

# Fun & Food Holiday Activities with Healthy Food Christmas Activities 2023

(Uplifting music and Fun and Food logo throughout)

[Image: Christmas trees vector image on blue background with 'Fun & Food Holiday Activities with Healthy Food' logo]

[Text: Children Activities 2023]

[Video clip: Families walking towards 'A Glow' entrance which is illuminated with lights]

[Video clip: Families entering 'A Glow' entrance, illuminations are projecting onto a building ahead]

[Video clip: Close up shot of illuminations projecting onto a building]

[Text: "We had a great time, lovely to do something together out of the house as a family"]

[Video clip: Families walking through a trail with illuminations projecting onto the ground and trees.]

[Video clip: Children riding on a train style carousel wave at the camera]

[Video clip: Children are laughing and enjoying watching an outdoor Santa and elf performance]

[Video clip: Close up of a green snake on a carpet]

[Text: "It was lovely relaxing for a few hours and I enjoyed seeing all of the animals and the food was great"]

[Video clip: A boy has a furry pet from 'crazy creatures' on his head, children watch and laugh]

[Video clip: A boy laughs as he sits on his father's knee with an orange and black snake around his neck, other families watch on]

[Video clip: Two teenage girls pet a furry animal. One of the girls has the pet on a blanket on her lap]

[Video clip: A group of children play a game on a table with sticks and marbles]

[Text: "I liked time with other families and meeting new people and the food was divine!"]

[Video clip: Children make arts and crafts on tables with parents and staff]

[Video clip: A group of mixed aged children run vigorously on the spot, an adult is leading the session]

[Video clip: Close up of children and parents doing 'jumping jack' exercises]

[Text: “It has really helped getting them out of the house and off their games and phones”]

[Image: A sports instructor demonstrates how to use a weight lifting bar, a group of teenagers watch]

[Image: Children smile at the camera at an outdoor ice skating rink]

[Text: The ice skating was really good, I couldn’t skate before but now I can!”]

[Video clip: An instructor at Grassholm observatory shows a group a projected image of a planet to a group of families)

[Video clip: An instructor at Grassholm observatory shows a group of parents and children a small meteorite]

[Text: “We learnt things that we didn’t know before, was fascinating!”]

[Video clip: Close up of a person holding a small meteorite]

[Video clip: Close up of a framed photograph of an astronaut and sample of a Lunar Meteorite]

[Image: A child looks through a large telescope (photo taken by Grassholm Observatory)]

[Video clip: A choir of children perform at a care home for the elderly. Residents watch the children sing]

[Text: “Best day ever – it made me feel happy to be part of a choir and to be able to make people smile”]

[Video Clip: close up of the choir singing)

[Video Clip: residents of the care home watch the choir and make actions with their hands to the music]

[Image: close up of a care home resident wearing a Santa hat and laughing]

[Video Clip: Camera pans across medieval helmets, weapons and clothing]

[Video Clip: Camera pans across medieval style wooden shields and swords]

[Video Clip: A boy wears medieval clothing and is shown how to hold weapons by an instructor, other children watch and wait for their turn]

[Text: “I loved having the chance to play with the shields and swords”]

[Video Clip: A group of children make a wooden shield barrier)

[Video Clip: Children help themselves to healthy snacks at a canteen counter]

[Video Clip: Camera pans across a Christmas scene incorporating inflatable Christmas figures and Christmas trees)

[Text: "Santa came along and we all got to meet him and everyone got a gift"]

[Video Clip: Child enters Santa's grotto and 'high fives' Santa]

[Video Clip: Santa and a boy wave and smile at the camera]

[Video Clip: Children clap and dance on a dance floor with disco lights]

[Video Clip: Children bounce towards the camera on a 'Jump Zone' trampoline]

[Text: Really nice food... the kids had a great time, they are all tired out now"]

[Video Clip: Close up of two girls climbing at an indoor fun play area]

[Text: "Really nice food... the kids had a great time, they are all tired out now"]

[Video Clip: children swinging on apparatus at an indoor play area]

[Video Clip: A boy jumps up and down on a trampoline making star shapes as he jumps]

[Video Clip: Two children slide down a duel slide together]

[Video Clip: Close up of a festive healthy meal and drinks]

[Video Clip: Santa enters the room ringing a bell]

[Text: A free day out! I've got 5 kids myself and it gets really expensive so this has been really helpful]

[Video Clip: A mother holding her young child talk to Santa]

[Video Clip: Families help themselves at a table of healthy food]

[Text: "It really brings out their creativity, I think it's great there is stuff like this on that doesn't cost anything"]

[Video Clip: Children create crafts at a table with an adult]

[Video Clip: Families work together on Christmas crafts at a table]

[Video Clip: A father and daughter laugh and look through a 'face in the hole' snowman board]

[Video Clip: A boy plays an outdoor Christmas tree shaped 'buzz wire' game.]

[Video Clip: Children play Christmas throwing games in a garden]

[Text: “Fun and Food is amazing, it gives families the chance to do something fun for free – fantastic”]

[Video Clip: Children play a snakes and ladders style large floor game, a boy smiles at the camera and gives a thumbs up action]

[Text on a blue background: For more information about the Fun & Food programme visit

[www.durham.gov.uk/funandfood](http://www.durham.gov.uk/funandfood)]

[Text on a blue background: or join our Facebook group at

[www.facebook.com/groups/funandfoodcountydurham](https://www.facebook.com/groups/funandfoodcountydurham)]