

Welcome to our Lymphoma Action festive family fun pack.

Have a fun, Christmassy, family day with our great ideas and tips and help us give hope and support to anyone living with and beyond lymphoma this Christmas.

Your support makes a difference.

Lymphoma
action 

If you find this pack useful and lots of fun then why not text XPAC18 to 70070 with the amount you'd like to donate (£__)

Every donation helps us continue our work

With your help, we can make sure that no one faces their lymphoma alone.

Have a wonderful Christmas!



Melted Snowmen Cupcakes

Ingredients:

Cakes:

- 200g caster sugar
- 200ml vegetable oil
- 2 medium eggs
- 1/2 tsp vanilla extract
- 200g plain flour
- 20g cocoa powder
- 1/2 heaped tsp bicarbonate of soda
- 150g natural yogurt



Marshmallow Icing:

- 150g white marshmallows
- 90ml milk
- 250g full-fat soft cheese
- 1/2 tsp vanilla extract
- 75ml double cream, whipped

Decorations:

- 12 marshmallows
- black icing
- M&Ms
- Matchmakers

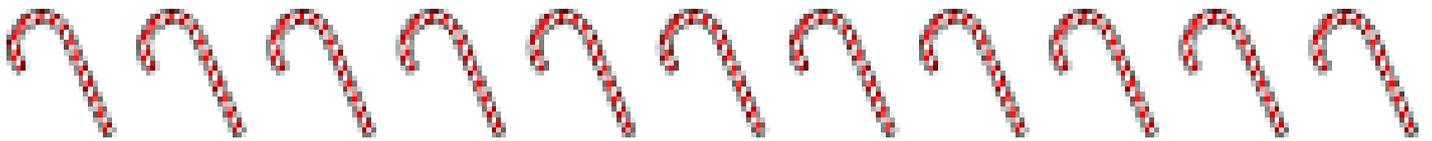


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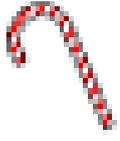
1. To make the icing, melt the marshmallows in the milk over a very low heat. Stir to stop them from sticking – be careful not to burn the mix. Spoon into a bowl and cool completely. Meanwhile, whip the cream cheese with the vanilla extract until smooth. When the marshmallow mix is cool, fold together with the cream cheese, then fold in the whipped double cream and chill for at least an hour.
2. Heat the oven to 180°C/fan 160°C/gas 4 and line a 12-hole muffin tin with cupcake cases. Beat together the sugar and oil, then beat in the eggs one at a time, adding the vanilla extract with the second egg.
3. Mix the flour, cocoa and bicarbonate of soda, then add half to the oil mixture. Beat in well before adding the yogurt. Add the remaining dry ingredients. Divide between the cases and bake for 20 minutes. Leave to cool in the tin for a couple of minutes, then transfer to a rack to cool completely.
4. Put the marshmallow icing into a piping bag, or into a bag and snip off the end, and pipe without a nozzle straight onto the top of the cupcakes to make the snowmen's bodies.
5. Decorate with Marshmallows, black icing and any sweets of your choice (we use the M&M's and Matchmakers) to make the snowmen.



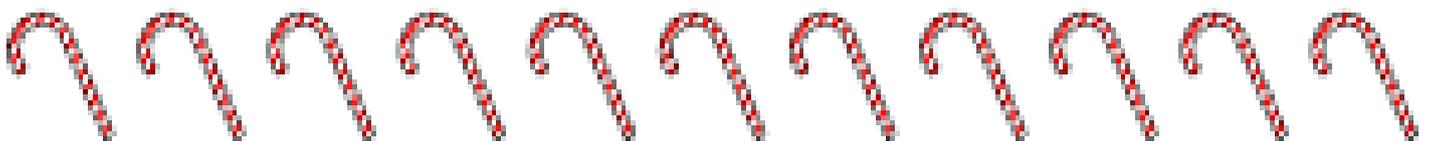
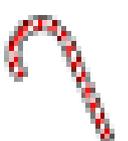
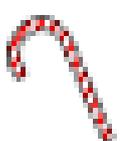
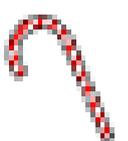
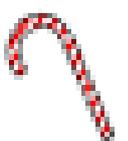
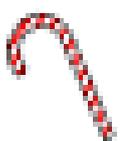
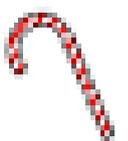
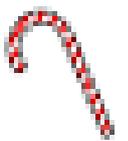
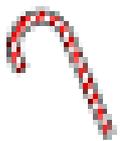
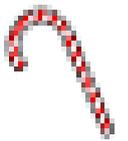
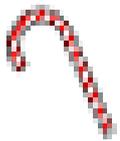
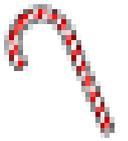
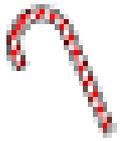
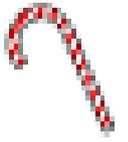
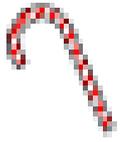
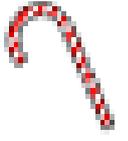
Source: <https://www.olivemagazine.com/recipes/baking-and-desserts/melted-snowman-cupcakes/>



