

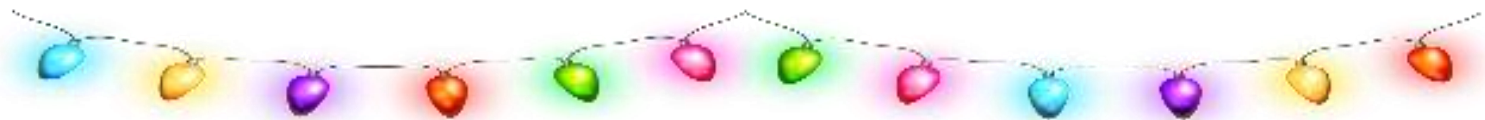
Mit's Magazine

Merry Christmas

A magazine from MITS for December 2020



MITS is the
Midland Integrated Therapy Team



Welcome to MITS MAGAZINE

This month is all about Christmas and the holiday season.



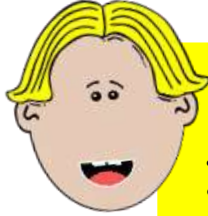
Hello again ...

We are the MITS



Hi, I'm Zora.

My name means
Dawn. I'm up early
every day. I love life.



Hi, I'm Ivan.

I love Sport and
keeping busy.
My name is Russian.



I'm Upkar.

My name means
Kindness. I love
helping people.



I'm Zayan.

Like my name I
make things
beautiful.



Hi I'm John.

I'm full of hope
and never give up



Hello, I'm Joy.

Like my name I'm
full of joy



Thankful at Christmas

It isn't just Christians who celebrate their religion in winter. Here are some others:



Diwali

This is a 5 day Hindu festival. It is also called festival of lights. Lamps are lit to be thankful for good over evil. People dress in beautiful clothes and share sweets with family



Hanukkah

This is an 8 day Jewish holiday. Family's light 8 candles. One is lit each night. Families sing songs, pray and share gifts.



Eid-Al-Adha

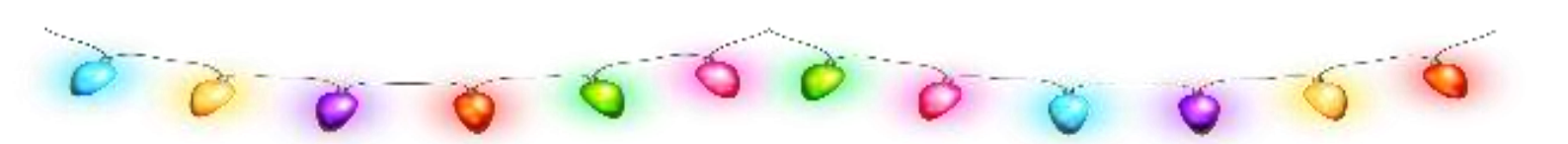
This is an important Islamic holiday. To celebrate families come together and pray. Food is shared with friends, family and the poor.



Christmas

This is a holiday that celebrates the birth of Jesus. Families celebrate by putting up decorations of lights. Green trees, tinsel and holly. People say prayers and give each other gifts.







What do you notice about these religious holidays?




I notice they all have lots in common




I notice they all give gifts to others



I notice they all spend time with family and friends



I notice there is lots of dressing up and being kind.



All of the religious festivals are important. Let's us all respect and care for each other this winter.

See if you can find these words in the grid.

Wordsearch

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

CANDLE CARING CHRISTIAN
CLOTHES DIWALI EID FESTIVE
GIFTS ISLAM LIGHTS PRAY SIKH
SING TINSEL TREE

Week One

The Christmas Truce

What does truce mean?

A truce is when both sides agree to stop fighting.



In World War 1 thousands of soldiers were killed every day. The battle area was called the western front.

On Christmas day on the western front there was a truce.

Both sides stopped fighting. They made friends with each other.





They shared food

**On Christmas day instead
of fighting they played
football together.**

How does it feel when you hear this story?

.....

**Is there anyone you could call a truce with this
Christmas?**

Remember everyone finds life hard at times.

We all fight at times.

It is never too late to change things.

It is a brave thing to do.





Hope at Christmas

What a year it has been. Being in prison can be hard. With Covid it has been even more difficult. You have survived 2020! You are amazing. It has been hard for staff too. In fact the whole world has been through a difficult year.

Here is a tree of hope.

Write something on a leaf you are hopeful for in 2021. I have started by adding a vaccine. The UK is the first country to have one.



