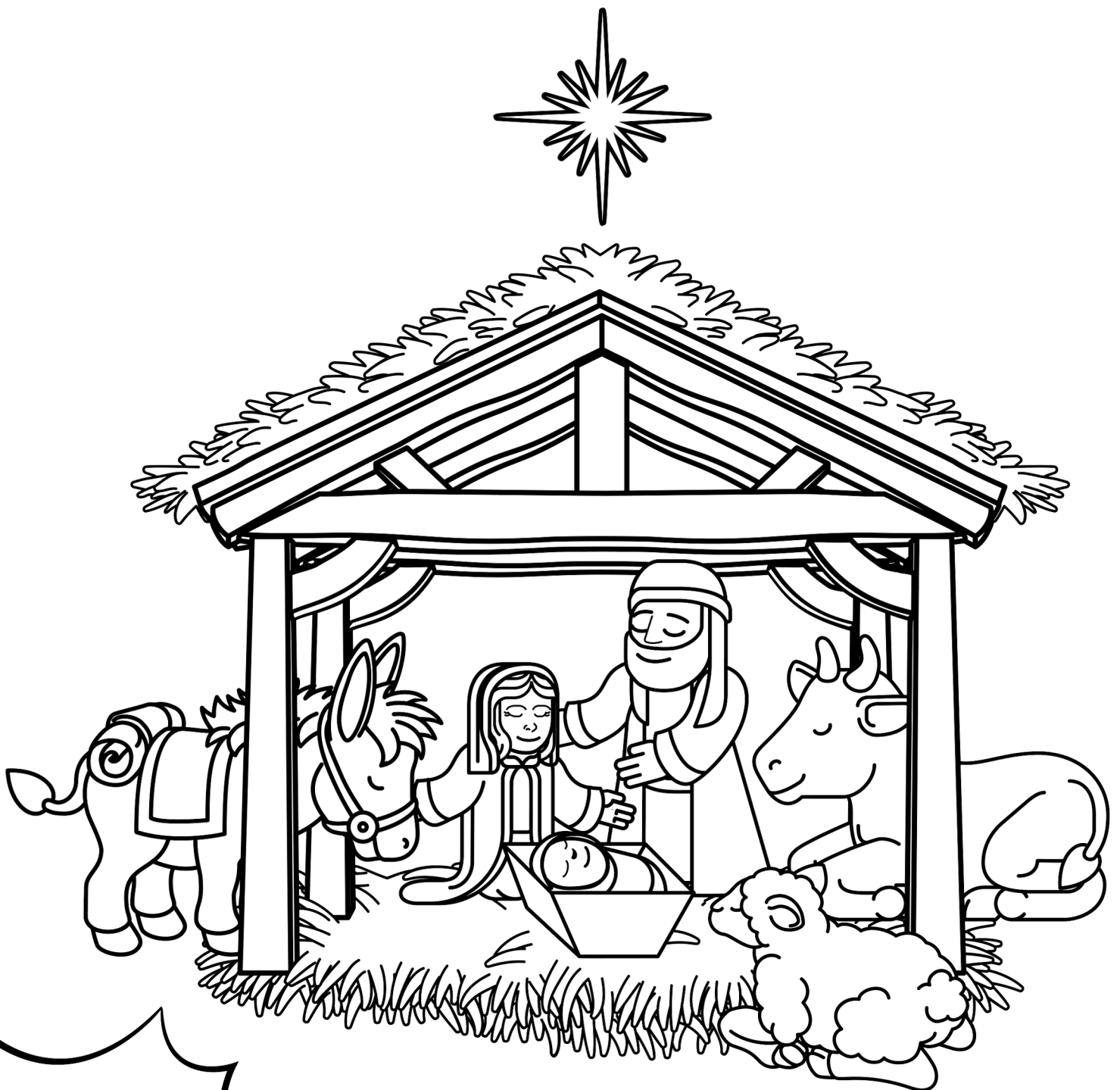
Christmas is widely celebrated all over the world; whilst for some the focus has become about gift giving and Santa Claus, for Christians it is so much more. It is a day to celebrate the birth of Jesus Christ, who was born on Christmas Day over 2000 years ago; for that is the true meaning of Christmas and a time to praise Jesus for the love and hope he gave us all.

**Will you be celebrating Christmas, if so how?**

I will be celebrating Christmas by...



# Happy Christmas



Colour me in!

