

# Christmas Holiday Support Pack for Families in Somerset

Christmas 2025 is here, and this can feel overwhelming for families.

Keeping children calm, entertained and fed over the holidays can feel daunting.

We have collated some activity ideas and family days out, a lot of these are free or inexpensive giving you plenty of ideas for staying busy this Christmas as well as some signposting of support.



# Ideas for feeding hungry little mouths

- Cheddar Valley Foodbank
- Highbridge Area Foodbank
- Glastonbury & Street Bridging the Gap Foodbank
- Where Kids can eat free or cheaply this Christmas
- Budget Christmas dinner recipes - BBC Food

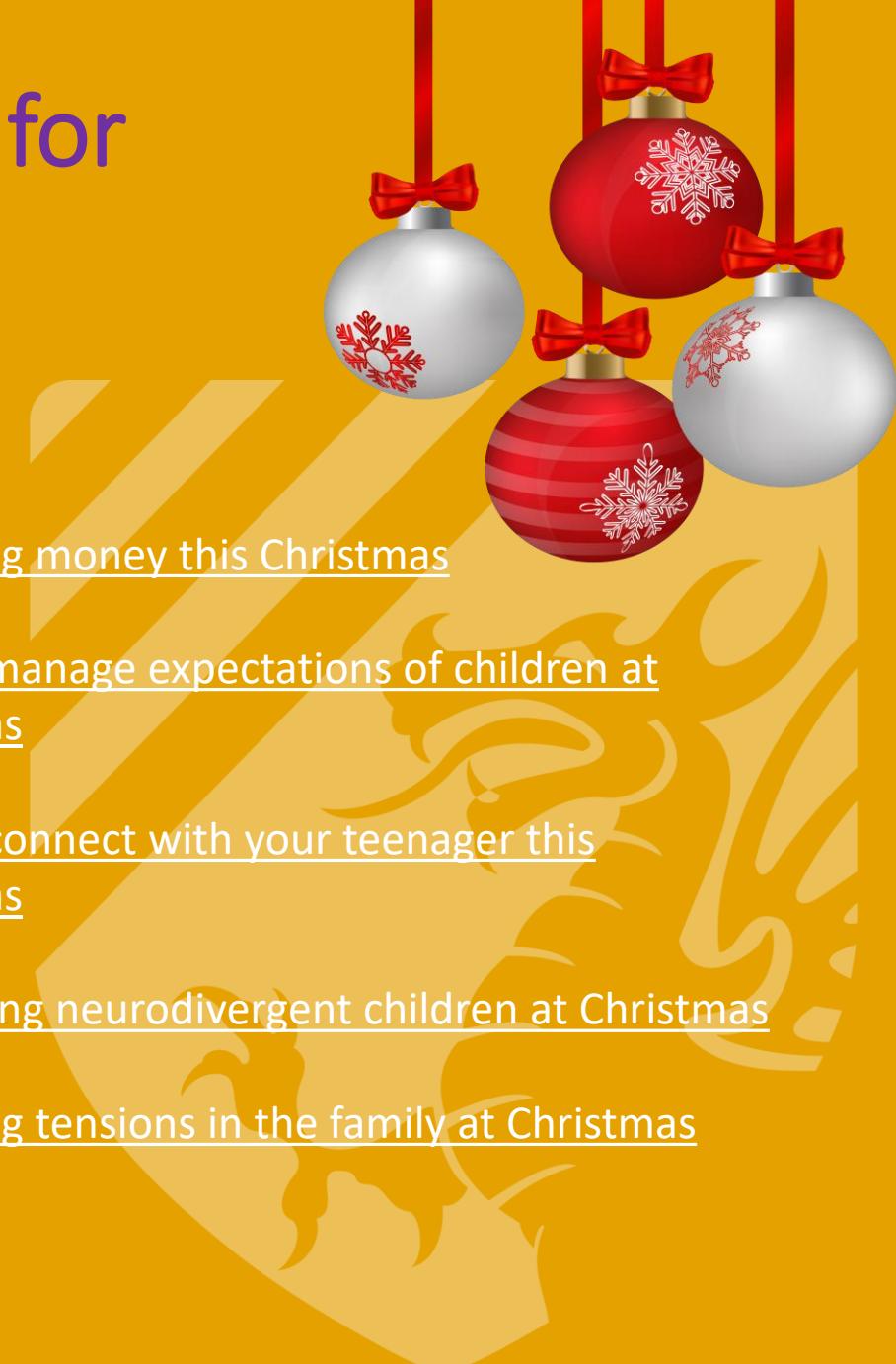
PLACES WHERE KIDS EAT FREE (OR FOR £1) CHRISTMAS 2025	
<a href="https://moneysavingcentral.co.uk/kids-eat-free">moneysavingcentral.co.uk/kids-eat-free</a>	
<b>ANGUS STEAKHOUSE</b>	<b>MARCO PIERRE WHITE</b>
Kids under 8 eat FREE daily, 12pm to 5pm	Kids under 12 Eat FREE daily with an adult spend
<b>ASDA</b>	<b>MORRISONS</b>
Kids eat for £1 daily, with no adult spend	Kids Eat FREE all day, every day with a £5 spend
<b>ASK ITALIAN</b>	<b>PAUSA CAFE @ DUNELM</b>
Kids under 10 eat for £1 during school holidays	Kids eat FREE with every £4 spend all day
<b>BELLA ITALIA</b>	<b>Premier INN</b>
Children eat free Sunday - Thursday	2 kids eat for free with 1 adult breakfast
<b>BILLS</b>	<b>PRETO</b>
2 Kids Eat Free on Boxing day 2025	Kids up to age 10 eat free with 1 paying adult
<b>BEEFEATER &amp; BREWERS FAYRE</b>	<b>PUREZZA</b>
2 Kids Eat Free Breakfast with one paying adult	Kids under 10 get free pizza with every adult meal
<b>CAFE ROUGE</b>	<b>SA BRAINS PUBS</b>
Kids Eat FREE 12-4pm every day of the week	Kids eat for £1 on Wednesdays
<b>COCONUT TREE</b>	<b>SIZZLING PUBS</b>
Kids eat FREE from Fri 19th Dec - Sun 6th Jan 2026	Kids eat for £1. Every Monday to Friday, 3 - 7pm
<b>DOBBIES GARDEN CENTRES</b>	<b>TABLE TABLE</b>
Kids eat for £1 with an adult breakfast or lunch	2 Kids Eat free breakfast daily with 1 paying adult
<b>FUTURE INNS</b>	<b>TGI FRIDAYS</b>
Under 5s eat for free with any adult meal	Kids Eat Free with any adult meal (Via App)
<b>GORDON RAMSEY RESTAURANTS</b>	<b>THE REAL GREEK</b>
Kids under 10 eat FREE all day, every day	Kids under 12 eat FREE Sundays with £10 spend
<b>IKEA</b>	<b>TRAVELODGE</b>
Kids get a meal from 95p daily from 11am	2 kids eat for free with 1 adult breakfast
<b>LAS IGUANAS</b>	<b>WHITBREAD INNS</b>
Kids under 12 eat FREE with 'My Las Iguanas' App	2 kids eat for FREE with 1 adult breakfast
<b>MARSTONS PUBS</b>	<b>YO! SUSHI</b>
from 29th Dec - Jan 9th 2026 in selected locations	Kids eat free all day (weekdays) in school holidays