CHRISTMAS WORDSEARCH

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

CANDY CANE
 CAROLS
 CHRISTMAS
 DECEMBER
 ELVES
 GINGERBREAD
 JINGLE
 HOLLY
 LIGHTS
 MERRY
 NORTH POLE
 ORNAMENTS
 PRESENTS
 REINDEER
 SANTA
 SLEIGH
 STOCKING
 TREE
 WINTER
 WREATH



See if you
 can find all
 the
 Christmas
 words in the
 grid





Week Two



Who is Santa?

Where did Santa come from?



Santa Claus was a bishop who became a saint. His name was Sinter Klaus in Dutch.

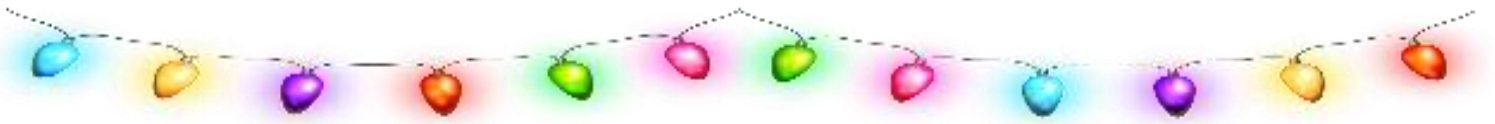
We know him as Saint Nicholas



St. Nicholas didn't have a beard or red coat but he did give to those in need.

It was Cola-Cola in 1931 who made him look the way we see him today





Did you know?

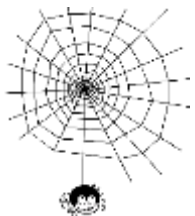
Brazil has the biggest Christmas tree in the world.



Christmas stockings started in Holland. People would leave out shoes full of food for Santa.



The first man made Christmas tree was made by a toilet brush company.

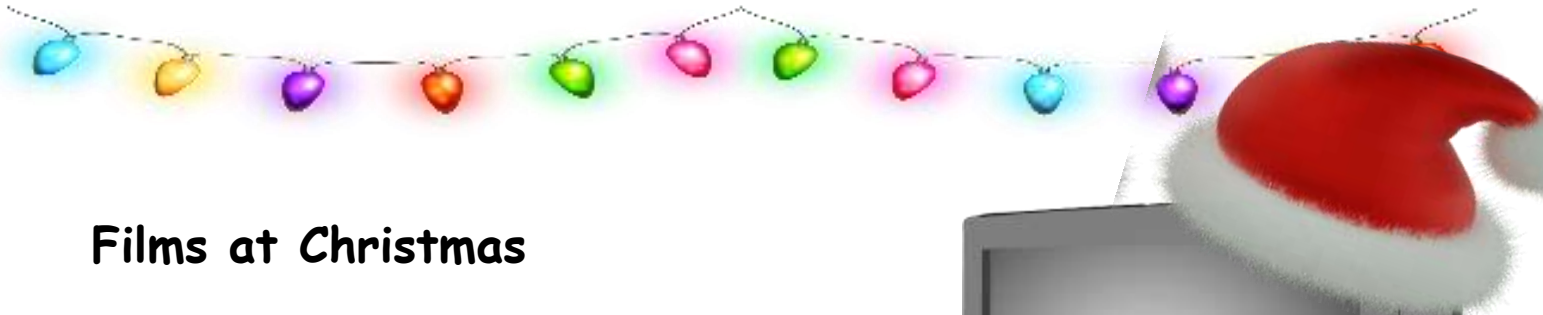


In Ukraine if you see a spider web on Christmas day it is good luck.



Jingle bells was written for Thanksgiving not Christmas.





Films at Christmas

What is the best Christmas film?

.....

Why?

.....

Who do you like most in this film?