# My Faith in God



The Angel Gabriel appeared to Mary and told her 'don't be afraid; God has shown you his grace. Listen! You will become pregnant and give birth to a son, and you will name him Jesus. He will be great and will be called the Son of the Most High. The Lord God will give him the throne of King David, his ancestor. He will rule over the people of Jacob forever, and his kingdom will never end' (Luke 1:26-33 NCV). This must have been quite a shock for Mary to be told such a thing, she may have even been a bit scared at the thought of having such a big responsibility. However, Mary had faith and replied to the Angel Gabriel, 'I am the servant of the Lord. Let this happen to me as you say' (Luke 1:38 NCV).

Can you think of a time that you felt shocked, worried or scared, and like Mary, your faith and trust in God helped you? Write a letter to God, thanking Him with love and gratitude for helping you through difficult times?

# Christmas Wordsearch



See if you can find all the words in this puzzle

R	E	T	F	M	S	E	R	B	S	Y	O	Z	H
S	H	E	P	H	E	R	D	S	M	L	D	G	C
M	T	M	R	V	N	O	T	S	P	O	E	U	H
S	R	E	M	W	F	A	M	I	L	V	W	R	R
L	V	R	A	V	L	A	H	W	C	E	R	U	I
S	T	A	R	I	S	I	B	I	L	I	F	H	S
M	F	R	Y	O	M	J	E	S	U	S	M	E	T
P	F	O	K	J	O	N	I	E	T	O	L	R	M
F	A	V	S	J	E	D	O	M	T	N	I	G	A
Q	H	E	G	O	E	I	S	E	A	T	N	O	S
C	H	R	I	S	T	I	A	N	I	T	Y	B	Y
M	O	B	F	E	Y	A	A	T	T	Y	C	I	N
Y	P	G	M	P	R	R	A	A	D	A	H	N	G
I	E	A	N	H	B	E	T	H	L	E	H	E	M

JESUS

SHEPHERDS

CHRISTIANITY

HOPE

JOSEPH

BETHLEHEM

LOVE

WISE MEN

CHRISTMAS

STAR

MARY

SON

# Christmas Angel

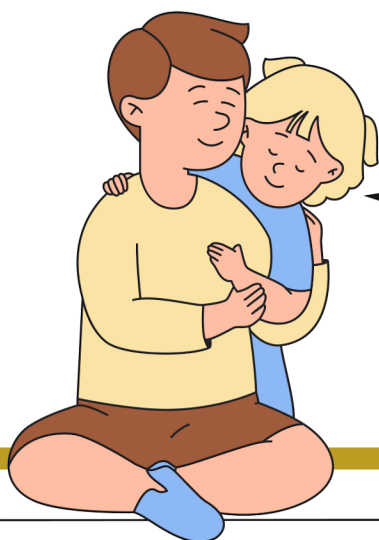
An angel declared a message to the shepherds.



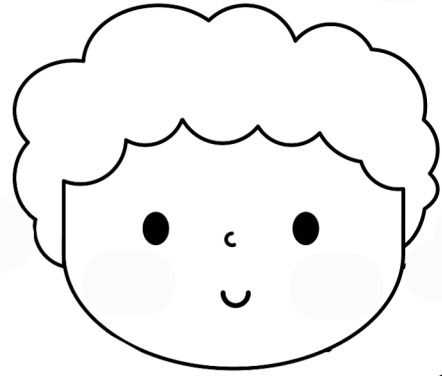
'For unto us is born this day in the city of David a Saviour, who is Christ the Lord. And this will be a sign for you: you will find a baby wrapped in swaddling cloths and lying in a manger' (Luke 2:11-12 NCV).