Family Christmas Games List



- Finish the Song: Pick out your favourite Christmas songs amongst you and your family, play some of the song out loud and the first person to guess the rest of the lyrics wins a point!
- Hum a Tune: Take it in turns to hum a Christmas tune, the first person to guess the song title and artist wins a point.
- Christmas Scavenger Hunt: Hide some Christmas decorations, chocolates or small presents around the house and garden and go on a family treasure hunt!
- Christmas Charades: You will need a timer, bowls for clues, paper, pen or pencil and four or more players. This game takes charades and puts it in a festive setting using Christmas phrases and film titles, and music.
- Pin the red nose on Rudolph: You will need a large cut-out or picture of a reindeer without its nose, a red circle or pom pom, blind fold, blue-tac and a marker to write down where each player places the nose. Another variation of a classic party game, blindfold each player and have them take it in turns to guess where Rudolph's nose goes. Whoever is closest to the correct position wins a prize.
- Santa Limbo: Using a broom, have people do the limbo, but put a "Santa belly" under their shirt using a pillow.
- Mars bar Game: Put a Mars bar on a tray with a knife and fork, hat and gloves. Each player takes turns throwing a dice. When a six is thrown that person puts on the hat and gloves and starts to eat the Mars bar with the knife and fork. The dice still gets thrown until another person gets a six and they then take over until the Mars bar has gone



Write your very own letter to Santa; be sure to get your best colouring pens and pencils out to draw a photo of you and one of Santa too!

DEAR SANTA

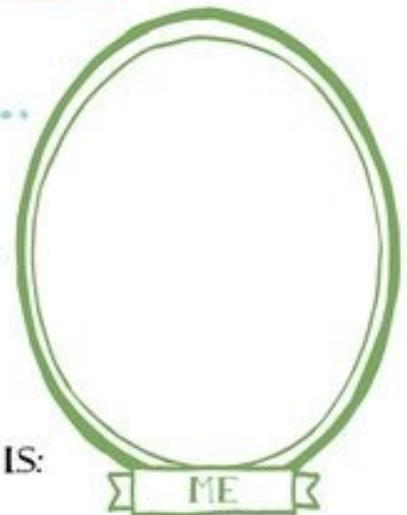
A LETTER  FOR YOU

MY NAME IS

THIS YEAR I HAVE BEEN

- VERY GOOD
- QUITE GOOD
- A LITTLE BIT NAUGHTY

THIS IS ME



WHAT I WOULD MOST LIKE FOR CHRISTMAS IS:

.....

.....

IF YOUR ELVES ARE NOT TOO BUSY I WOULD ALSO LIKE:



I HAVE DRAWN A PICTURE OF YOU

MERRY  CHRISTMAS!