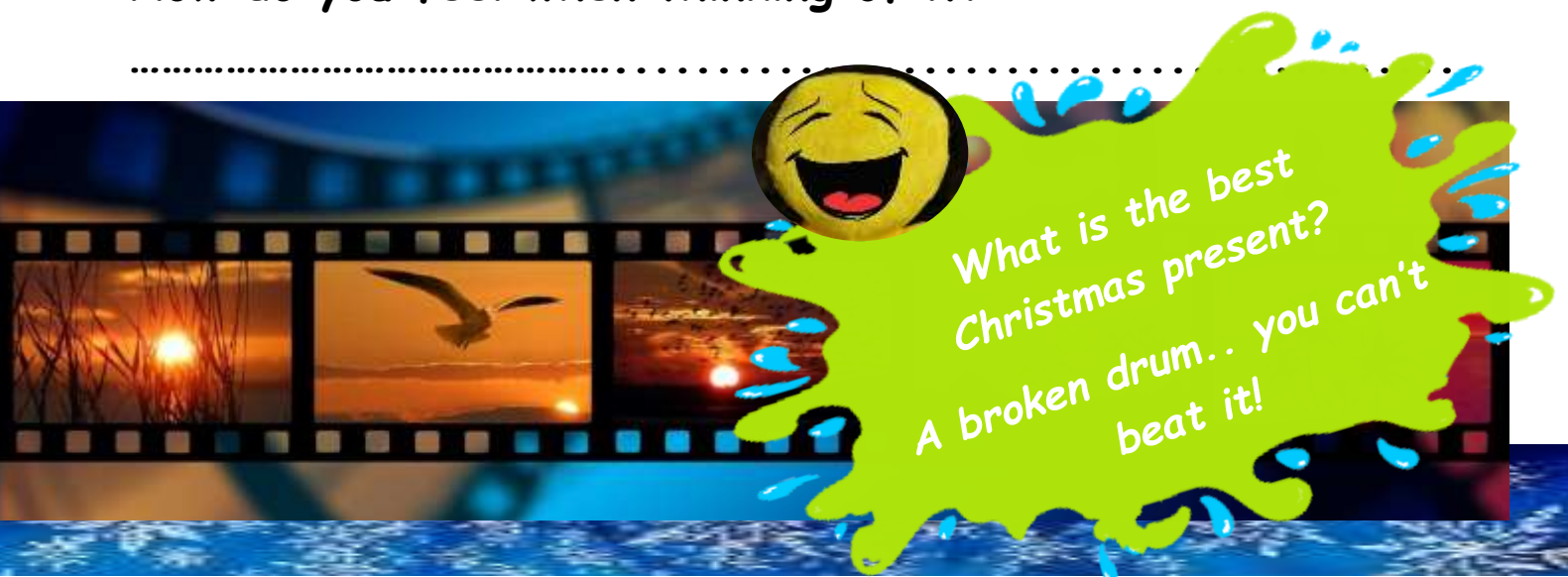
.....

How many times have you watched it?

.....

How do you feel when thinking of it?

.....



Tip of the month

Drink water everyday.



Every cell in your body needs water to work well.

It is good to drink 8 glasses a day.

It is great for your skin.

It gives you energy.

It is good for your health


And it is FREE!

Enjoy





Helpers High



What is
Helpers
High?

It is the feeling
you get when
you do
something good
for other



When we do
good things our
brain fills us
with feel good
chemicals.



This makes us
feel fantastic





Elf Christmas

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

SHERRY
FAKE SANTA
SINGING
ADVENTURE
CANDY CANE
SNOWBALL
NORTH POLE
SNOWMAN
MICHAEL
CHRISTMAS
BUDDY
WALTER
MOVIE
TREE
PRESENTS
NEW YORK
ELF
MISSION
MINCE PIE



*One of my
favourite films
is ELF!
Can you find all
the Elf words
here?*



Week Three

Gifts are good



What is the best gift you have ever had?

.....

What is it that made this gift so great?

.....

Who gave it to you?

.....

How did it feel when you saw it?

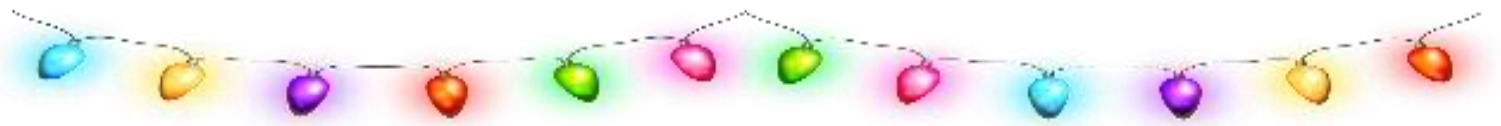
.....

It may not have been given at Christmas.
When were you given it?

.....

Draw it here...





Being in prison at Christmas can be hard

What do you do that helps?

.....

Who helps?

.....

What can you think of that lifts your mood?