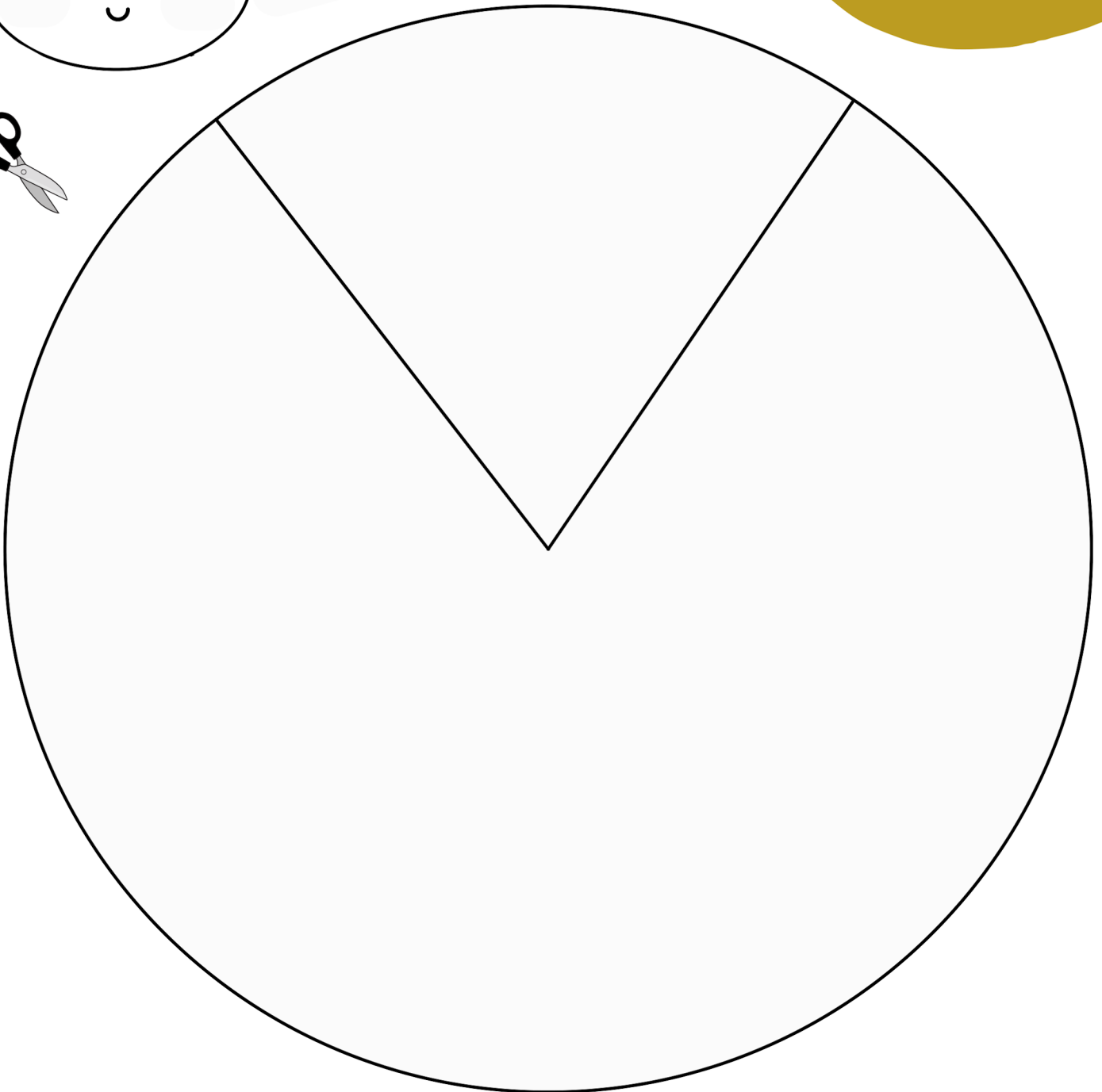
What messages do you think are important to give to others this time of year?



# Make your own angel



Cut out the head and circle shape and then cut out the top wedge. Turning the wedge upside down, stick it to the bottom half to create the body. Then stick on the head. Why not decorate your angel with glitter and give it a halo made with a sparkly pipe cleaner.





Colour me in!

