



# Family Advent Activity Calendar

We hope you enjoy your Mummy's Star Family Advent Activity Calendar; full of simple ideas to celebrate the festive season together through the month of December.

This resource is free of charge.

*If you would like to make a donation to our work this festive season, visit our website [mummysstar.org/donate](https://mummysstar.org/donate).*

*£3 can purchase a small gift for a mum's care package.*

*£5 can send a festive care package to a mum in need of a smile*

*£10 can provide books and resources to support children in understanding their parent's cancer diagnosis.*



**CANCER SUPPORT IN & AROUND**  
PREGNANCY | BIRTH | LOSS | BEYOND

Registered Charity: England & Wales (1152808),  
Scotland (SC046449) & Ireland (20106812).  
Registered Company (8548961).



# mummy's star

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PREGNANCY | BIRTH | LOSS | BEYOND

Make a  
homemade  
gift or card  
for someone  
special.

5

Learn a  
festive  
fact

4

Write a list of  
your festive  
wishes.

Say thank  
you for  
something  
you are  
grateful for

3

Do  
something  
kind for a  
stranger.

2

6

Make a  
wreath for  
your front  
door.

Bake and  
decorate  
cookies with  
your loved  
ones.

Design your  
Mummy's  
Star festive  
bauble



Donate  
toys or  
clothes to a  
local charity  
or shelter.

9

Decorate  
your home  
with festive  
lights.



15

Watch a  
festive  
film

Go for a walk  
in the wintry  
air.

Read your  
favourite  
book or story  
together.

13

Tell a festive  
joke

Enjoy a hot  
drink  
together

12

Design your  
Mummy's Star  
festive star

Give the  
people you  
love a big  
hug (virtual if  
needed!)

Make a paper  
chain in  
festive  
colours



Play a  
board or  
card game  
together

19

Write a  
gratitude  
list for the  
year.



16

Make a wish  
upon a star...

Take a tour of your  
neighbourhood  
lights and  
decorations

Wrap  
presents  
and make it  
extra special.

22

Sing your  
favourite  
festive  
song



24

23

21