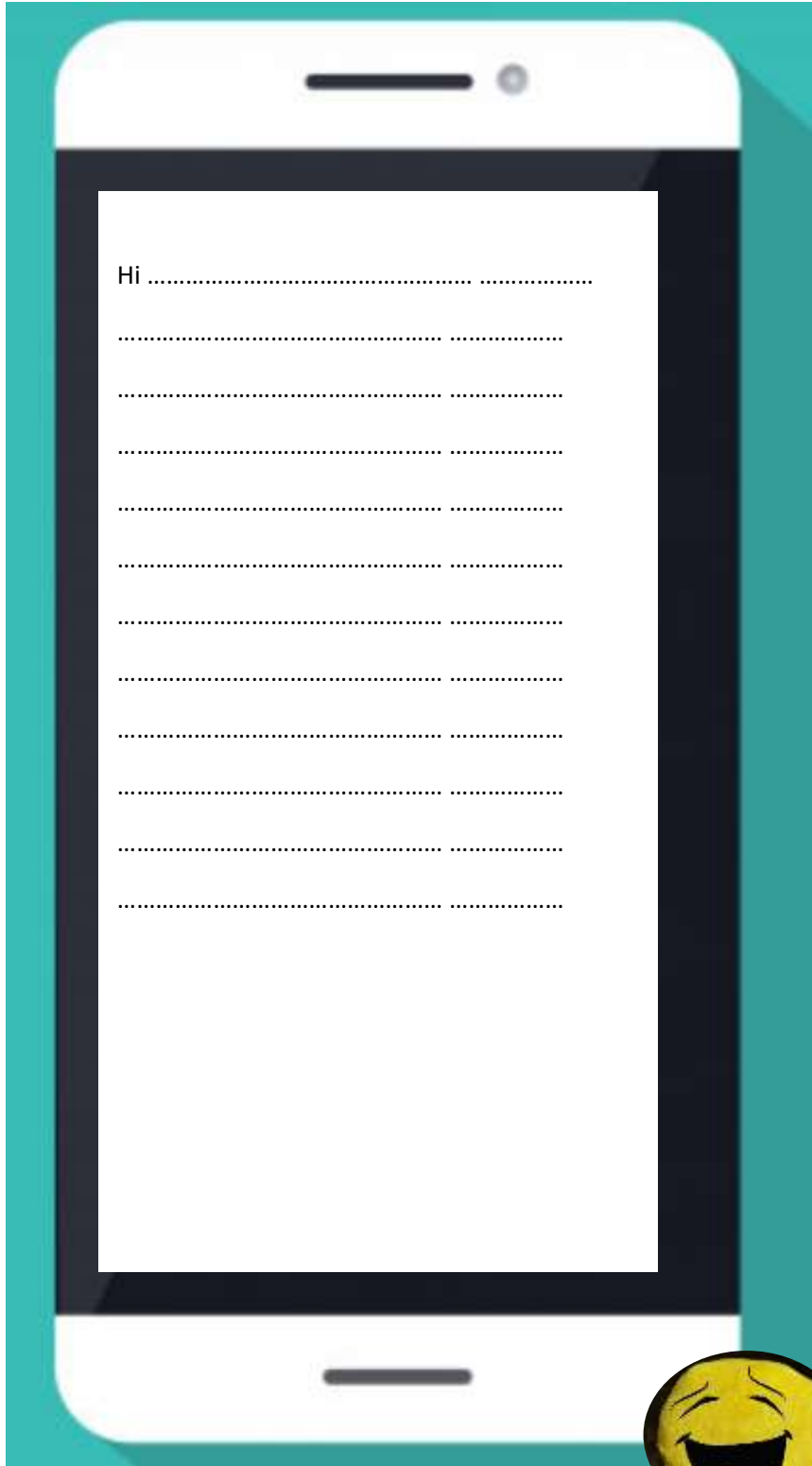
.....

One small thing today you could be thankful for?

.....

Write or draw a letter to someone to say thank you
this Christmas





Keeping in touch at Christmas.


Connecting to others can help. It's hard when you just can't text or phone.

If we were to send a text to someone you care about what would it say?

