

family.fit Christmas
12 days of Fitmas

family.fit Christmas



7 minutes to help grow your
family.fitness.faith.fun



www.family.fit

It's so easy

Gather the family for 7 to 10 minutes:

This 12 session pack will help your family focus on the story of Jesus' birth for 12 days in the lead up to Christmas.

This pack is an Advent series of readings and physical challenges. You could add crafts or other activities if you have more time.

It's easy! No special equipment. Just a sense of fun and an open mind!



More information at the end of the booklet. Please read the terms and conditions.

Follow along on social media.



12 days of Fitmas challenge

Option 1

Build up the challenge each day of the Advent calendar.

Day 1: Do the family hug.

Day 2: Do 2 sit-ups each and a family hug.

Day 3: Do 3 partner squats, 2 sit-ups each and a family hug. Continue to add moves in this way.

Option 2

Do a different activity each day as shown and then do the whole challenge on day 12.

Option 3

Each person does a different part of the challenge each day.

The challenge

1. A hug with the whole family,
2. Two sit-ups,
3. Three partner squats,
4. Four supermans,
5. Five high-five hands,
6. Six chair dips,
7. Seven jumping jacks,
8. Eight wall push-ups,
9. Nine speed skaters,
10. Ten seconds planking,
11. Eleven long lunges,
12. Twelve mountain climbers.

DAY 1

A HUG WITH THE WHOLE FAMILY



Get active



Junkyard dog

One person sits on the floor with legs out to the front and arms out to the side. The others jump over the arm, the legs and the second arm. Everybody jumps two rounds and changes places so everybody gets to jump.



<https://youtu.be/jglSsNnFVys>

Rest and Talk



The Word

- Why is the beginning of something so important?

Read John 1:1-5, 14 – The Word comes into the world.
Talk about it.

- The Word = Jesus. What does these verses say about Jesus?
- What is your response? Pray.

DAY 2

TWO SIT-UPS



<https://youtu.be/0xZYM4MkaUE>

Get active



Kick the can

Make a circle on the ground and put an empty can in the middle. One person guards the can while everyone else tries to kick it out of the circle. If the guard tags someone else before they kick the can, they become the new guard. Players can work together to distract the guard. You win if you kick the can without getting tagged.



<https://youtu.be/zBmKggmwW88>

Rest and Talk



Prophecy of a Prince

- What is a prophecy?

Read Isaiah 9:6-7 - A child is born (the Prince of Peace prophecy). Talk about it.

- What does this verse promise about Jesus?
- What is your response? Pray.

DAY 3

THREE PARTNER SQUATS



<https://youtu.be/-j7rGXwfEp4>

Get active



Trust walk

Work in pairs. One person is blindfolded while the other gives instructions to get to a goal. Put some obstacles out to make it more challenging. If possible do it outside.



<https://youtu.be/5z0dygBEYNs>

Rest and Talk



Signs of God with us

- What are road signs for? Other signs?

Read Isaiah 7:14 – The sign of Immanuel. Talk about it.

- What does this verse promise about Jesus?
- What is your response? Pray.

DAY 4

FOUR SUPERMANS



<https://youtu.be/7nInrrd51H8>

Get active



Wheelbarrow obstacle course

Assemble an obstacle course which includes some turns. Work in pairs to move through the course in a 'wheelbarrow' race.

Time each team. Swap places and do it again.



<https://youtu.be/BXHBV1ySeQ8>

Rest and Talk



An angel visits

- Who is the most unusual visitor you've ever had?

Read [Luke 1:26-38](#) – An angel visits. Talk about it.

- What do the verses promise about Jesus?
- What is your response? Pray.

DAY 5

FIVE HIGH-FIVE HANDS



Get active



Dice challenge

Find or make a dice. Standing in a circle, complete 100 squats as a family. Each person rolls the dice and does that number of squats before tapping out to the next person. Keep a total count of the family's squats.

Go harder: Complete 150 or 200 sit-ups or lunges.



<https://youtu.be/wOLk2y8sjmI>

Rest and Talk



Mary's response to the news

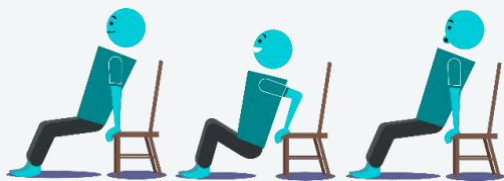
- What is your favourite song? Is it happy or sad?

Read [Luke 1:46-56](#) – Mary's response. Talk about it.

- What does this verse say about Mary's response to the angel's news?
- What is your response? Pray.

DAY 6

SIX CHAIR DIPS



<https://youtu.be/VfhAazNUNIo>

Get active



Fill your cup

Using a chair, each person does three dips and then runs to a marker to scoop water into a glass using a spoon. Tag the next person to continue. Keep going in a relay until the glass is full.

Three dips = one spoon.

Go harder: Increase the number of dips per spoonful.



