



12 Missions of Christmas

Mission 1: Santa's Strictly Social Dance Challenge

Put on your dancing shoes, get your mobile phone ready and perform the Santa Shuffle!

The aim of the challenge:

Beat your rivals to be the first to complete our Santa dance, video it and post on social media using the hashtag **#LondonsChristmasMission**

What you will need:

- mobile phone to record your dance
- device to play the song 'Jingle Bell Rock' by Bobby Helms (available on Spotify or by playing our instruction video [accessed via this link](#))
- social media account such as Twitter, Facebook or Instagram (if you don't have a social media account you can email or Whatsapp your video to your rivals instead)
- a sense of rhythm would be handy!

Instructions:

[Click the link here](#) to access our dance instruction video. Either learn the dance first or follow Santa's lead as you do the dance to the best of your ability. The winner is the first to post the best dance video on their social media account!

Rules:

- The dance has to be as close to Santa's routine as possible. A few mis-steps (and improvisations) along the way are acceptable, but a routine that is too far from the original has to be disqualified.
- This can be a single player game or you can have all members of your team take part and post.

Top Tips:

As Bruce used to say, 'Keeeeeep Dancing', even if it does go a little wrong!

Remember to post photos and videos on social media using the hashtag **#LondonsChristmasMission**

Visit our main [Christmas Mission page](#) for more ways to support London's Air Ambulance.



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Mission 2: The 'Don't Let It Go' Frozen Challenge

"Don't let it go, Don't let it go...the cold (ice cubes) never bothered me anyway"

The aim of the challenge:

Competing against your rival to see who can move the most ice cubes in 60 seconds, using chopsticks or similar utensils.

What you will need:

- a bowl of ice cubes
- an empty bowl
- chopsticks or similar utensils eg the handles of wooden spoons or pens

Instructions:

Place a bowl of ice cubes and an empty bowl at least 2-3 feet (1m) apart; using chopsticks or similar utensils, transport the ice cubes and deposit into the empty bowl; the winner is the person who has successfully transported the most ice cubes in 60 seconds

Rules:

- any ice cubes that are dropped during transport cannot be picked up again – you'll have to get a new one
- make sure both you and your rival are covering the same distance when transporting the ice cubes
- if you aren't using chopsticks make sure the utensils are smooth and round like chopsticks are and that your rival is using the same
- chopsticks or other utensils don't have to be used one-handed

Top Tips:

Keep your cool - this is as much about care and precision as it is speed!

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Mission 3: The Snowball Nose-fall Challenge

We nose you're gonna love the chance to konk-er your opponent!

The aim of the challenge:

Competing against your rival to see who can move the most cotton balls in 60 seconds, using just a sticky dab of Vaseline and your nose!

What you will need:

- a plastic bowl of cotton bud balls
- an empty plastic bowl
- Vaseline or similar petroleum free jelly

Instructions:

Place a bowl of cotton balls and an empty bowl at least 2 or 3 feet (1m) apart; each player dabs a healthy blob of Vaseline on the end of their nose; players pick up cotton balls from the bowl with their nose and deposits them into the empty bowl, without using their hands at any point; the person who successfully transports the most cotton balls in 60 seconds is the winner.

Rules:

- you can only transport the cotton balls on your nose – no other part of your face!
- hands cannot be used to deposit the cotton ball from your nose into the receiving bowl
- any cotton balls that fall in-transit, or miss the bowl when dropped, don't count and you'll have to go back and get a new cotton ball
- players can top up the Vaseline during the game if stickability is fading

Top Tips:

Control the drop of the cotton balls into the bowl by gently puffing up from your mouth and shaking your head. And don't be too generous with the dab of Vaseline or the cotton balls will never drop into the bowl!

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Mission 4: The Tree-mendous Quick Fold Challenge

A battle of finger and thumb dexterity: will you fold before your opponent!

The aim of the challenge:

Competing against your rival to see who can be the first to create six perfect origami Christmas trees.

What you will need:

- six square pieces of paper plus extra for practicing (we used A4 paper and cut the longest length down to 210mm). The paper can be plain white, if you want to decorate the trees after you have finished.

Instructions:

Please see the step-by-step guide on the next 3 pages.

Rules:

- The winner is the person who has completed the six neatest and accurately folded trees before their opponent.

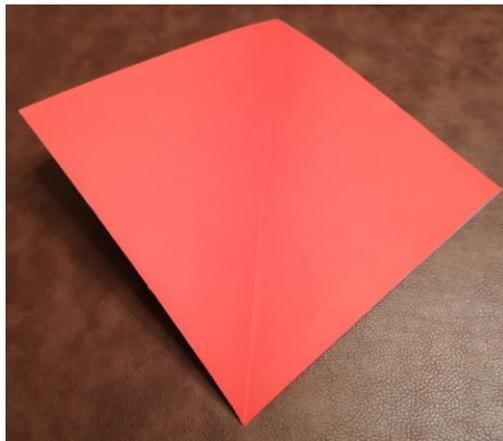
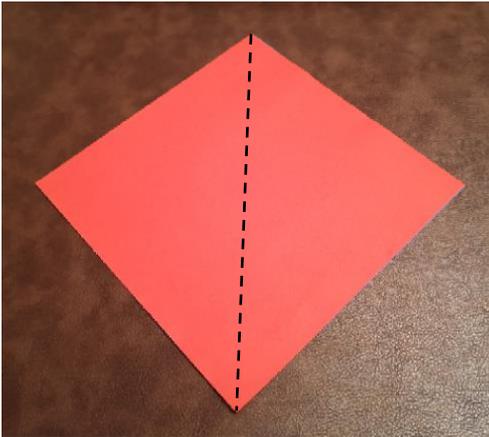
Top Tips:

Practice!

