



# NUTRITION FACTS

5 servings per container

Serving Size

Ages 3+

% Activity Value\*

## Total Daily Intake:

Creative Value	40%
Imagination Value	70%
Discovery Value	30%
Nature Value	10%
Includes 10% added recycling	
Enjoyment	100%

## You Will Need:

Gloves	4 pairs (or more!) (or use some socks)
Paper	3 sheets
Pens	1 or more

## WEEK 2: WISH UPON A SOCK

\*The % Activity value (AV) tells you how much fun is in each serving of this activity, and contributes to a creative daily diet. This is only used for general creative activity fulfillment advice.





# WISH UPON A SOCK (WEEK 2)

## DIRECTIONS FOR USE:

- 1 Run around the house and find as many pairs of gloves as you can (socks work well here too) enough for 3 pairs each.
- 2 On 3 little strips of paper write 3 little wishes of something you would love someone to do to you, One wish on each strip.
- 3 Fold them up and pop one into each pair of gloves (or socks) swap them all around making sure you don't have any of your own. Put them all on, layering them on top of the other! (feeling warm and cosy??)
- 4 Now all hold hands, skip around, wiggle your bums and sing a song. When the song and dance stops peel off a glove or sock layer find the wish and make it come true.
- 5 The game is done when all the wishes are fulfilled.

## ABOUT YOUR PACK

Christmas is a time for fun and games. Heres a mashup of several classic party games that gets you all playing together and making wishes come true.

## WANTING MORE?

Could you make a wish come true for someone you don't even know? Write them down on a Post-it note and give yourself a deadline to get them all achieved.

BEST BEFORE / MEILLEUR AVANT



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