# Please click on the following links for self help support this Christmas

- [Baby sensory activities to try this Christmas](#)
- [Connecting with your family through food during the festive season](#)
- [Easy Christmas crafting ideas for your family](#)
- [Festive traybake](#)
- [Getting your daily dose of happiness if you're experiencing loneliness at Christmas](#)

- [Managing money this Christmas](#)
- [How to manage expectations of children at Christmas](#)
- [How to connect with your teenager this Christmas](#)
- [Supporting neurodivergent children at Christmas](#)
- [Managing tensions in the family at Christmas](#)



# What's on Across Somerset



Visit Somerset Events over  
Christmas 2025

Fun Activities - Wells Cathedral



# Parent Guide: Managing Big Emotions at Christmas

## Anger

Christmas can be a very stressful time and there can be lots of things that trigger our anger, for example having to spend time with particular people, trying to co-parent or financial restraints. Whatever the reasons, anger can be tricky to manage and is probably the emotion that can have the biggest impact on those around us. We all know what anger can look and feel like; shouting, crying, feeling hot or trapped or becoming sullen and uncommunicative - we all try to manage anger in different ways to reduce it and not always in positive ways. Younger children will tend towards tantrums and in some cases aggression to release their feelings, while in some cases adults and teenagers may try to manage their need to react similarly through the use of substances.