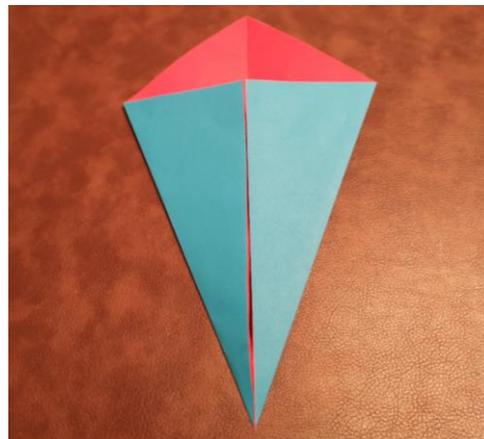
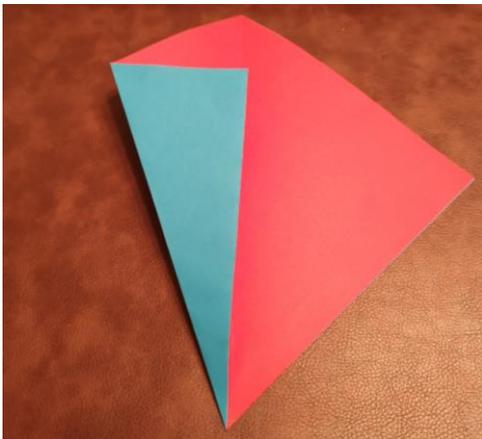


Mission 4 – step-by-step guide

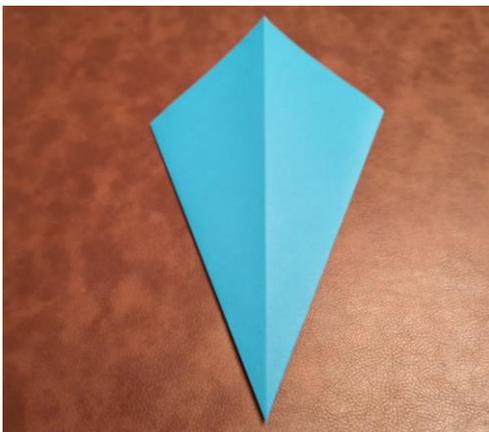
Step 1 - Fold along one diagonal axis, crease well and unfold



Step 2 - Fold both the right and left sides over to meet the centre crease.

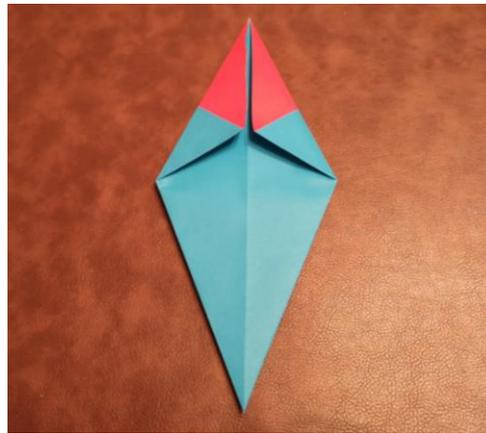
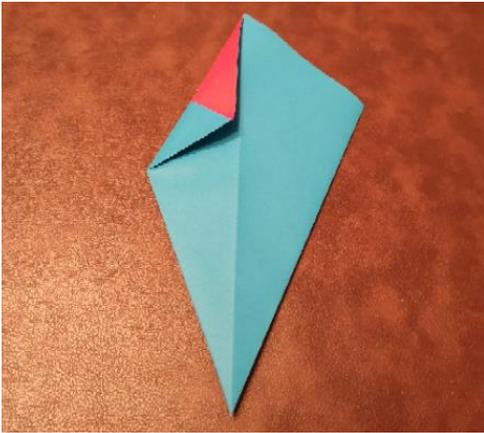


Step 3 - Turn the paper over

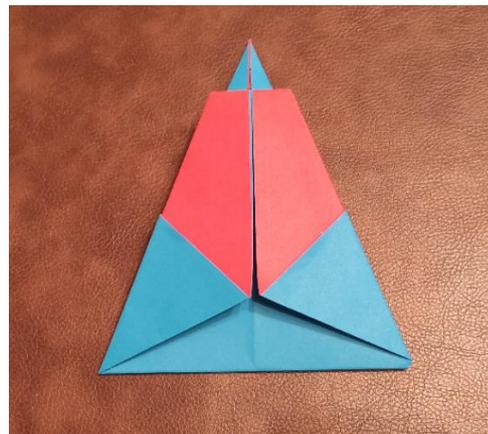
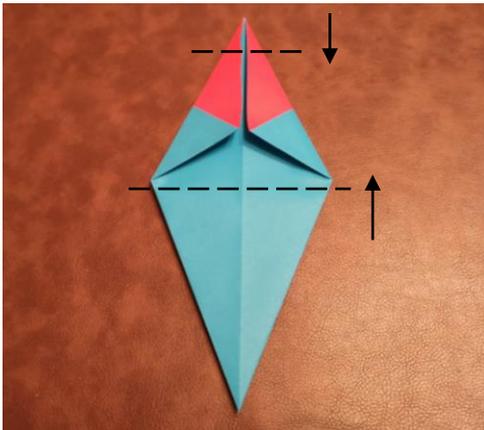