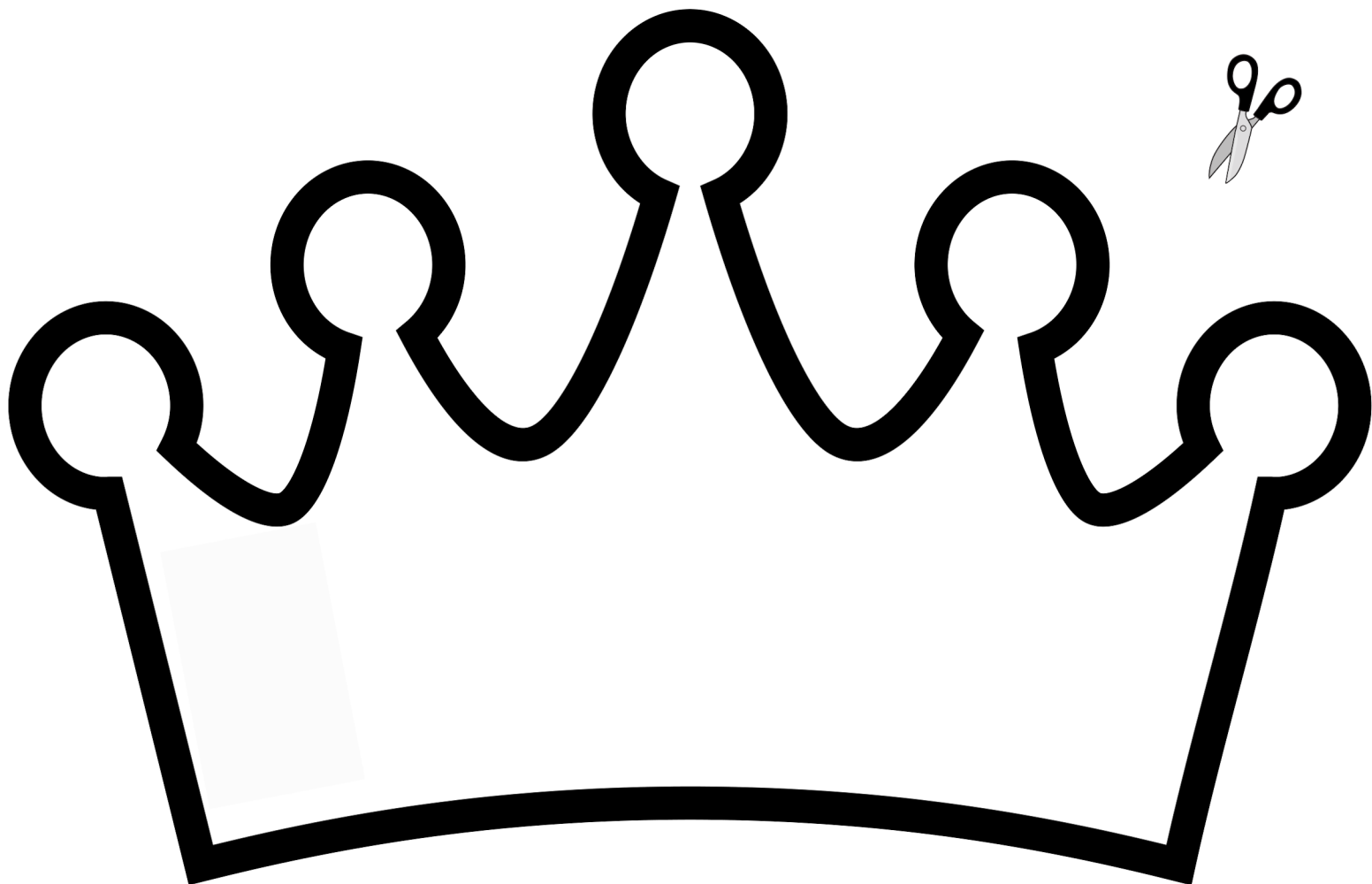


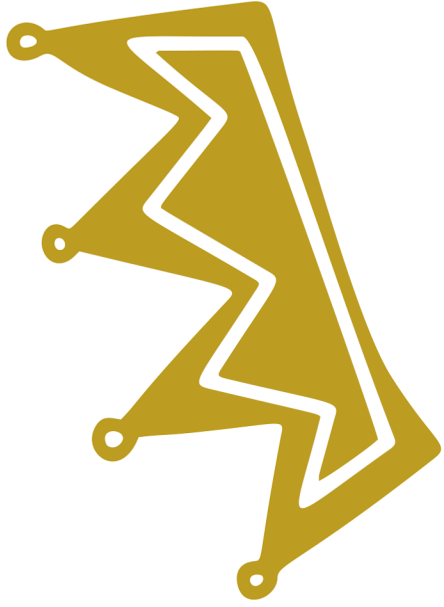


# The King is Born

The three wise men from the East came to Jerusalem saying, 'where is He who has been born King of the Jews? For we have seen His star in the East and have come to worship Him' (Matthew 2:1-2 NCV).

- Why not make your own crown by firstly cutting out the crown template below and the 2 rectangles on the following page.
- Stick the crown shape to the front of 1 of the rectangles.
- Glue or Sellotape the 2 rectangles together length ways.
- Measure it around your head so that it fits well.
- Secure the 2 ends together.
- Colour in and/or decorate your crown with stickers, gems and sequins.





# The King is Born



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# Making your own Christmas Star

As the three wise men from the East followed the Christmas Star, they saw it stop over the place where Jesus was born.

Make your own Christmas Star out of salt dough. Why not add glitter, paint and/or sequins to make your star sparkle.



- Mix 1 cup of flour and 1/2 a cup of salt.
- Add water, little by little, whilst mixing until you have formed a dough that is neither too sticky (if so, add more flour) or too dry (if so, add more water).
- Cut into star shapes and pierce a small in the top of each, so they if can be hung up.
- Bake in the oven on a tray lined with greaseproof paper, on the lowest setting for 3 hours or until hard.
- Once cooled, decorate with paint and glitter to make your star sparkle.

