



New Year's Eve Fireworks - Busy Booklet

New Year's Eve Celebrations are wonderful, and we all look forward to saying goodbye to the old year and welcoming in a brand new one, filled with promise and renewed hope.

The tradition of letting off fireworks at midnight, is one that takes place all over the world. These colourful displays are truly beautiful and magnificent to watch. However, for those members of our society, who have come from conflict zones they may have a very different experience. This could be highly triggering for refugees and asylum seekers in host countries, resulting in re-traumatization and hampering their resilience and wellbeing.

In the initial moments, when the first few fireworks are let off, it can be nerve wrecking and people who are anxious may react with a sudden jolt to the loud bangs, whizzing and popping sounds that fill the night sky. This is where the primitive part of the brain kicks in to protect the body. To survive, human beings will respond automatically to any stressful or dangerous situation in one of three ways: flight, fight or freeze. Each person is unique, and their body's response to the danger or perceived threat is also unique to them. Some people may settle after a few minutes, while others may become upset or overwhelmed. We must be respectful of different reactions and be vigilant, so we can support those who are overcome by emotions or show signs of dysregulation.

Prevention is always better than cure, but in this case, it is advisable to prepare people for what to expect on occasions like New Year's Eve, Bonfire Night, Diwali and other occasions, where firework displays will occur. Notifying people in advance of the event name, date and time will be most beneficial in helping them manage their wellbeing.

*This **IRC resource** can be shared in preparation for **New Year and the firework events** that will take place in cities and towns all over the country. The **Busy Booklet** aims to focus attention on what the event is about and what could be expected. Happy New Year! 😊*

It contains a range of activities to prepare for New Year's Eve and the firework events.

- **Links to fun facts about fireworks**
- **A video for context and scale**
- **Reflecting on 2024**
- **Hopes & Dreams for 2025**

- **Sketching opportunities**
- **Matching & Memory Game**
- **Grounding Activities**
- **Box Breathing Technique**





New Year's Eve Fireworks Busy Booklet

<i>Quick Questions</i>	
What are we celebrating?	
Who is with me ?	
What is the time ?	
What will the date be tomorrow?	



Facts About Fireworks



- *Did you know the first fireworks were invented in China more than 2000 years ago?*
- *The word for firework in Japanese, 'hanabi', actually means "fire-flower"*

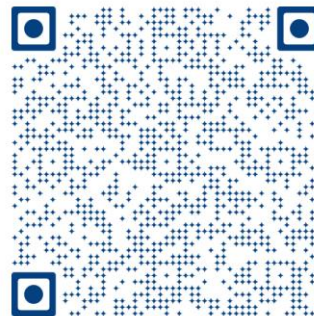


Knowledge is power!

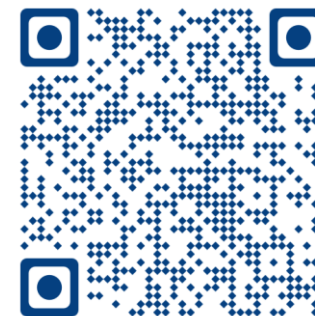
Do you want to find out more?



Scan the QR Code to read 25 fun facts.



Scan the QR Code to watch last year's fireworks show in London on YouTube.





Goodbye 2024 !!!



Good things that happened this year.

People who have made this year special.



Best wishes for a Happy New Year in 2025!!!



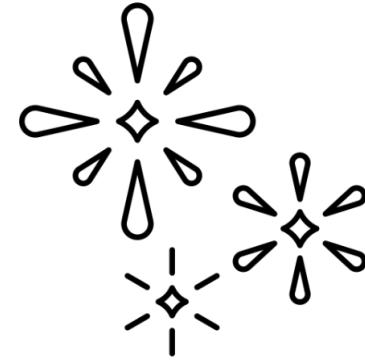
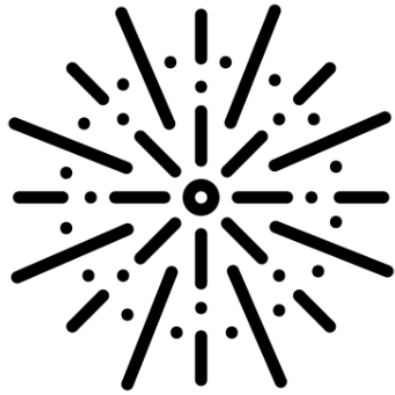
My Hopes & Dreams