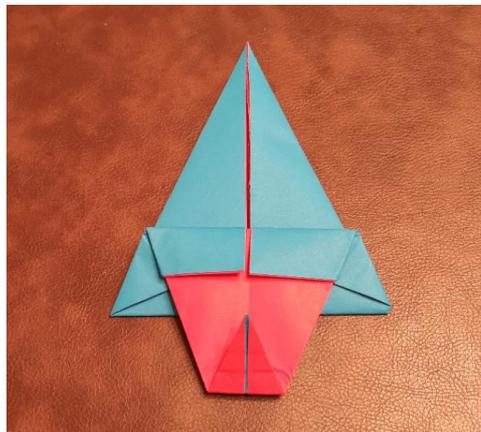
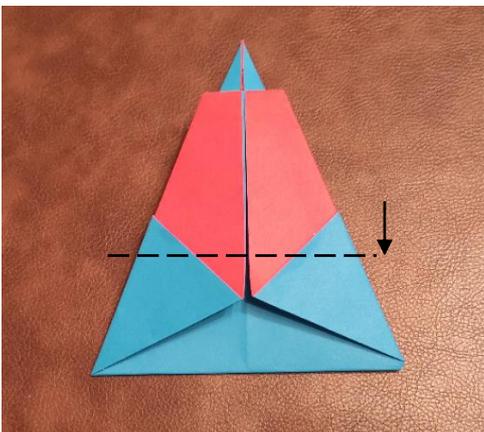
Step 4 - Fold both the top right and left sides to meet the centre crease



Step 5 - Fold the top point under itself and the bottom half up under the top half (mountain folds) approximately where indicated in the photo.



Step 6 - Fold the top flap of paper down, approximately where indicated in the photo, exposing the bottom section you had previously folded up.

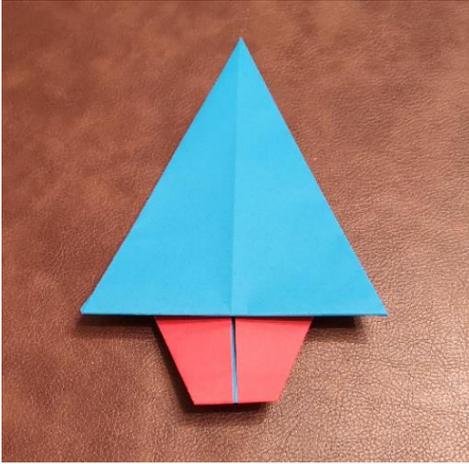




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Step 7 - Turn the paper over to reveal your completed Christmas tree



Step 8 - Repeat as quickly as you can until all six trees have been made!

Good Luck!

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Mission 5: Santa's Brussel Sprout Tucker Trial Challenge

Aaaargggghh! The horror!

The aim of the challenge:

Consume 8 (yes, eight) brussel sprouts in 3 minutes.

What you will need:

- 8 thoroughly cooked brussel sprouts (you can serve them warm or chilled!)
- A bowl and spoon
- A strong stomach!

Instructions:

Place all players names into a hat and then draw out the name of your ~~volunteer~~ victim. The chosen one must consume the 8 brussel sprouts. The winner is the person that consumes all the sprouts in the allotted time.

Note: this is not a speed eating contest. It isn't the first to eat all the sprouts, just the person that can consume them in the allotted time. If both players achieve this then it is a well-deserved draw!

Rules:

- No flavourings can be used to disguise the 'wonderfully' unique taste and smell of brussel sprouts – that would be understandable, but cheating!

Top Tips:

We have nothing to offer – if you don't like sprouts and you are chosen then you just have our sympathies!

Escape may be possible:

If a chosen player really cannot stomach this challenge then they can forfeit the game by making a donation to London's Air Ambulance Charity instead! Visit the 12 Missions page [here](#) and make a donation with the message '*I battled the brussels and the brussels won*'.

Caution:

Please ensure sprouts are cooked all the way through. Cook them in a pan of boiling water on the hob for approximately 5-7 minutes or until tender. Allow sprouts to cool before consuming. If chilling, then cool at room temperature before chilling in the fridge. For instructions on preparing and various methods of cooking brussel sprouts visit the BBC Good Food Guide by clicking [this link](#)

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Mission 6: The 5 Gold Ring Stacker Challenge

How huge will your hoola hoop haul of stable, still-standing stacks of savoury snacks be?

The aim of the challenge:

Using your non-dominant hand, create as many stacks of 5 hula hoops as you can in 60 seconds!

What you will need:

- 2 packs of hula hoop crisps, either traditional or, for additional difficulty, the 'Pufft' variety
- A clean, flat surface

Instructions:

The task is simple but fiendishly tricky. Using your non-dominant hand (so right-handers will have to use their left hand and vice versa) you will need to create as many stacks of 5 hula hoops as possible in 60 seconds. The winner is the person with the most standing hoola hoop towers.