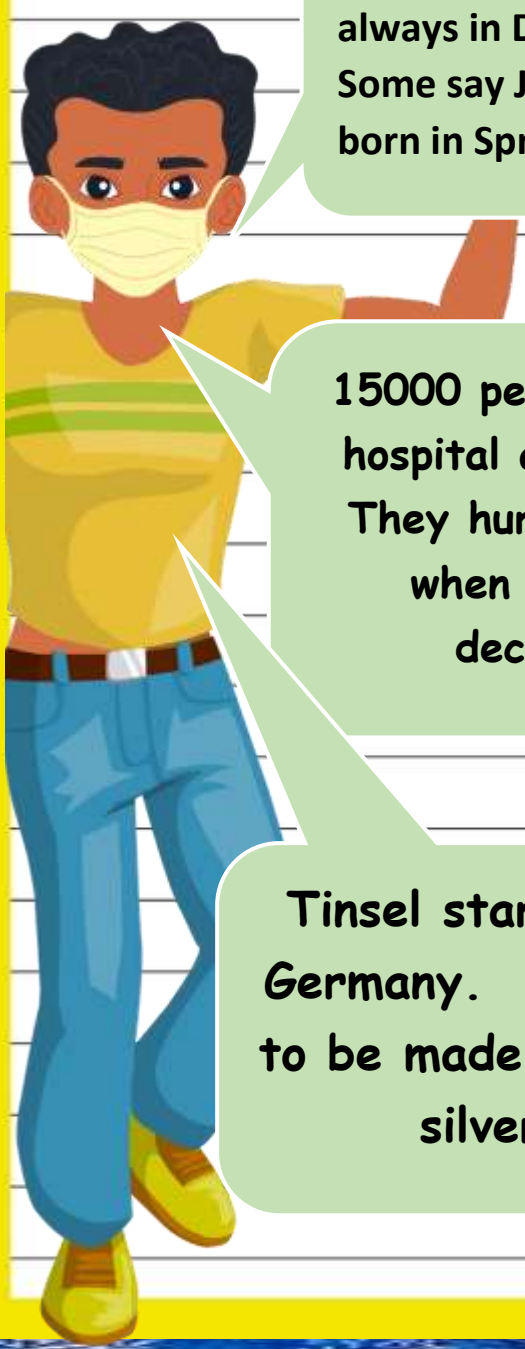
Fill in this phone with a message for them. You could post it to them!



What did one snowman say to the other?
Do you smell carrots?



Funny Christmas Facts




Christmas was not always in December. Some say Jesus was born in Spring!

15000 people end up in hospital at Christmas. They hurt themselves when putting up decorations

Tinsel started in Germany. It used to be made of real silver

No Way! I'm glad it's now in the winter



That's not fun!

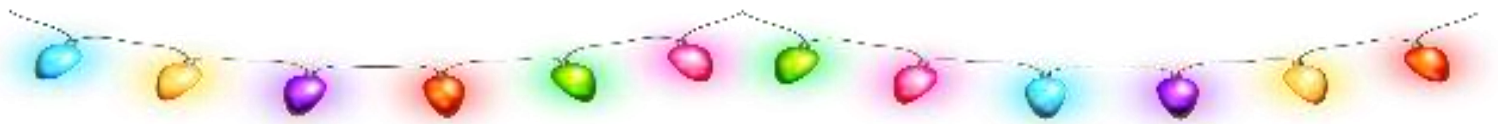


Wow I would never afford that!





Do you remember the names
of all Santa's reindeer?
Fill in the blank spaces...



In Victorian times football was played on Christmas day.

It stopped being played on Christmas Day in the 1950's.

Did you know?

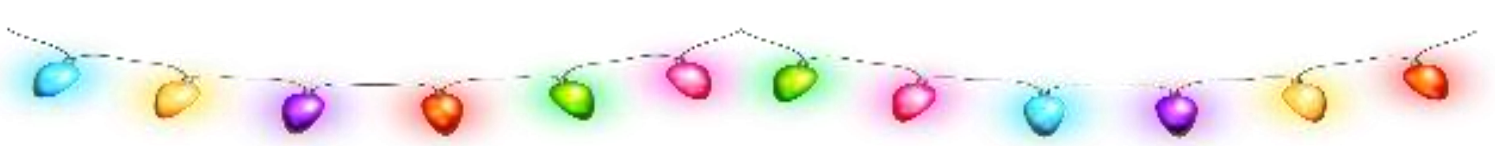
On Christmas day 1940 Brighton played Norwich.

Brighton only had 5 players.

They asked 6 people from the crowd to play.

They lost the game





In 1931 Clapton Orient played Bournemouth.

Before the game the manager gave them a barrel of beer.



The team got drunk.

They lost the match

That would never happen today!

Merry Christmas and hope you team wins for you!