Lymphoma Action's Christmas

Word Search

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

ADVENT

CANDYCANE

CHRISTMAS

MERRY

MISTLETOE

PRESENTS

RUDOLPH

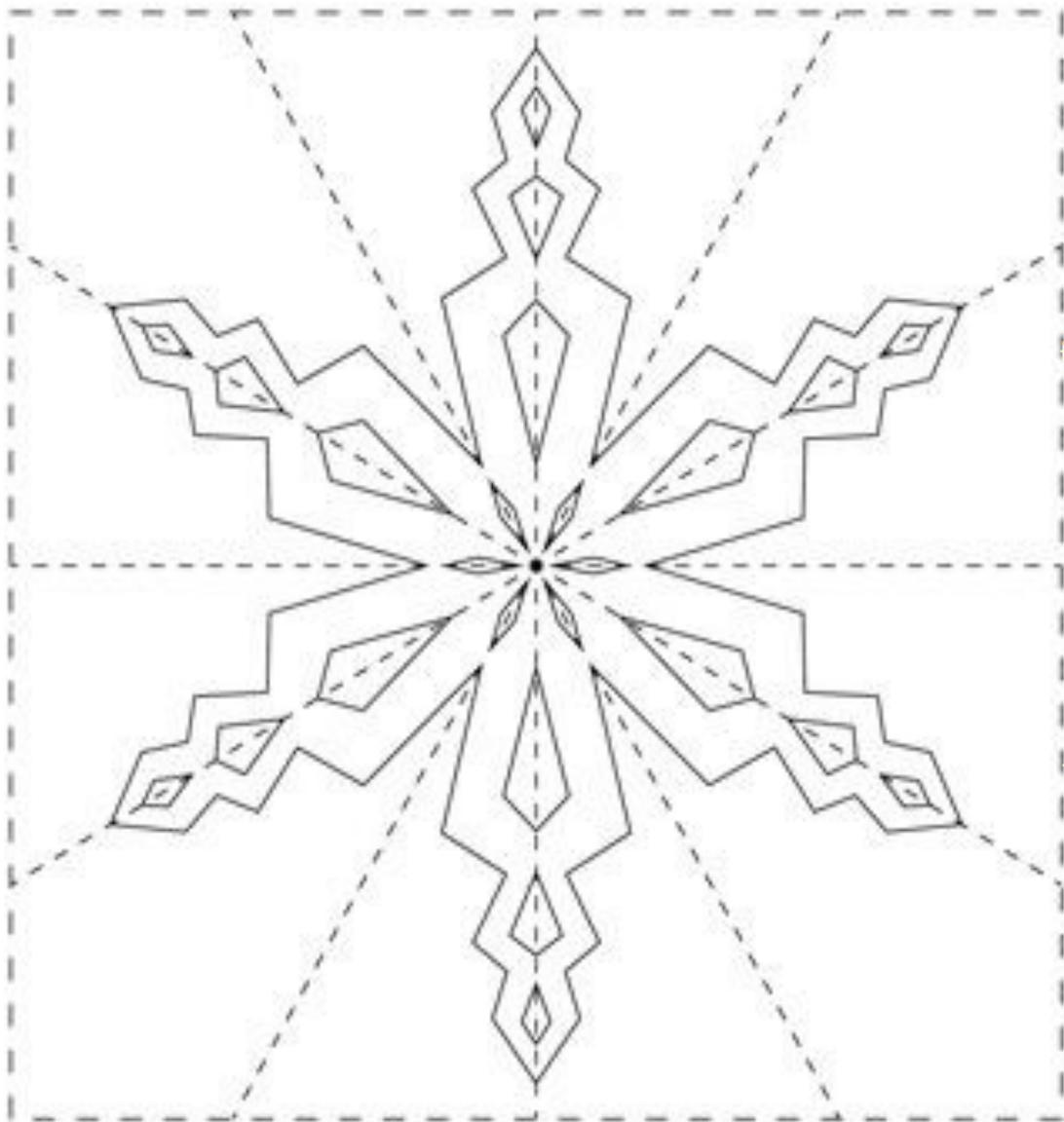
SANTA

SNOWFLAKE

TREE

Children's Christmas Decorations

Get into the festive spirit and make some of your own Christmas decorations! Just print out our templates, cut them out, follow the instructions and you'll have lots of new fancy decorations for your home!



Fold along the dotted lines. Once only one triangle is visible, cut around the template. Unfold to reveal your snowflake.

Source: www.timvandevall.com

No-Bake Reindeer Cookies

No-bake, mess-free reindeer Oreo Christmas cookies!

Why not give them a go with your little-helpers?

Ingredients:

- 8-10 Oreo cookies
- 100g chocolate
- 16-20 pretzels



Method:

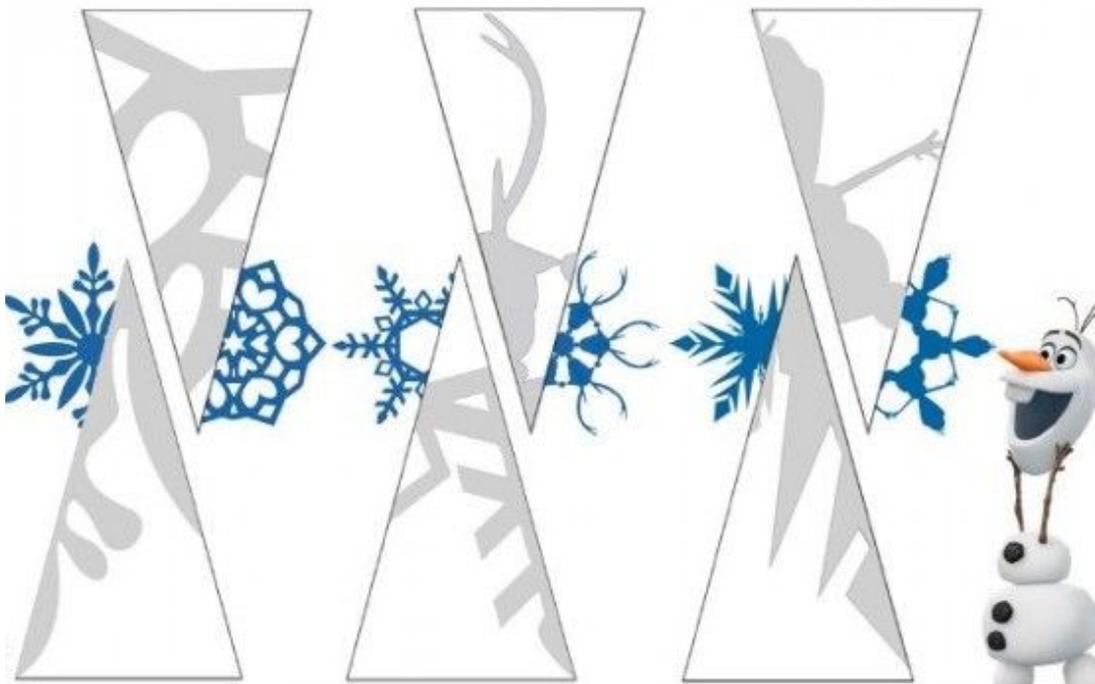
1. Melt 100g of milk chocolate (or any chocolate of your personal preference) over some hot simmering water in a heat-proof bowl.
2. Dip each Oreo biscuit into the melted chocolate and gently turn over to make sure the biscuit is completely covered
3. Carefully add your pretzels to the top of the cookie to make your reindeers' antlers.
4. Add some edible candy eyes and an M&M in the place of a reindeer nose.



