

The Lift Up

THE HALF-TERMLY NEWSLETTER FOR YOUNG PEOPLE WITH AUTISM

THIS TIME: Survival Tips, festive hot chocolate and origami!

Christmas - a time for fun, celebration and excitement. And yet, you don't have to be Ebenezer Scrooge to feel the festive burnout. It's the visitors (either in person or online), the expectations, surprises, colours, smells, noises...we could go on. But take a breath...check out our...



Top Christmas Survival Tips:



1. Take a **screen break** – the average Gen Z spends nearly 3 hours a day on social media and nearly half feel pressure to only post images that make them look good - take a break. Be present.

3. Create a '**christmas free zone**' in one area of the house: decorations, smelly candles, family games – all BANNED!

5. Make a plan for when **festivities end** – be mindful of key dates like xmas decs down and back to school.

2. Check the plans for the day and/or week – write your own Christmas planner (include some time to do your own thing too!).

4. Agree whether to **buy gifts** with family/friends BEFORE the big day – avoid any surprises!



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Post-16 Choices.



When the excitement of Christmas fades, and we all start looking ahead to 2021 it can be a time to reflect and start forming plans.

If you are in Year 11 and are thinking about 'what next?' Please go to Peterborough City Council's Local Offer and click on the *Preparing for Adulthood* icon.

If you are in Year's 9 and 10 have a look too – you can never prepare too early!



BOREDOM BUSTERS!

KEEP ACTIVE



Try the limbo but with a cushion stuffed up a red top/Santa outfit to give you a big Santa belly! Tricker than it sounds!

More fun games at:

https://www.momjunction.com/articles/christmas-party-games-for-teens_00379087/

ON THE WEB

Try out **Scratch** – a computer programming site for all skill levels.



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TO PASS THE TIME:



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Ever tried the rather tricky art of Origami? If not, www.thesprucecrafts.com has lots of fabulous festive ideas to get you started.

Cosy Corner

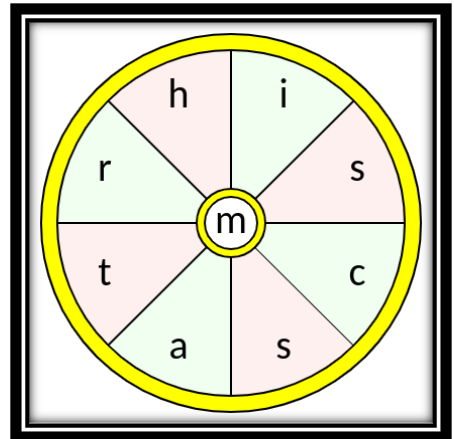
Hot chocolate with a festive twist!

Mix up your normal hot chocolate then add in a cinnamon stick, perhaps some star anise and of course – plenty of cream, marshmallows and a candy stick for good measure! Yummy.



Word Wheel

Can you find the 9 letter word? How many other words can you find (must be 2 letters or more and use the central letter)



<https://www.edu-games.org/>

Your Say



We would love to hear from you about what you are doing. Get in touch at:

SENandInclusion@Peterborough.gov.uk

*Please Note: We cannot publish any photos that contain images of people.

We also produce two other newsletters: 'I'm a Parent Get Me Out of Here' (for parents) and 'Cozy Crew' (for younger children) - all available on our local offer web page www.peterborough.gov.uk



Must read books this Winter!



The Dark is Rising Susan Cooper



The Winter Place Alexander Yates



A Shiver of Snow and Sky Lisa Lueddecke



Winterkill Kate A Boorman



Prisoner of Ice and Snow Ruth Lauren