Rules:

- players must only use their non-dominant hand
- stacks have to be built next to one another in a straight line
- players are prohibited from licking or sticking the hula hoops (tasty, but cheating!)
- make sure that the same variety of hula hoop is used by both rivals (though you can have different flavours, as this seems to have little effect on the hoops stackability!)

Top Tips:

Play this on a flat, clean surface - like a chopping board - and consume the playing equipment after!

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Mission 7: The One-handed Christmas Wrapper Challenge

This is the Stormzy of all challenges. Kanye do it faster than your opponent? Yes, we know, it's not that kind of rapper!

The aim of the challenge:

Using just one hand, plus elbows or feet, wrap a present as neatly and as quickly as you can!

What you will need:

- A shoebox or similar sized rectangular or square box
- Wrapping paper
- Sellotape

Instructions:

Wrap a present using only one hand, plus elbows or feet, faster than your rival. Neatness is as important as speed, so the winner is the person who finishes the tidiest wrapping first!!

Rules:

- players can only use one hand
- only elbows and feet can be used in addition to your single hand
- helpers can hand out sellotape pieces but aren't allowed to touch the paper or the box

Top Tips:

If you don't have a helper then cut strips of sellotape and stick them on a surface close by so you can grab them when needed. Make sure your opponent is doing the same.

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Mission 8: The Rudolph's Red Nose Face Place Challenge

Rudolph is missing his nose. How does he smell? Awful! Oh 'deer' that's a bad joke...

The aim of the challenge:

Place a red nose on each of Rudolph's faces, while blindfolded.

What you will need:

- Our 6 Rudolph faces and Rudolph noses (if you don't have access to a printer you can copy the simple design and draw your own faces and noses).
- Blue/white tac or sellotape
- Blindfold

Instructions:

Note: These instructions are for a 2 player game, requiring one person to place the noses while blindfolded, under vocal instructions from the second player. We have single player instructions in Top Tips below.

Player 2 sticks our 6 Rudolph faces on a wall, without player 1 seeing how they are arranged; player 1 is blindfolded and then gently turned around 3 times; under instruction from Player 2, Player 1 must stick a nose on each Rudolph face, in as close to the right spot as possible, in 90 seconds. The winner is the team that places the most noses in the correct position.

Rules:

- Scoring - the practically perfect placing of a nose gets 3 points; if it is touching the nose area but placed more off than on then it is 1 point, while not placed or not touching the nose area gets 0 points.

Top Tips:

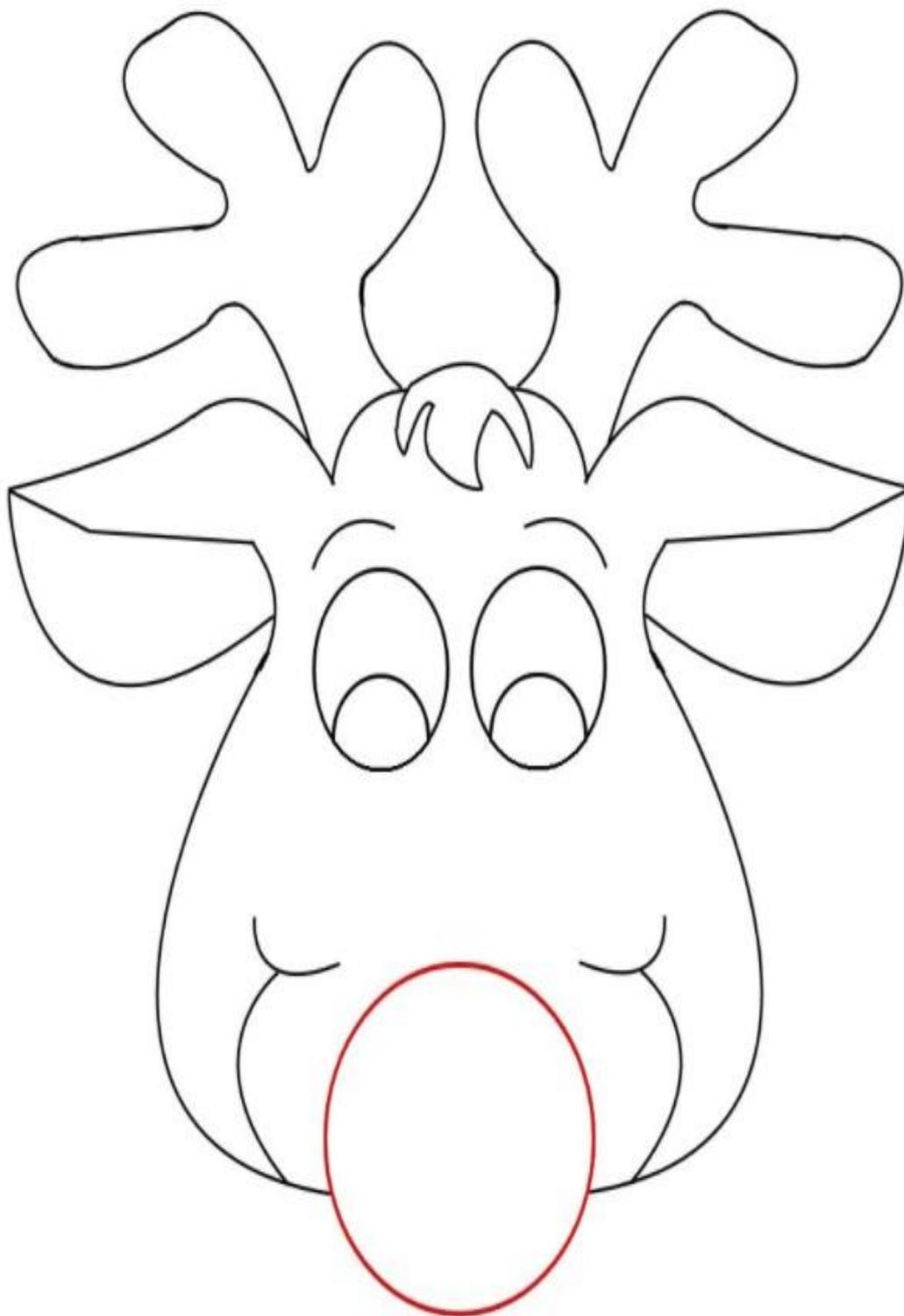
For a single player version, run the Rudolph faces and noses out. Sit down, with a pile of faces and noses on either side of you. Blindfold yourself and shuffle the faces; set an alarm for 90 seconds and race your opponent to see how many noses you can place accurately in the allotted time.