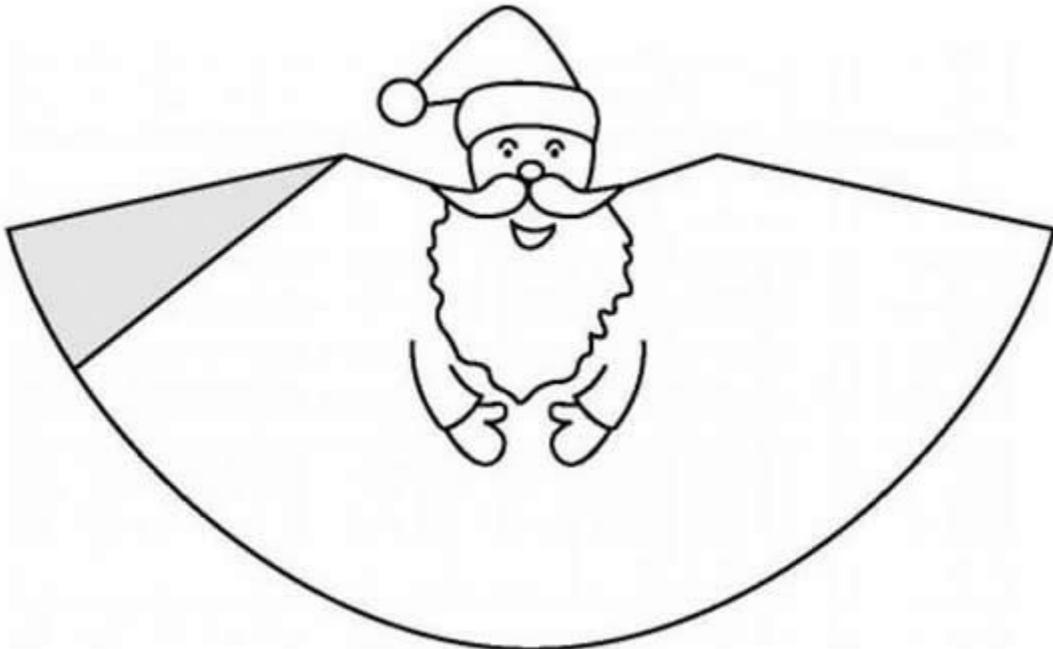
Source: <https://meandbmakeatea.com/2017/11/19/reindeer-oreo-cookies/>

Children's Christmas Decorations

Get into the festive spirit and make some of your own Christmas decorations! Just print out our templates, cut them out, follow the instructions and you'll have lots of new fancy decorations for your home!



Fold a small triangle out of standard A4 paper and cut out one of the six designs shaded in grey to reveal your Frozen styled snowflake!



Cut out this design and colour in the picture, once completed fold the shaded grey area to the back of the cone to make your very own Santa cone decoration!

Cut out these Christmas activities and fold them up into a Santa hat for your game of charades!

Making Christmas cookies

Christmas carolling

Making a snow angel

Rockin' around the Christmas tree

Going on a sleigh ride

Opening presents

Mailing packages

Catching a snowflake on your tongue

Cutting down a Christmas tree

Listening to Christmas music

Holiday shopping

Elves making toys

Writing Christmas cards

Peeking at a present

Wrapping presents

Building a snowman

The Grinch stealing presents

Putting on Winter clothes

Decorating the Christmas tree

Hanging Christmas lights

Building a snow fort

Listening to Christmas music

Going to a Christmas party

Putting the star on the

Eating cookies and drinking

Putting up the Christmas tree

Having a snowball fight

Building a fire in the fireplace

Cut out these Christmas songs and play a game of hum a tune! Fold them up and pop them into a Santa hat and let each player pick one out for the others to guess the song!

Santa Claus is coming to town

Jingle Bells

I wish it could be
Christmas every day
Baby it's cold outside

Rudolph the red nosed reindeer

Merry Christmas everybody

The power of love

Do you want to build a snowman?

Drummer boy

White Christmas

All I want for Christmas is you

The Christmas song

Wonderful Christmas

Last Christmas

Rockin' around the
Christmas tree

When Santa got stuck up the
chimney

A merry little Christmas

Let it snow, let it snow, let it snow

Happy xmas (war is over)