# One kind Inn Keeper

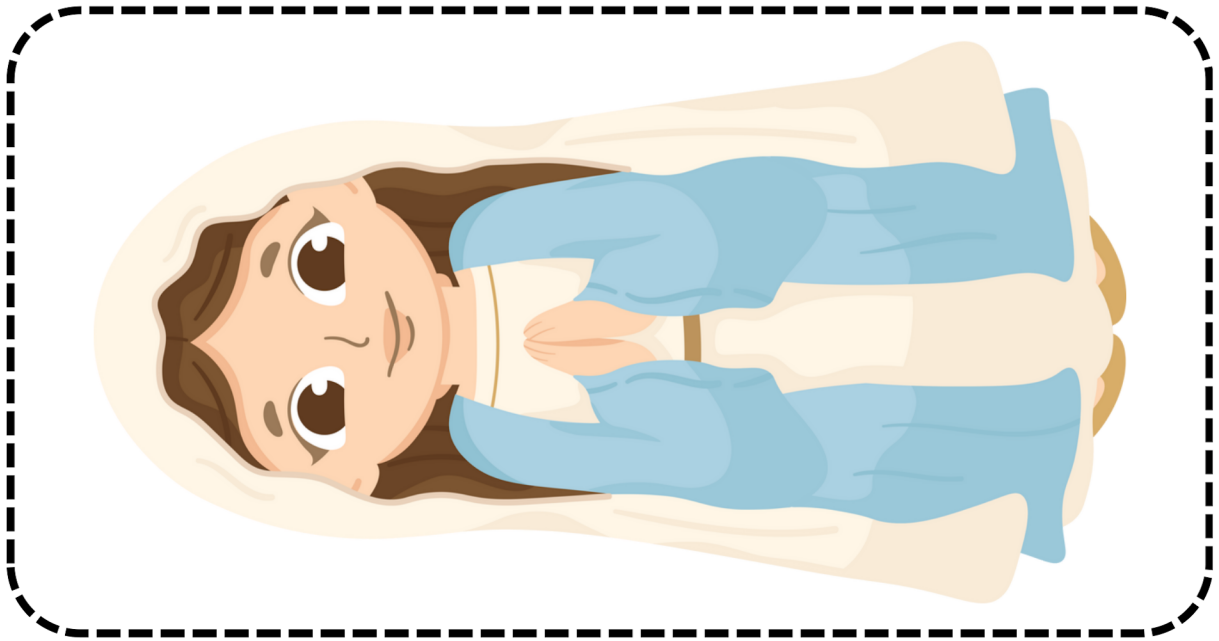


Mary and Joseph travelled from Nazareth to Bethlehem. They knocked on many doors but there was no room for them to stay. Yet one kind inn keeper let them use his stable and it was here that Jesus was born. This shows us the importance of kindness and helping others in need. There are many people in the world who are finding things hard this Christmas. Maybe they are struggling for money, they might be missing their family, or maybe they are not feeling well; by doing small acts of kindness, we can brighten someone's day. It could be giving unwanted toys to children less fortunate than us, making a donation to charity, or something simple, such as asking someone how they are doing. These small acts of kindness can make a real difference to someone's life. In the stars below, write down three ways you can show kindness to others this Christmas.