<https://youtu.be/4ezmpWOF8K8>

Rest and Talk



Joseph's response to the news

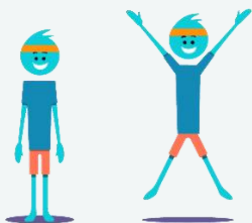
- When have you been afraid or ashamed?

Read Matt 1:18-24 – Joseph accepts God's plan. Talk about it.

- What do these verses say about Joseph's response to the news?
- What is your response? Pray.

DAY 7

SEVEN JUMPING JACKS



Get active



Swamp walk

Find a partner and get two sheets of paper. Pretend the ground is a swamp and the sheets of paper are the only dry land. Choose a destination across the room or yard. One person places and moves the papers on the floor to help the other person step across the swamp. Swap places and guide the other person across safely. Who reached the goal the fastest?



<https://youtu.be/aoi295pLhHI>

Rest and Talk



Jesus is born

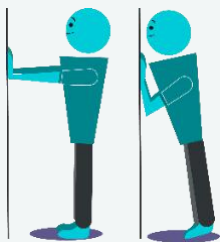
- In what environment would you expect a king to be born?

Read Luke 2:1-7 – Jesus is born. Talk about it.

- What stands out about Jesus' birth?
- What is your response? Pray.

DAY 8

EIGHT WALL PUSH-UPS



Get active



Push-up relay

Divide into two teams and stand on opposite sides of the room. Put objects such as toys, spoons, or balls in the middle.

Members of each team take turns to run to the center, do five push-ups, pick up an object, and run back to tag the next person. Continue until all objects are picked up.



<https://youtu.be/dTqhZRONbCE>

Rest and Talk



Shepherds worship

- What good news have you heard lately?

Read [Luke 2:8-20](#) – The shepherds worship. Talk about it.

- What stands out in the story of the shepherds visiting Jesus?
- What is your response? Pray.

DAY 9

NINE SPEED SKATERS



<https://youtu.be/oothd4lrmxg>

Get active



Bear shoulder taps

Get down on hands and knees facing a partner. Try to touch your partner's shoulder with your hand while keeping your 'bear' position. Play until someone reaches 11 shoulder taps.



https://youtu.be/r_09KUsKpK0

Rest and Talk



Wise men bring gifts

- What is the most useful gift you have ever received?

Read Matthew 2:1-12 – The wise men visit. Talk about it.

- What stands out in the story of the wise men visiting Jesus?
- What is your response? Pray.

DAY 10

TEN SECONDS PLANKING



Get active



Grab the tail

Set the boundaries of the game.

Everyone wears a scarf or small towel as a 'tail' tucked in at the back of their pants. The goal is to collect as many tails as you can, while protecting your own. If you lose your tail, do three push-ups and continue the game. Have fun!

Go harder: Increase push-ups to five.



<https://youtu.be/goixt6sB2Es>

Rest and Talk



Jesus forced to leave home

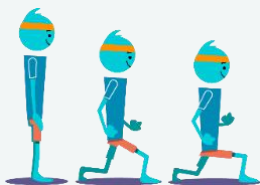
- What would it be like to have to flee from your home?

Read Matthew 2:13-15 - Jesus the refugee. Talk about it.

- What stands out in the story of the family fleeing to Egypt?
- What is your response? Pray.

DAY 11

ELEVEN LONG LUNGES



<https://youtu.be/SYLI-rMJ8cg>

Get active



Dance and freeze

Put on some up-tempo music. Everyone dances using their whole bodies. Take turns to stop the music. Everyone freezes when it stops and then does 10 speed skaters. Repeat until everyone is breathing heavily.



<https://youtu.be/m2robkaZS3I>

Rest and Talk



Jesus not recognized

- How do you feel when someone who should know you, doesn't recognize you or forgets your name?

Read John 1:9-14 - Jesus is not recognized. Talk about it.

- What stands out to you in this passage?
- What is your response? Pray.

DAY 12

TWELVE MOUNTAIN CLIMBERS



<https://youtu.be/ZNx5leoyKa8>

Get active



Whole Fitmas challenge

Twelve mountain climbers,
Eleven long lunges,
Ten seconds planking,
Nine speed skaters,
Eight wall push-ups,
Seven jumping jacks,
Six chair dips,
Five high-five hands,
Four supermans,
Three partner squats,
Two sit-ups,
And a hug with the whole family.



Why Jesus came

- What is the most precious gift you've ever given someone? What did it cost?

Read John 3:16-17 – Why Jesus came. Talk about it.

- What stands out to you in this good news passage?
- What is your response? Pray.

More Information

We hope you enjoyed *family.fit Christmas*. It has been put together by volunteers from around the world. It's free!

You will find full family.fit sessions on the website <https://family.fit>. Share it with others.

Find videos at the [family.fit YouTube® channel](#)

Find us on social media here:



If you translate this into a different language, please email it to us at info@family.fit so it can be shared with others.

Thank you.

The family.fit team



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