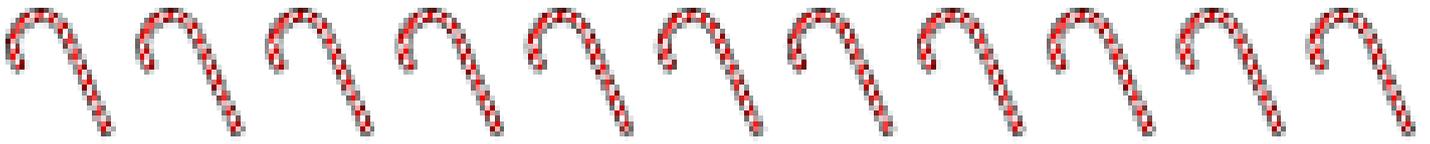
Do they know it's Christmas time

I saw Mommy kissing
Santa Claus

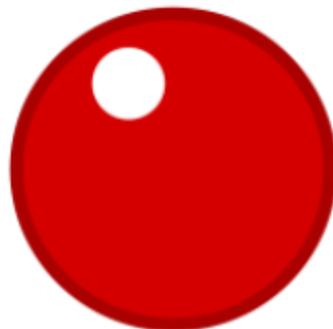
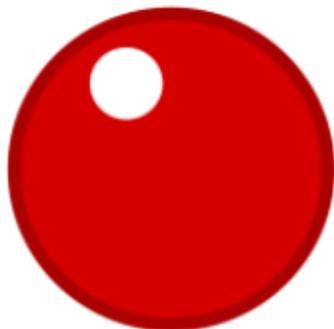
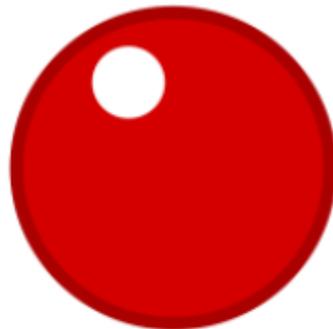
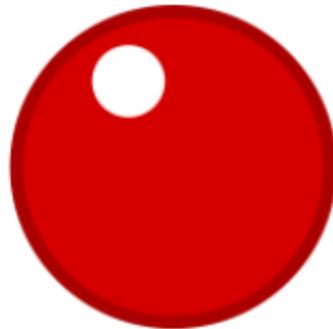
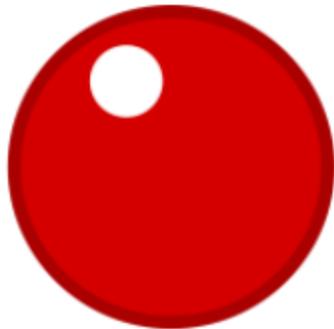
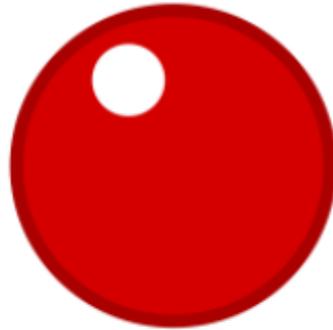
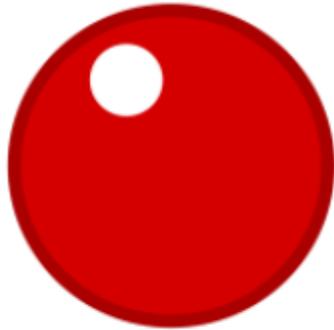
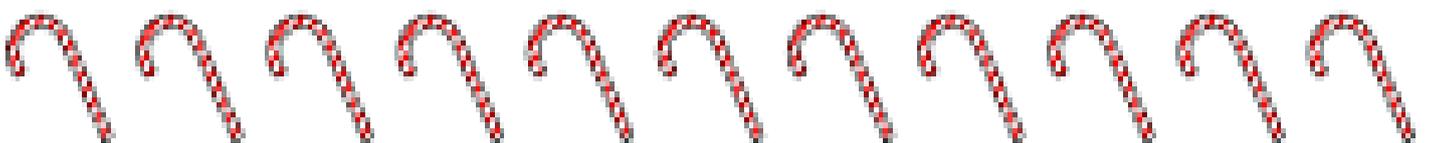
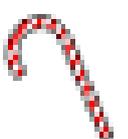
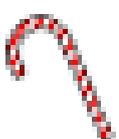
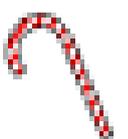
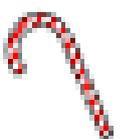
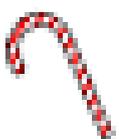
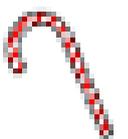
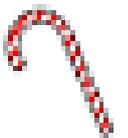
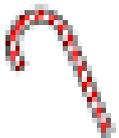
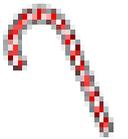
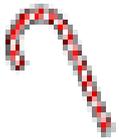
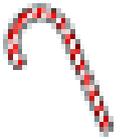
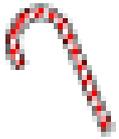
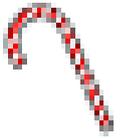
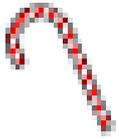
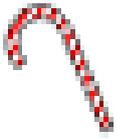
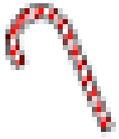
It's beginning to look a lot like
Christmas

Holly jolly Christmas

I'll be home for Christmas



Cut out the red noses for your game of Pin the Red-Nose on Rudolph!
- on the next page you'll see a printable Rudolph to stick to a wall for
your family game!