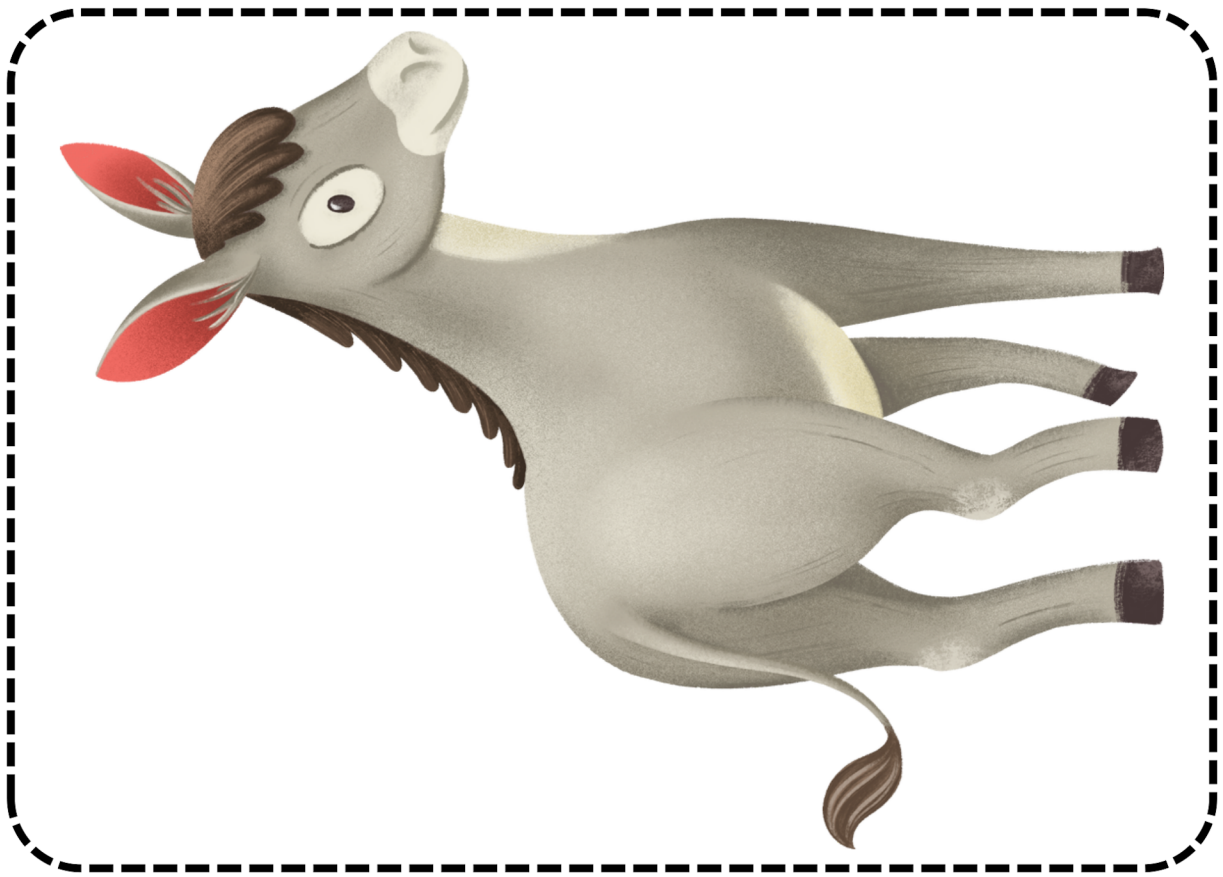


# My Nativity Scene

Cut out the templates on the next few pages to create your own nativity scene. You could stick them to a big poster or glue lollypop sticks to the backs so that you can retell the story of Jesus' birth.