### How can anger be managed positively?

#### Yourself

#### Others

Check in with your feelings regularly and learn to notice when your anger is starting to bubble.

Try to stop and slow down, and focus on your breathing.

Find strategies to help you relax e.g. meditation, taking a warm bath or shower, go for a walk.

Problem Solve: First, make a plan - how are you going to handle the problem? Then, reflect and check your progress along the way - is your plan working? Finally, be kind to yourself - the problem may not improve or resolve straight away.

Identify hot spots that cause your anger. You could plan to avoid certain activities that cause anger if you can.

Give children time and space to calm down. Either in their room or a particular area in your home.

Encourage them to burn off their emotions with some exercise e.g. jumping jacks, jogging etc.

Don't try to talk to them about their feelings unless they have calmed down. Do so in a non-confrontational way.

Support them to problem solve, identify the problem and help them to come up with a solution.

With teenagers try to take them out of the situation, go for a coffee or a walk together so that you can talk in a non-judgemental way.

## Anxiety

Christmas can be stressful for many reasons- you may be worried about money or practicalities. It's also a time when people can be forced to socialise, which is fun for some but for others it can be challenging. If you have tense relationships within your family, having to engage in these more than other times of the year can also be a cause of anxiety.

### What It might look like:

#### In adults

- Being irritable
- Struggling to concentrate
- Fidgeting/signs of being on edge
- Not sleeping/inconsistent sleep

#### In children

- Not eating
- Outbursts
- Unable to settle

### How can you support yourself/others?

#### Yourself

Make time for mindfulness - try to spend some time each day engaged in a mindful activity whether it's meditation, exercise or journaling.

Talk to someone - this doesn't have to be a professional, it may be a friend or family member or a helpline.

Try to enjoy some screen-free activities, such as, reading a book, baking or dancing to some Christmas tunes.

Enjoy some calm quiet Christmas activities, for example seeing some local Christmas lights or a carol concert or cuddling up on your own or with family/friends with a warm drink and a Christmas film.

Set boundaries - if socialising is the cause of anxiety pick 2-3 key social engagements to participate in and only go to those. If the issue is a specific relationship, limit the time you spend engaging with it.



#### Others

Share some mindfulness practices with children - teach them how to meditate or carry out some yoga or breathing exercises.

Ask that person how they're feeling. If you suspect you know the cause of their anxiety, ask in a sensitive way how they are feeling at this time.



# Christmas Mindfulness Activities



## Christmas Dancing Boogie Woogie

Dancing is active and can make you feel happy and buzzy. For mindful dancing, choose music that is calm rather than bouncy to help you relax and wind down. You could use music that is full of Christmas joy as well as being calming. Find the rhythm, keep soft, sway and move in a way that helps you to stay present and in the moment.



## Touching Christmas

Make yourself a special sensory bag of Christmas textures. Go around your home collecting bits of tinsel, ribbon, pine cones, ornaments and other Christmasy items. Have fun finding the items. Put them in a bag and then when you need calm, sit with the bag, feeling, touching and sensing each item.



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## Gratitude Ornaments



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Making your own decorations is a wonderful way to be mindful at Christmas. Choose a style that suits you, whether it is paper or 3D. Settle yourself down with what you need and then enjoy a good hour or two of making time. Each time focus on one thing you are really grateful for and what difference it has made to you.

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## Let it Snow



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Find a snow globe and set it somewhere pretty - maybe somewhere the light can catch it, whether that's daylight or Christmas lights. Gently shake the snow globe and then let all the tiny snowflakes fall. Watch the dance the snowflake makes before it settles. Let your thoughts settle like the snowflakes.

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# Christmas Bucket List

Have a Christmas Movie Night	Make Christmas Tree Brownies	Host a Virtual Xmas Party	Bake Cookies! Drop Some Off at the Neighbors!	Make Paper Chains
Drive around and look at Christmas Lights	Decorate Your House	Make Hot Chocolate, w/ Toppings, of course!	Create a Christmas Playlist	Make or Buy Christmas Centerpieces for Your Table
Make a Christmas Freakshake	Write a letter to Santa - Yes, Adults too!	Get Your Christmas Gift Fortune	Have a Christmas Photo Booth	Make Christmas Party Crackers
Read a Christmas Book	Create Your Own Advent Calendar	Do a Virtual Gift Exchange	Send a Christmas Care Package	Make Your House Smell like Xmas
Send a Christmas Ecard	Host a Virtual Holiday Happy Hour	Film a Video of Singing or Talking and Send It to Someone!	Make a Gingerbread House	Search Pinterest for a Christmas Craft
Have a Christmas Dance Party at Home	Have a Gift Wrapping Day (w/ Movies or Music)	Create Your Gifting List. Check it Twice!	Make a DIY Gift for Someone	Go (Social Distance) Caroling

EventOTB.com



# Christmas Scavenger Hunt

## Indoors

How many items will you find?