CHRISTMAS MOVIE NIGHT



What you'll need:

- Your cosiest pair of pyjamas
- Lots of blankets
- Christmas snacks
- Christmas films



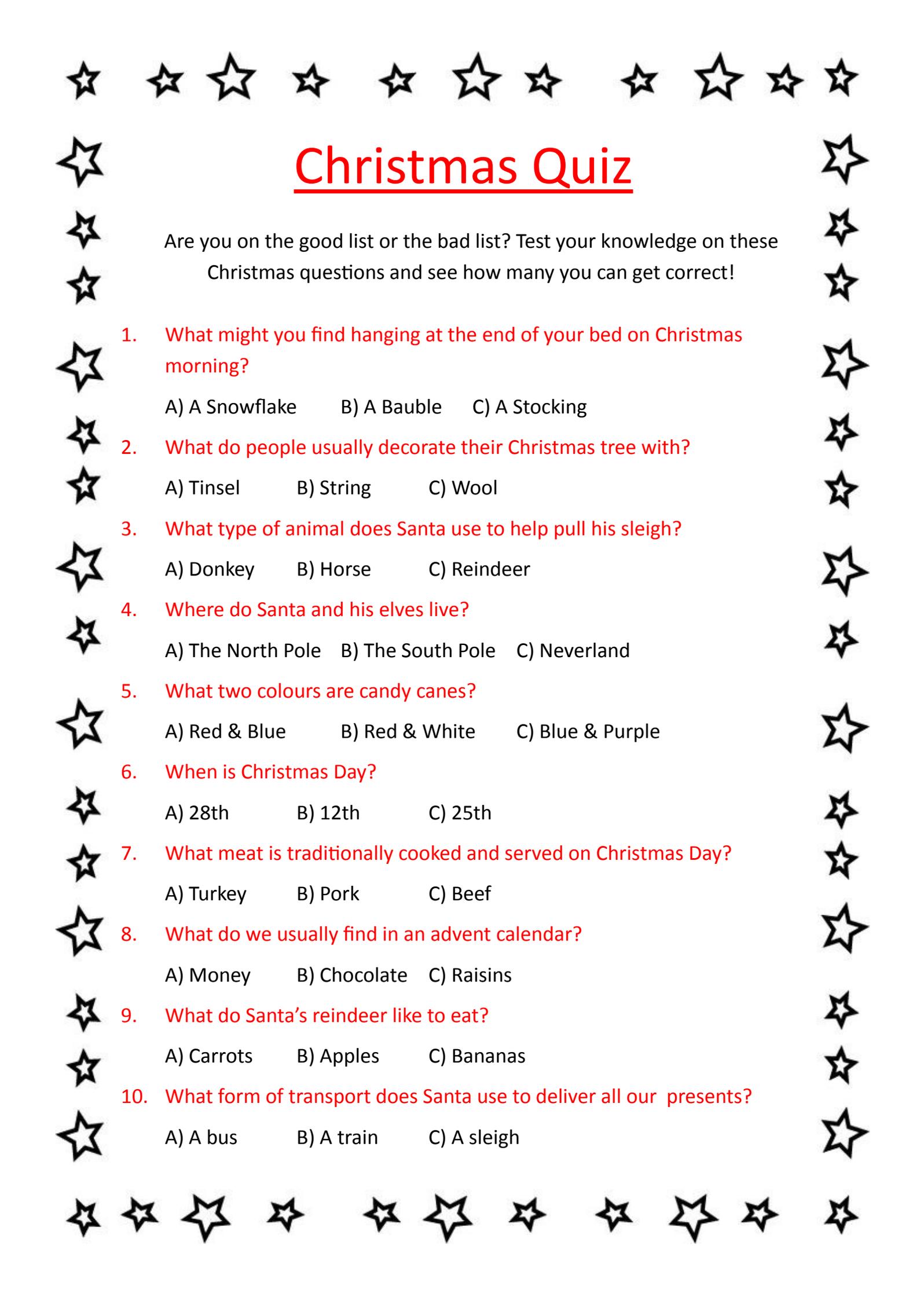
Lymphoma Action's 12 Days of Christmas Films:

- Home Alone
- Elf
- Jack Frost
- The Grinch
- Santa Buddies
- The Polar Express
- Miracle on 34th Street
- The Muppet Christmas Carol
- Frosty the Snowman
- Santa Claus: The Movie
- Arthur Christmas

Christmas Movie Snacks:

- Christmas Popcorn Mix: Add some red and green coloured smarties, some of your favourite chocolate, some candy canes and some popcorn into a bowl and enjoy!
- Hot Chocolates & Marshmallows
- Candy Canes
- Gingerbread Men
- A Box of Chocolates: Your family's favourite tub of chocolates!

Photo Source: <https://www.twosisterscrafting.com/santa-crunch-popcorn/>



Christmas Quiz

Are you on the good list or the bad list? Test your knowledge on these Christmas questions and see how many you can get correct!

1. What might you find hanging at the end of your bed on Christmas morning?

A) A Snowflake B) A Bauble C) A Stocking

2. What do people usually decorate their Christmas tree with?

A) Tinsel B) String C) Wool

3. What type of animal does Santa use to help pull his sleigh?

A) Donkey B) Horse C) Reindeer

4. Where do Santa and his elves live?

A) The North Pole B) The South Pole C) Neverland

5. What two colours are candy canes?

A) Red & Blue B) Red & White C) Blue & Purple

6. When is Christmas Day?

A) 28th B) 12th C) 25th

7. What meat is traditionally cooked and served on Christmas Day?

A) Turkey B) Pork C) Beef

8. What do we usually find in an advent calendar?

A) Money B) Chocolate C) Raisins

9. What do Santa's reindeer like to eat?

A) Carrots B) Apples C) Bananas

10. What form of transport does Santa use to deliver all our presents?

A) A bus B) A train C) A sleigh

What is your Christmas Elf Name?