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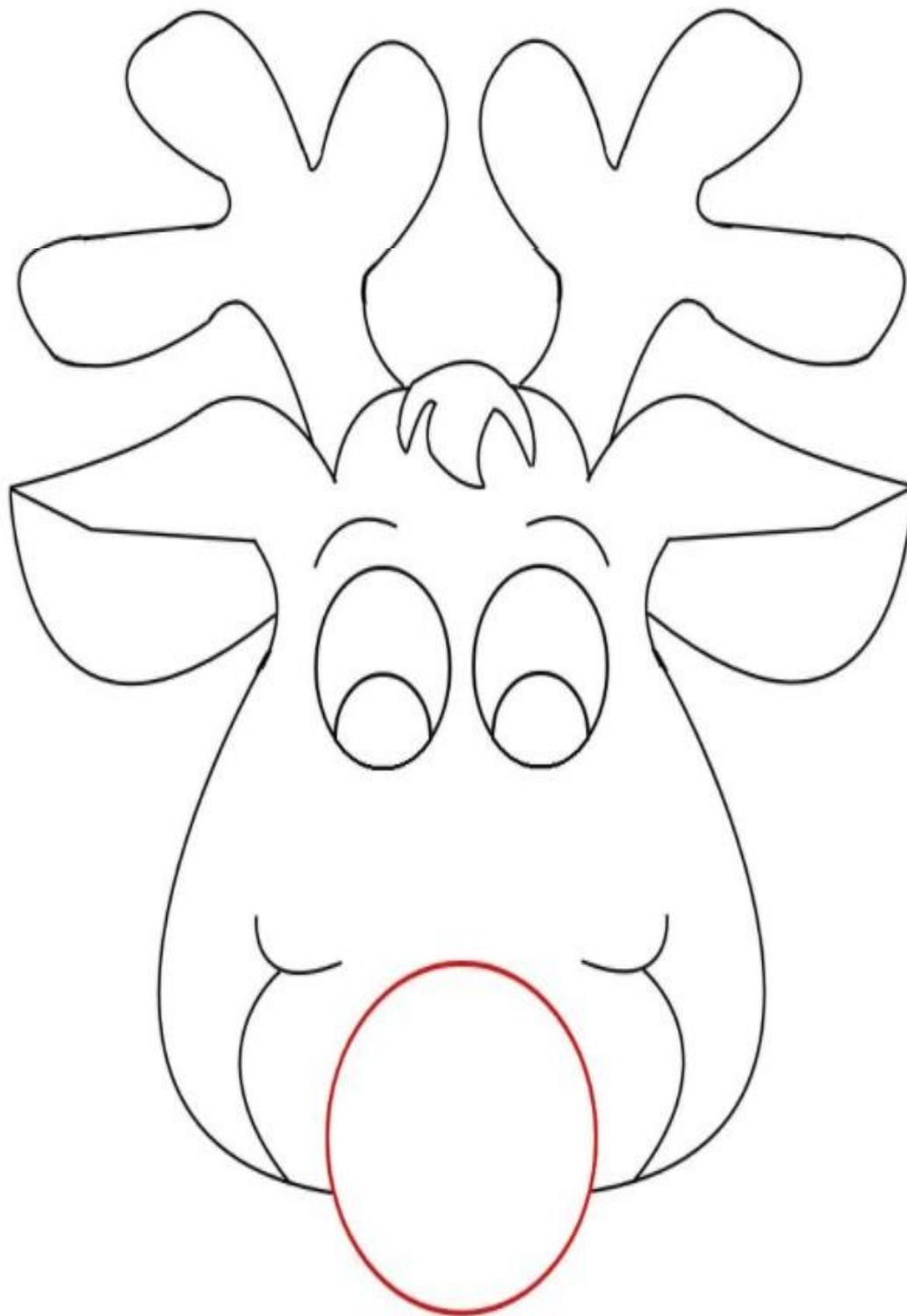