RED ORNAMENT	THE ELF ON THE SHELF®	CHRISTMAS TREE	STOCKING	TEDDY BEAR
GINGERBREAD HOUSE	COOKIES	CHRISTMAS CARD	SNOWFLAKE	MITTENS
SNOW GLOBE	NUTCRACKER	GREEN ORNAMENT	BELLS	ANGEL
SILVER ORNAMENT	TINSEL	CANDLE	ADVENT CALENDAR	SIGN THAT SAYS, "JOY"
SANTA HAT	HOMEMADE ORNAMENT	POINSETTIA	FAKE SNOW	TRAIN
BOW	PILE OF PRESENTS	SCARF	GOLD ORNAMENT	CANDY CANES

# Kings Fitness & Leisure Christmas activities

Kings Fitness & Leisure Centre in Cheddar are offering a wide range of activities for families and children over the Christmas break, pick up a copy of their Christmas brochure at reception or click on the links opposite for more information.

[Christmas-Pool-Timetable-2025](#)

[Holiday Fitness Class Schedule](#)

## OUR FESTIVE OPENING TIMES

24 Dec | 8:00am – 2:00pm  
25 Dec | Closed  
26 Dec | Closed  
27 Dec | 8:00am – 6:00pm  
28 Dec | 8:00am – 6:00pm  
29 Dec | 7:00am – 7:00pm  
30 Dec | 7:00am – 7:00pm  
31 Dec | 8:00am – 2:00pm  
1 Jan | Closed  
2 Jan | Open as normal

1. Create a Christmas bucket list together of fun and relaxing activities.

2. Designate a no screen day – pick 1 day each week with no screens. Go outside and play games or crafts instead

3. Set times for Christmas games and activities.

4. Create an 'I am Bored' jar – fill a jar with fun activity ideas for when your little ones gets bored.

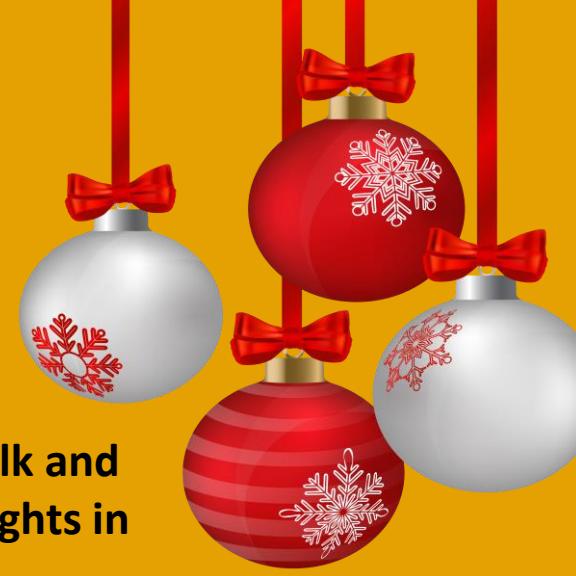
## How to enjoy time with your kids this Christmas

5. Start a Christmas gratitude journal – ask everyone to write down one thing they are grateful for each day.

6. Go for an evening walk and explore the Christmas lights in your neighbourhood.

7. Alternate busy and lazy days – schedule fun days but make sure you schedule in relaxing days and days to just play.

8. Schedule in Christmas film days, or a Christmas music dance evening. Create your own traditions.



## Decide What's Important as a Family

Christmas doesn't need to be expensive; focus on memories, not money.

Discuss as a family what matters most and what's less important to guide spending and planning

## Christmas Gifts

Talk with children about realistic gift expectations.

Focus on a few meaningful items; avoid the pressure to buy everything.

Use ideas like sleigh-space limits, budgets, or themed gifts (something to wear/read/eat).

Second-hand gifts can save money and are often just as appreciated.

## Tips on how to manage expectations over Christmas



## Father Christmas Considerations

Not all children feel comfortable with the idea of Santa entering the house at night. Parents can explain that Santa will knock or let grownups know he's arrived.

## Attention is the Most Important Gift

Children value presence and attention more than perfect gifts or plans.

Challenging behaviour may be a bid for connection.

Make time for simple, low-cost activities—walks, games, indoor picnics, looking at Christmas lights.

Outdoor activities help burn energy and spark imagination.

# Top Tips on connecting with your child over the Christmas Break

## 1. Spend Quality time with your child as a priority

Quality one to one time with your child doesn't need to be long, but sitting down without technology, screens or any other distractions (you could put your phone in another room) for 10-15 minutes a day to engage in a child-led activity encourages connection and makes them feel seen and heard.

Allow your child to lead the activity, it will boost their confidence, and you will both enjoy spending quality, uninterrupted time together.

## 2. Bond with your child emotionally

If your child's emotions run high, teach them to recognise and validate their feelings by labelling their emotions and allowing them to express their feelings freely. Christmas time can be a time when your children's emotions are running high. Support them with this, for example:

'I can see you are feeling sad today, that might be tricky to manage. I wonder what it is that's making you feel sad today? What would make you feel better?'

Use active listening with your child, giving them undivided attention to talk without interruption. Avoid rushing to give them solutions, allow your child the time to work out solutions with you. This will really build their resilience and confidence in managing their emotions in the future. You can also explore your child's emotions through different activities:

- Make a Christmas emotions collage with your child. Use pictures and words from magazines to cut and stick then use this collage to create meaningful conversations about their emotions. 'I wonder if there has been a time when you have felt like this?'. Model times when you as an adult have felt these emotions – this will normalize your child's emotions.
- Play emotion charades – act out different emotions. Get them to use the correct facial expressions, body language etc.
- When reading stories use the characters to discuss different emotions 'I wonder how they might be feeling if that happened to them'.

### 3. Have Consistent Routines

We know that routines will slip over the Christmas break due to days out, Christmas parties and events and having fun, but try and stick to your child's bedtime routine even if this ends up being an hour or two later. Routine is the key.

Children thrive and feel secure with routines, so sticking with your bath, brush teeth, story time and lights off routine will make returning to school in January easier for you and your child.

### 4. Have Positive Boundaries

When your child is in a calm and happy place, clearly communicate your boundaries and expectations making these positive rather than negative.

For example - *'If you put your toys away when asked you can have a pom pom in your reward jar'*

Rather than *'If you don't put your toys away there will be a consequence'*.

Children will respond better to positive boundaries. Make sure your child is listening and understands what is being asked and make the boundaries age appropriate.

### 5. Have Fun!

Most importantly have fun and use the Christmas break to get to know your children better! Take photos and create positive memories. Keep a diary or a photo album (digitally). You don't have to take your kids to the most expensive places or buy them the most expensive toys to create a memorable Christmas. Have a craft day, bake something, watch festive films and listen to Christmas music. But above all, remember to have fun with them!



# Emergency contact Numbers & Information

**Children and social care consultation line** – 0300 123 2224- (Monday – Friday 9am – 4pm)

**Emergency Duty Team** – 0300 123 2327 (out of hours inc weekends)

In an emergency always contact the Police by dialing 999

**Support pack for parents managing children and young people substance use at Christmas – Please click [HERE](#)**

## Cheddar Valley Foodbank

Unit 8, Wessex Business Centre, CHEDDAR, BS27 3EJ

**Contact Number** - 07922 309369

**Email** - [info@cheddarvalley.foodbank.org.uk](mailto:info@cheddarvalley.foodbank.org.uk)

Cheddar Valley

07922 309369

### **OPENING TIMES**

Mon	10:30 - 12:30
Tue	Closed
Wed	Closed
Thu	Closed
Fri	Closed
Sat	10:30 - 12:30
Sun	Closed

## Highbridge Area Foodbank

Hope Baptist Church, Church Street, Highbridge,  
TA9 3HW

Hope Baptist

### **OPENING TIMES**

Mon	Closed
Tue	Closed
Wed	Closed
Thu	09:30 - 12:00
Fri	Closed
Sat	Closed
Sun	Closed



*Hope you have a  
great Christmas!*

*Remember, Christmas is  
just one day! It's more  
important to start the New Year  
happy and without the worry of  
paying for the Christmas that  
has just gone.*