The first letter of your name:

A: Tiny	J: Pudding	S: Nilly
B: Happy	K: Sweetie	T: Candy
C: Twinkle	L: Pixie	U: Twirly
D: Jolly	M: Perky	V: Snowy
E: Cookie	N: Squeaky	W: Sneaky
F: Zoodle	O: Snookum	X: Adorable
G: Sparkle	P: Speedy	Y: Skipper
H: Elfie	Q: Tinkle	Z: Cheeky
I: Tootsie	R: Kringle	



The month you were born:

<u>January:</u> Chubby—Cheeks	<u>July:</u> Rosy Cheeks
<u>February:</u> Popsicle Toes	<u>August:</u> Tinsel Toes
<u>March:</u> Pickle Pants	<u>September:</u> Pointy Ears
<u>April:</u> Frosty Nose	<u>October:</u> Glitter Balls
<u>May:</u> Twinkle—Eyes	<u>November:</u> Chatter Box
<u>June:</u> Pink Nose	<u>December:</u> Jingle Bells

My Elf Name is: _____

Mum's Elf Name is: _____

Dad's Elf Name is: _____

My Sister's Elf Name is: _____

No– Bake Snowmen Skewers

Ingredients:

- Bag of marshmallows
- Some skewer sticks
- Bag of chocolate chips
- Orange coloured chocolate or candy melts

You may also need:

- Ziploc bags/cake piping bag



Method:

1. Place some marshmallows onto a skewer stick and melt some chocolate chips in a heat-proof bowl.
2. Use a Ziploc bag that has the corner snipped off to pipe the melted chocolate onto the marshmallow and begin to decorate the eyes and mouth and any other decoration you want your snowmen to have!
3. Repeat steps 1 and 2 for the orange candy melts and pipe the carrot nose for the snowman. Now leave to set and enjoy!



Source: <https://thedeclaredcookie.com/marshmallow-snowmen-stirrers-from-the-williams-sonoma-catalog/>

20 Family Photos you should take this Christmas

1. Sitting on Santa's lap
2. Wearing a Christmas hat
3. Decorating the Christmas tree
4. Opening the presents
5. Watching a Christmas movie
6. Baking Christmas goodies
7. Crafting some Christmas decorations
8. Gathered around the Christmas tree
9. In Christmas pyjamas
10. Kissing under the mistletoe
11. Reading a Christmas storybook
12. Eating a Christmas breakfast
13. Playing with a favourite present
14. Drinking hot chocolate
15. Leaving food for Santa & reindeer
16. Writing a Christmas list for Santa
17. Full stockings
18. Wrapping presents
19. Playing in the snow
20. Decorating a gingerbread house!





Christmas Tree Cookies

Ingredients:

- 3 tbsp unsalted butter, softened
- 3/4 cup firmly packed brown sugar
- 1/2 cup unsweetened apple sauce
- 1 large egg
- 1/3 cup dark molasses
- 3 cups all-purpose flour + more for dusting
- 1 tsp baking soda
- 2 tsp ground ginger
- 1 tsp ground cinnamon
- 1/2 tsp ground allspice
- 1/4 tsp ground cloves

For the Icing:

- 1 1/2 tbsp egg whites—room temperature
- 1/4 tsp fresh lemon juice
- 1 cup powdered sugar
- 5 to 6 drops of green food colouring
- Coloured sprinkles