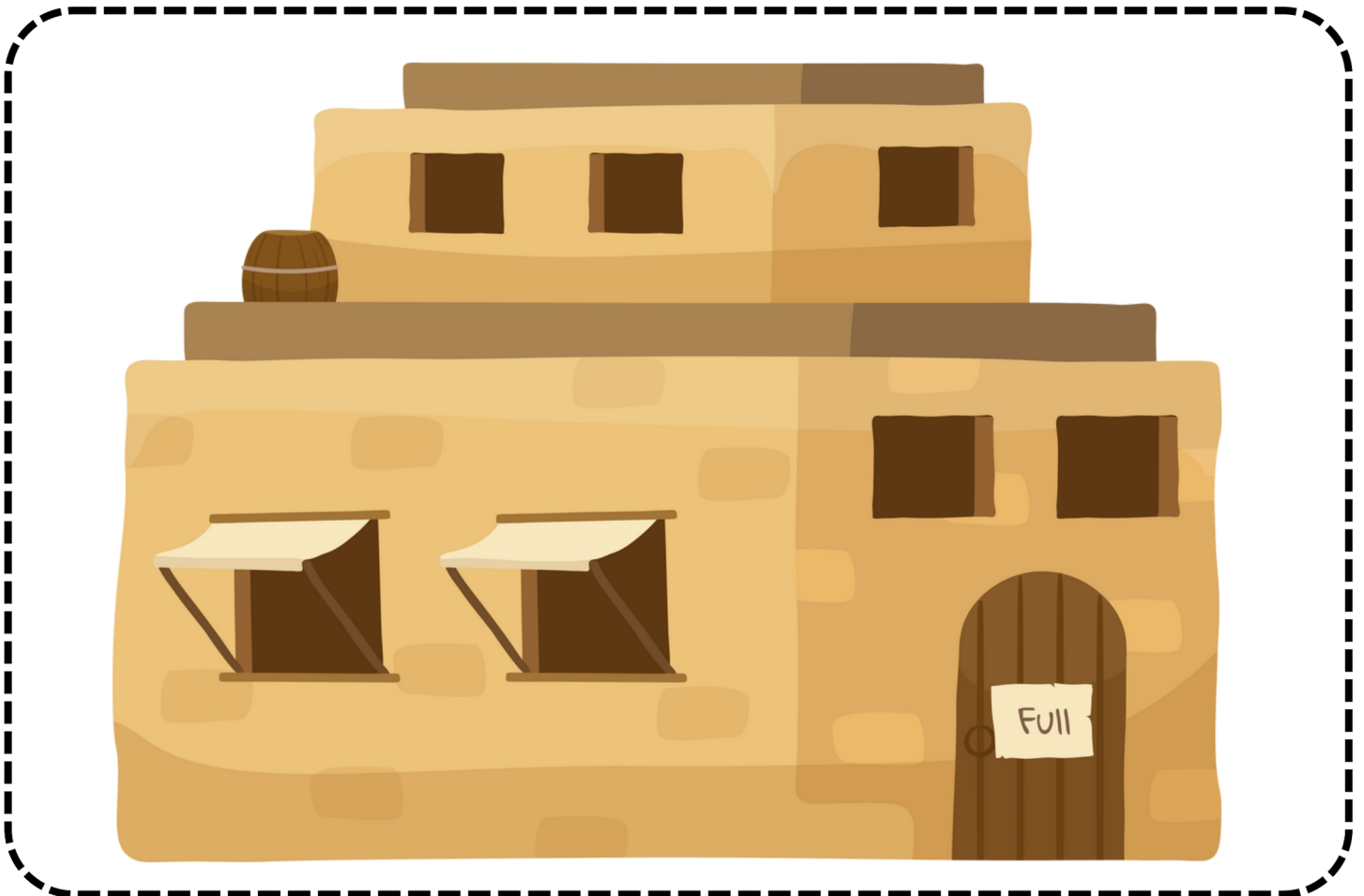








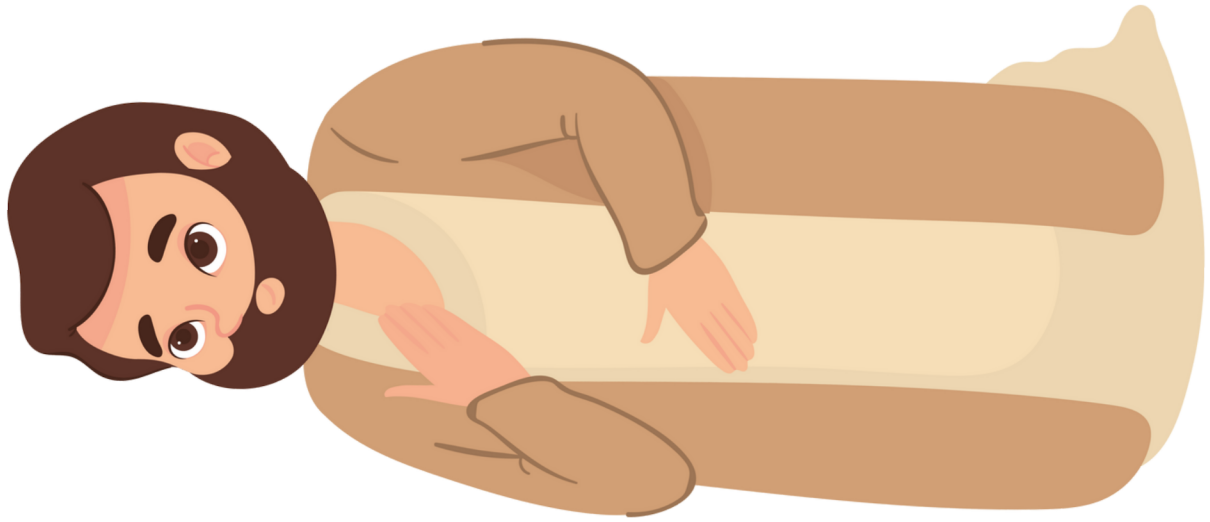


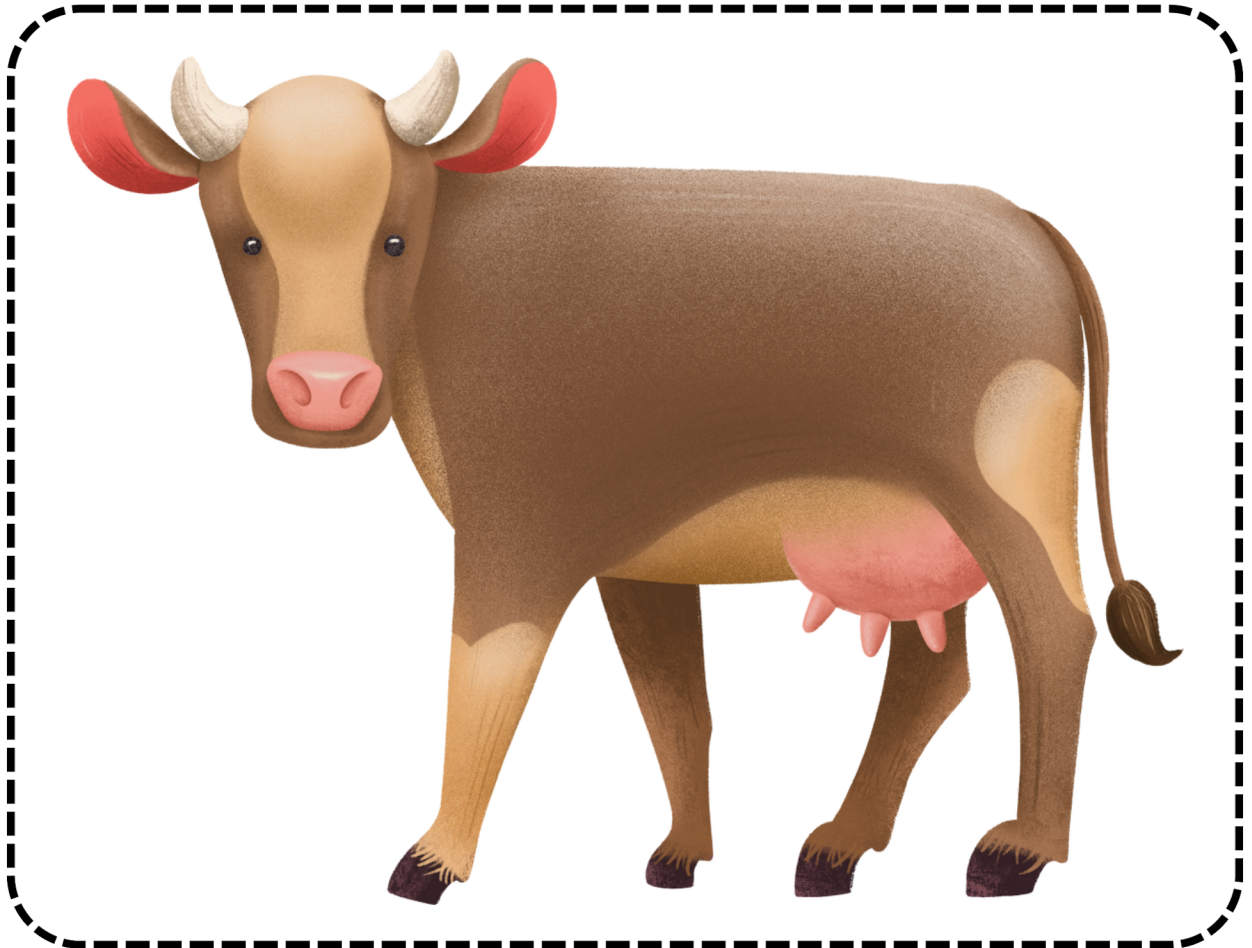
















# My Christmas

Write or draw about why you feel it is important to celebrate the birth of Jesus Christ.



# Giving thanks

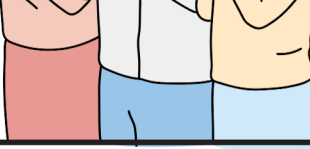
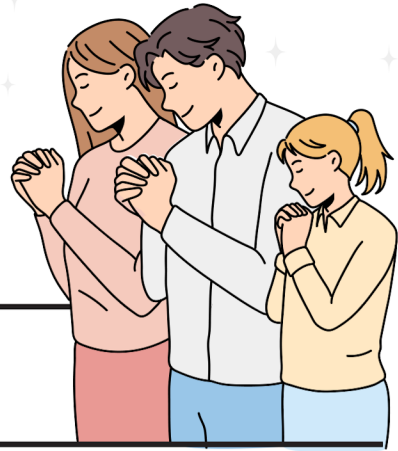
The cross represents what Jesus did for us, and the price paid for our redemption. Jesus' willingness to sacrifice Himself for our sins on the cross, reminds us of his profound act of love. Even at times of celebration, such as Christmas, it is important for us all to remember the love Jesus has for us.

Decorate the cross shape to show the love you feel for Jesus, and how thankful you are for his sacrifice.



# My Christmas Prayer

Thinking about the love that Jesus has for us, write a prayer about love and hope.



We hope that you have found this resource pack helpful. If so, you can access other fun and exciting resources that support mental health and wellbeing at [www.kyannwellbeing.co.uk](http://www.kyannwellbeing.co.uk)

Thank you for using KyAnn Wellbeing.