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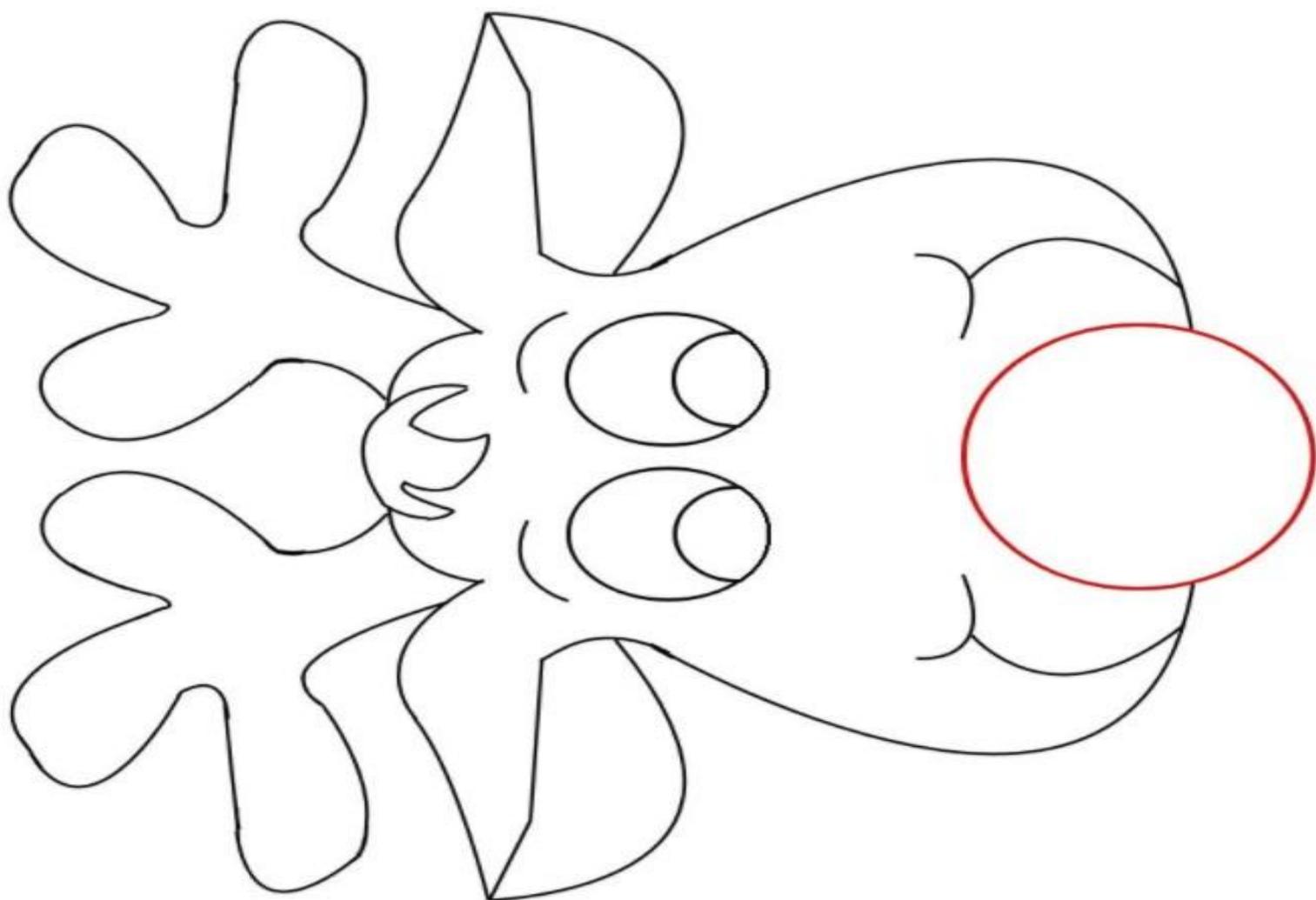