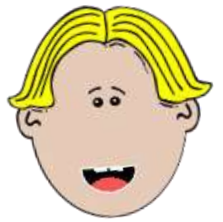


Week Four



Being thankful

When we think of all the things we are thankful for this makes that army in our gut (immune system) stronger so we can fight off illness



It makes us more relaxed



Write down or draw 5 things you are thankful for. It doesn't have to be big things



It could be:



Thank you I have my eyes so I can see the world



Thank you I have my best friend who makes me smile



Thank you I have food to eat today



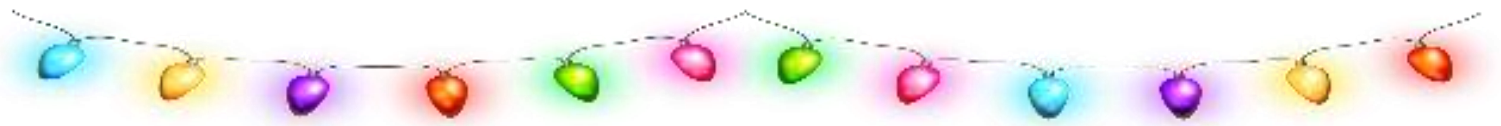
Thank you for my favourite TV programme



Thank you for my warm bed

What are your 5?

1.
2.
3.
4.
5.



Music can change how we feel.



Sad songs can make us feel sad.

**Happy songs can make us feel
happy.**



**Think of a Christmas song that makes you feel happy
when you hear it. If you have a copy put it on and
sing along..**

**If you don't then just sing it anyway
How does it make you feel?**





Christmas duets



ED SHEERAN

KIRSTY MCCALL

TYSON FURY

ROBBIE WILLIAMS

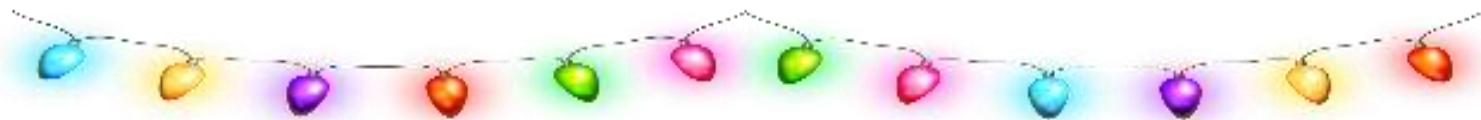
BING CROSBY

DAVID BOWIE

THE POGUES

BEYONCE

Match the 2 singers who have done
Christmas duets together.
We have done the first one for you.



Gaming Quiz

What is the best-selling game of all time?

What is a frag?

Name 3 Minecraft mobs?

What are the 3 Call of Duty black ops camos called?

What Italian football team was missing from Fifa 2019?



*Answers
next
month*



Football quiz Answers

c

(From last month)



AFC BOURNEMOUTH

ARSENAL

ASTON VILLA

BRIGHTON

BURNLEY



CHELSEA

CRYSTAL PALACE

EVERTON

LEICESTER

LIVERPOOL



MANCHESTER CITY

MANCHESTER UNITED

NEWCASTLE

NORWICH

SHEFFIELD UNITED

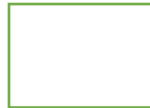


SPOT The difference

Can you find the 10 differences with these snowmen pictures?



How did you do ?



15



What do you call a mean reindeer?

RUDE-OLF



Scrooge

It was Christmas Eve.

Scrooge was working late.

He hated Christmas.

All he cared about was money.

When people were happy at Christmas

He'd say 'Bah Humbug' to them.



Bah Humbug!

Late Christmas Eve Scrooge was visited by a ghost. It was the ghost of Christmas past.

Scrooge was so scared to see her. The ghost took him back in time to when he was young.

He showed Scrooge his sadness when he was young and Scrooge could see how hurt he had been.

He could see this was why he now pushed people away.





Then the ghost of Christmas present came. He showed Scrooge those in his life who were poor and ill.



Scrooge could now see they don't let being poor or ill stop them being happy and kind.

The last ghost takes him to the future.

Scrooge can see his own death.

He can see that no one cares that he is dead.

The ghost says if he does not change this will be Scrooge's future.



On Christmas day Scrooge is so happy he is alive.
He dances in the street. He has a second chance.



Scrooge wants to change.
He no longer wants his own hurt to make him hurt others.
He wants to be kind and become a better man.
And that is just what he does.

Happy Christmas. Be kind

