



Age 14 - 18

Age 3 - 5

Age 5 - 7

Age 7 - 11

## Activity details

### This activity counts towards...



- Christmas Challenge

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Free  
Day/Night

Indoors

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- 11 - 14  
 5 - 7  
 3 - 5

- 14 - 18  
 7 - 11

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- Autumn  
 Summer

- Spring  
 Winter

### Skills:

- Empathy
- Imagination
- Listening
- Observation
- Relaxation

### Equipment: