



Print the calendar on both sides over the long side. Open a door every day, or turn the page, and do the exercise with a specialist, if necessary adapted to the conditions.
We accept no liability for improper use.

We wish you a moving Advent season!

7
Hold up a Christmas gift or your pillow with your arms stretched out for 30 seconds.

23
Make a Christmas tree with green infusion holders and decorate it with empty infusion bottles!

12
Count all red spots and objects in your room

1
Knock the chorus of a Christmas carol on the bedside table!

22
Have the family bring you a photo album and look at it together! Name the people!

2
Draw a Christmas tree on paper

17
Stand up or sit and tap out a Christmas Carol with your toes!

9
Throw 9 small items into an empty box!

20
Let the Christmas story be read to you!

21
Change the cover of your pillow by yourself!

15
Pull a funny face and scare your nurse and physiotherapist

4
Fold a paper airplane and try to hit something with it!

14
Take a Christmas tea. Let it cool. Take a straw and blow bubbles into it.

24
Sing a Christmas carol and/or conduct a choir with rhythmic arm movements!
Merry Christmas!

3
Take your socks, shape them into a ball, and toss it back and forth with someone else!

8
Find little Santa Claus on the front of the calendar!

18
Take small paper boxes and try to stack them as high as possible!

16
Hum a Christmas carol and another person guesses the title

6
Lift your hips 6 times and count down!

11
Look out the window and play 3x "I see something you don't see!"

5
Draw a Christmas tree with your feet!

13
Fold a small towel and try to pull it apart.

10
Sit down and swing your arms like angel wings!

19
Sit on the edge of the bed or in the chair and take a foot bath (with fir scent)