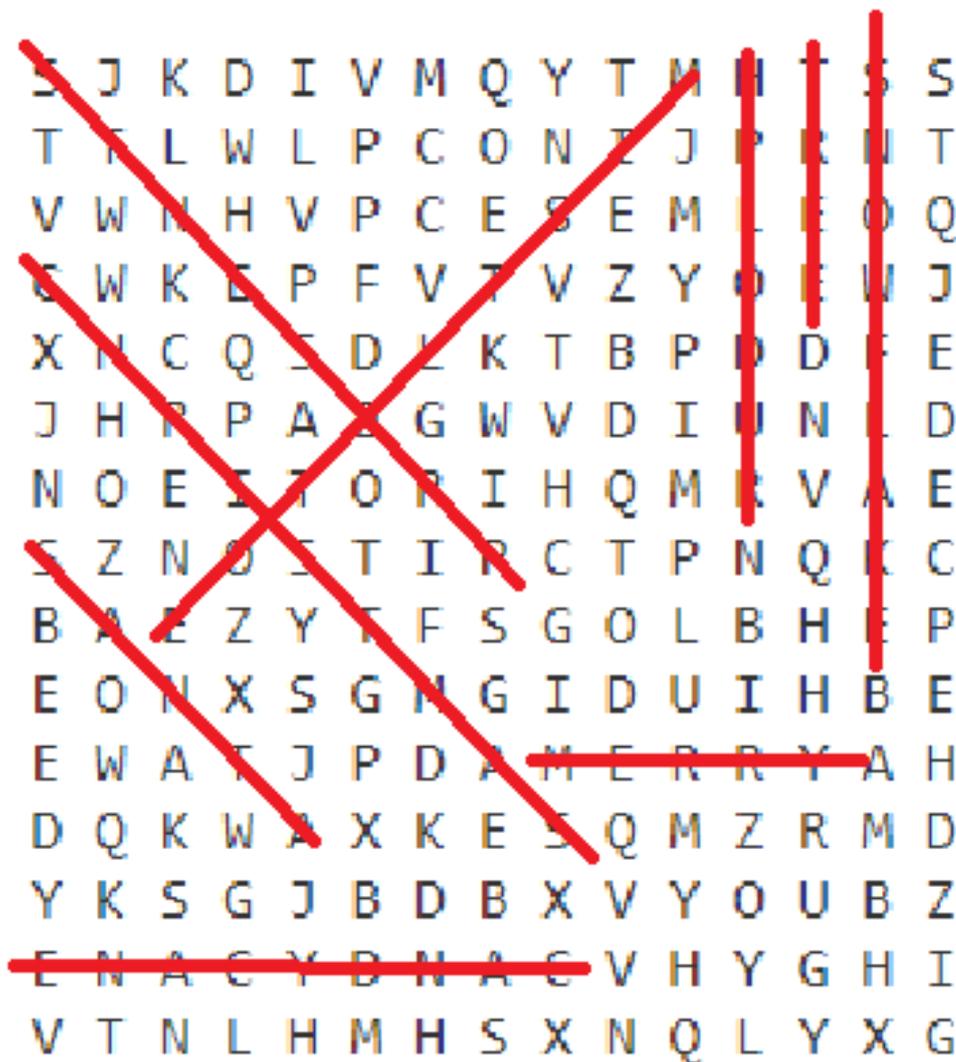
Source: <https://www.skinnytaste.com/gingerbread-christmas-tree-cookies-and/>



Method:

1. In a large mixing bowl, beat the butter, sugar and apple sauce until smooth. Add the egg and molasses, mix well.
2. In another large bowl, combine flour, baking soda and spices. Add to sugar and molasses mixture, stirring well with the whisk or an electric mixer. Use your hands to form a large ball, the dough will be a little sticky.
3. Wash and dry your hands. Place flour on your hands so the dough doesn't stick to you, then divide the dough into two flat balls; cover with plastic wrap and chill in the refrigerator for at least 2 hours.
4. After the dough has chilled 2 hours, preheat the oven to 117°C/gas mark 4.
Generously dust the surface of your working area with flour before rolling out the dough. Work with one ball of dough at a time, keep the other refrigerated while you do so.
5. Depending on how thin you roll the dough out and the size of your trees, makes at least 60 tree cookies.
6. Roll the dough out to 1/8-inch thickness, sprinkle a little flour on top of the dough if it's a little sticky. Trim the uneven edges off to square the dough, then using a knife cut the dough into 3 1/2 inch strips. Then cut the strips into triangles.
7. Place the cookies 1 or 2 inches apart on a lined baking sheet. Bake 10-12 minutes.
8. Mix the egg whites with lemon juice. Combine with powdered sugar, mixing well then add a few drops of green food colouring until you get the colour you desire.
9. If the icing is too thin, add a little more powdered sugar, if it's too thick add a drop of lemon juice or water. Transfer to a piping bag to decorate cookies when cooled.
10. To decorate, pipe the cookies with the frosting one at a time, quickly adding the sprinkles before it hardens.

Lymphoma Action's Christmas Word Search Answers



Children's Christmas Quiz Answers

1. What might you find hanging at the end of your bed on Christmas morning?
A) A Snowflake B) A Bauble C) A Stocking
2. What do people usually decorate their Christmas tree with?
A) Tinsel B) String C) Wool
3. What type of animal does Santa use to help pull his sleigh?
A) Donkey B) Horse C) Reindeer
4. Where do Santa and his elves live?
A) The North Pole B) The South Pole C) Neverland
5. What two colours are candy canes?
A) Red & Blue B) Red & White C) Blue & Purple
6. When is Christmas Day?
A) 28th B) 12th C) 25th
7. What meat is traditionally cooked and served on Christmas Day?
A) Turkey B) Pork C) Beef
8. What do we usually find in an advent calendar?
A) Money B) Chocolate C) Raisins
9. What do Santa's reindeer like to eat?
A) Carrots B) Apples C) Bananas
10. What form of transport does Santa use to deliver all our presents?
A) A bus B) A train C) A sleigh



Thank you so much for your continuous support. With your help we can inform, support and connect those affected by lymphoma.

Christmas can be a particularly difficult time for those affected by a cancer diagnosis. If you know somebody who may need our support, please let them know that we are here for them.

You can call our freephone helpline 0808 808 5555 –
Mon to Fri, 10am until 3 pm

We also provide an online chat service at
www.lymphoma-action.org.uk

From everyone at Lymphoma Action, we wish you a very merry Christmas.



We're here for you.

Our vision: We want everyone affected by lymphoma to receive the best possible information and support, treatment and care.