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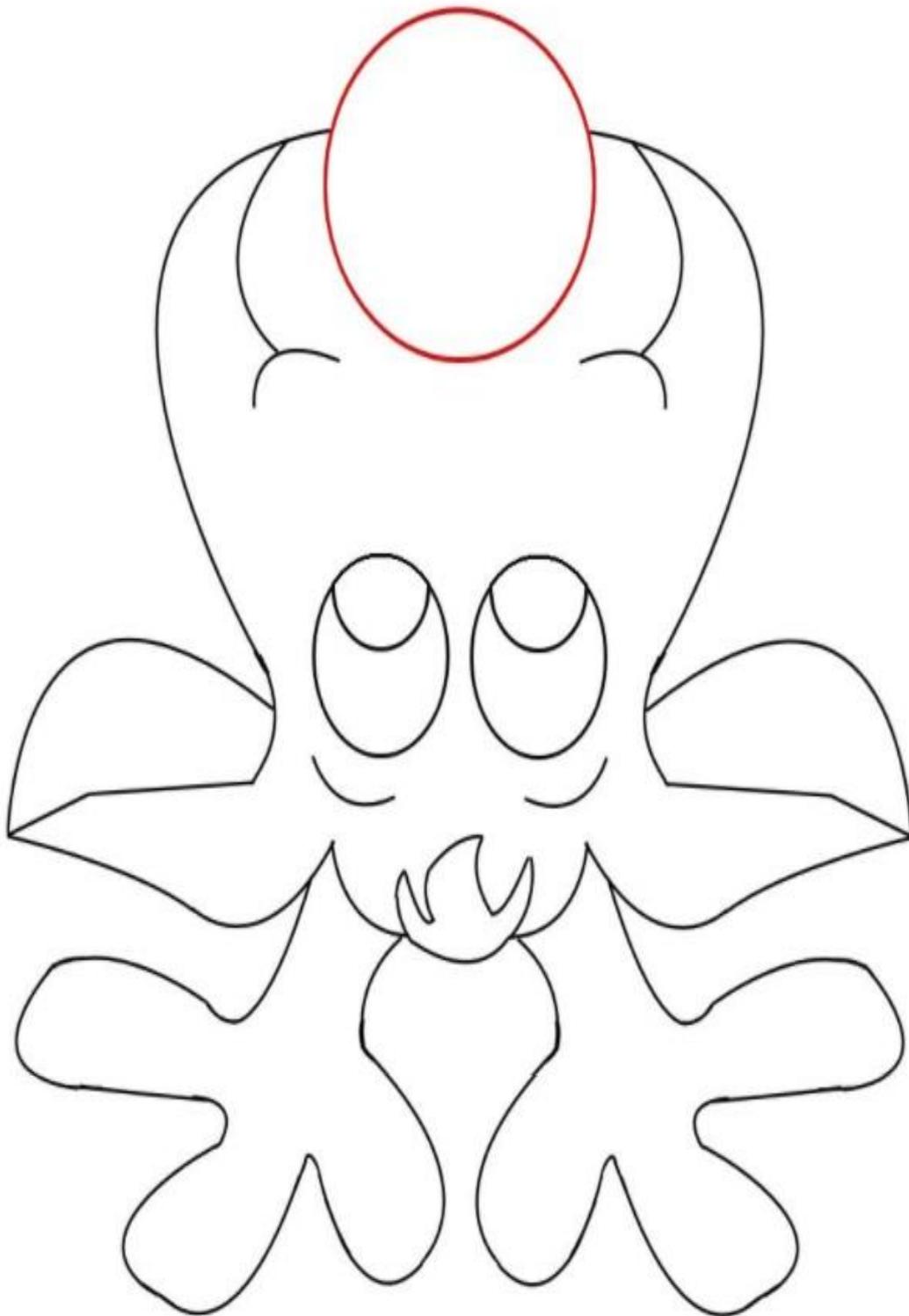


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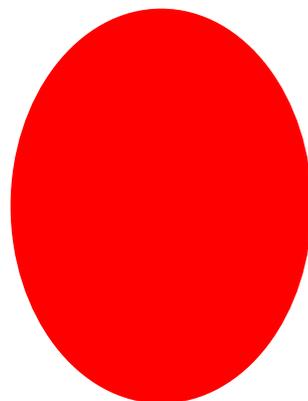
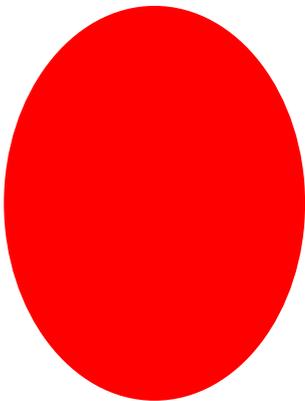
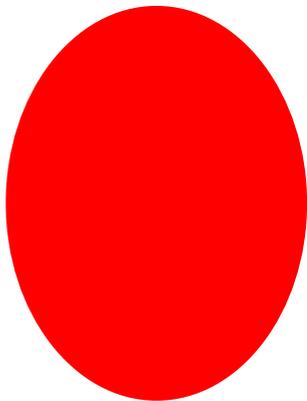
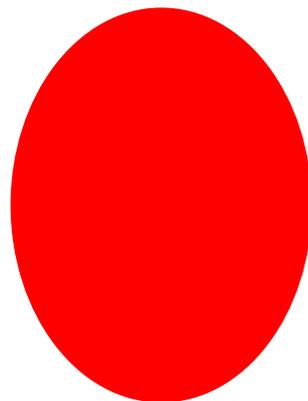
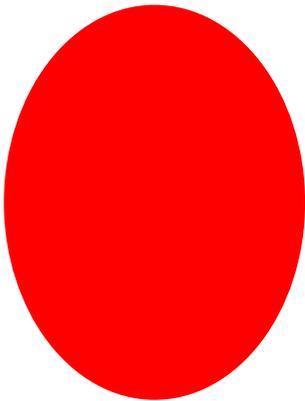
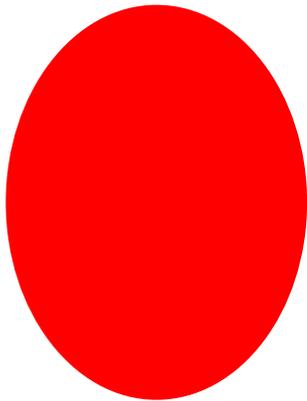
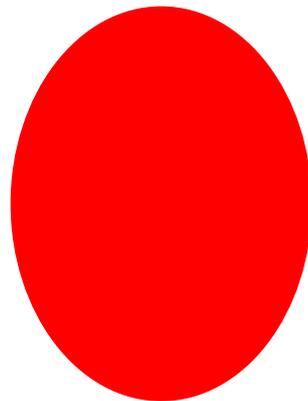
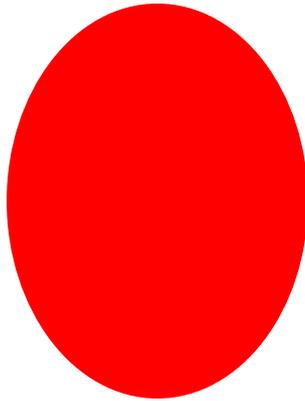
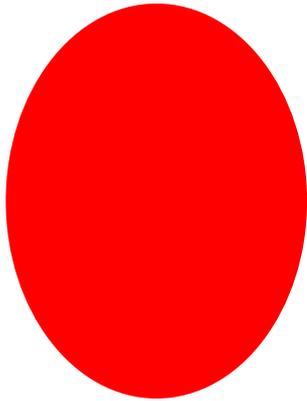


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12 Missions of Christmas

Mission 9: The Mince Pie Move Challenge

Apparently invented by Paul Hollywood and Pru Lieth, this game is a favourite in the Bake Off Tent. Possibly.

The aim of the challenge:

Move six mince pies from the plate and drop them back into their tin foil holder faster than your opponent. Easy. Oh, did we say you can only use your mouth?

What you will need:

- A plate
- Six mince pies and their tin foil holders

Instructions:

Carefully remove the six pies from their tin foil holders and place them on a plate; place the six tin foil holders at least 2-3 feet (1m) away, on a flat surface; using only your mouth, carry the mince pies and put them back into their tin foil holders as intact and neatly as possible; the first person to complete the task is the winner!

Note: keep the tin foil holders for the Santa Frisbee Fling game.

Rules:

- the pies can only be transported with your mouth
- pies must be deposited back into the holders as neatly as possible
- any dropped pies are out of the game and can't be rescued
- only those pies that have been deposited whole count, so be very careful

Top Tips:

Don't bite too hard!

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12 Missions of Christmas

Mission 10: Santa's Frisbee Fling Challenge

Aim to finish first and be a hurling hero!

The aim of the challenge:

Hurl all six tin foil frisbees into a bowl, bin or box in just 90 seconds.

What you will need:

- The six tin foil mince pie holders from Mission 9, flattened
- A bowl, bin or box

Instructions:

Place the bowl, bin or box at least 3 – 4 feet (1m); using your non-dominant hand (right-handed people must use their left hand and vice versa), you have 90 seconds to try and get all the frisbees into the bowl; the winner is the person who gets all six in first or has the most frisbees in their bowl at the end of the allotted time

Rules:

- every missed frisbee can be collected and rethrown, until the 90 seconds is up
- make sure that the bowls or pots used by each competitor are the same size, so one person does not have an advantage over the other

Top Tips:

It is all technique, so a practice run might be a good idea!

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Mission 11: The Christmas 'Socking' Challenge

Put your best foot forward and you shoe-d be a winner!

The aim of the challenge:

Put on as many socks on as possible in 60 seconds. It can be pairs of socks on both feet or all socks on just one foot – the choice is yours (and your rivals, of course).

What you will need:

- Socks...a lot of them!

Instructions:

Grab a pile of socks and race against the clock to see how many you can put on in the allotted time. The winner is the person wearing the most.

Rules:

- There are - unsurprisingly - very few rules to this game. We're sure you and your rival will both 'toe' the line with this challenge!

Top Tips:

Instead of socks you can use other items of clothing, such as t-shirts, jumpers or hats.

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Mission 12: The Geese-a-Laying Waddlethon Challenge

Any remaining embers of dignity will be extinguished with this very egg-citing challenge!

The aim of the challenge:

Be the first to move six eggs or oval/spherical objects from one pot to another, between your knees – 'laying' the object in the pot at the end of each go!

What you will need:

- Two plastic bowls
- Six hard boiled eggs or oval/spherical objects

Instructions:

Place two bowls at least 6 feet (2 metres) apart and put 3 eggs beside each one; each player places one egg between their knees and walk to the opposite end where they must 'lay' their egg into the bowl; they then take a new egg and repeat until each bowl contains three eggs each; the winner is the person who completes this task first!

Rules:

- players can only start to walk once the egg is firmly nestled between their knees
- if an egg is dropped before being laid into the bowl, the player must return to the end they just came from with the dropped egg and start again (no, we aren't 'yolking', they are the rules!)

Top Tips:

Nice and knee-sy does it. This is about technique more than speed! If you're careful you can enjoy some lovely egg sandwiches after the game.

Caution:

- If you use hard boiled eggs make sure you boil them for at least 10 minutes to ensure they are hard boiled all the way through.
- Make sure they have cooled properly before using, preferably by boiling them the night before, letting them cool for a few hours and refrigerating overnight.

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CONGRATULATIONS...YOU MADE IT THROUGH THE CHALLENGES!

Thank you for playing our 12 Missions of Christmas Challenge and for supporting **London's Air Ambulance Charity** in the process.

We hope you had fun and enjoyed these challenges as much as we did putting them together and trying them out.

We hope you have a great Christmas and New Year, despite the difficult times we are all living through.

Take care, stay safe and thank you once again.

Best wishes and Merry Christmas

from all of us here at London's Air Ambulance.