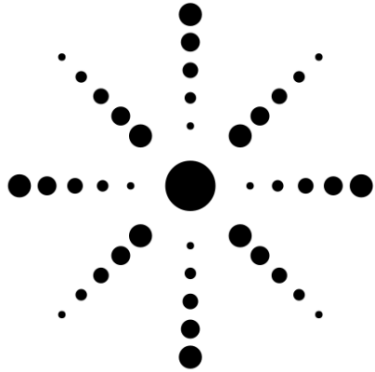
New Year's Resolution & Personal Goals



How well can you copy these?



How well can you copy these ?



My Firework Designs

Firework Sound Cards - Matching & Memory Game

 Cut out and play



Pop!



Fizz!



Boom!



Bang!



Crackle



Pop!



Fizz!



Boom!

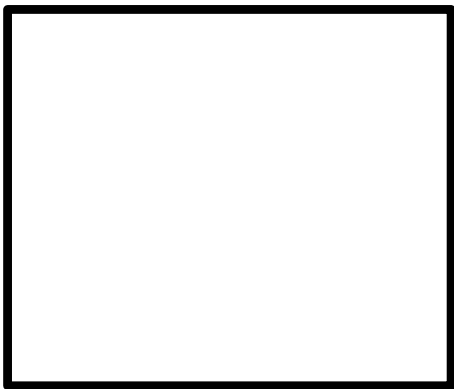


Bang!



Crackle

- 1) *Look around and choose 5 interesting things you can see.*
- 2) *Draw and record them in the boxes.*



- 1) Find **4** things you can touch or feel.
- 2) Draw and record them in the boxes.

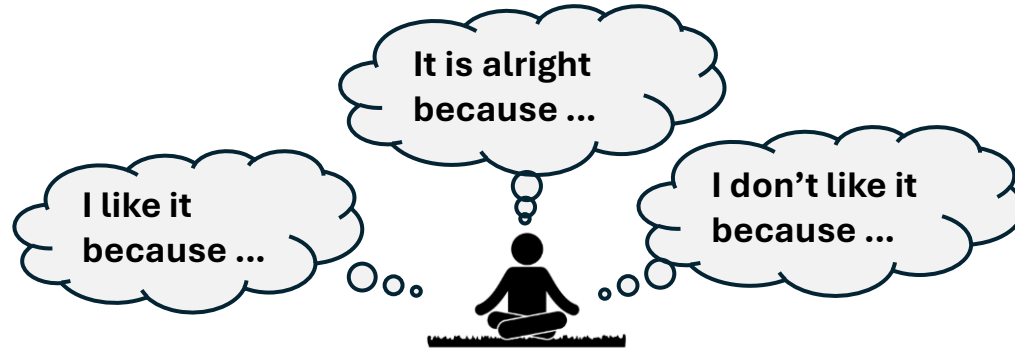


How does it feel ?		
smooth		
soft		
hot/warm		
cold		
hard		
rough		
sticky		
bendy		
light		
heavy		





- 1) Find **3** things you can hear around you.
- 2) Draw and record them in the boxes.



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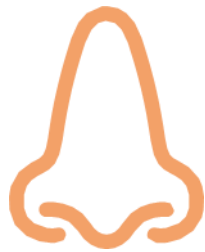
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




It's the sound of

It's the sound of

It's the sound of

- 1) List **2** things you can smell around you.
- 2) Draw and record them in the boxes.





<i>How does it smell?</i>		
<i>fragrant</i>		
<i>food</i>		
<i>minty/ peppermint</i>		
<i>sweet</i>		
<i>chemical</i>		
<i>woody</i>		
<i>fruity</i>		
<i>strong</i>		
<i>faint</i>		



- 1) What is the **last** thing you ate?
- 2) Draw and record it in the big box.









Did you enjoy it ?	
Yes 	No 

Tick a box



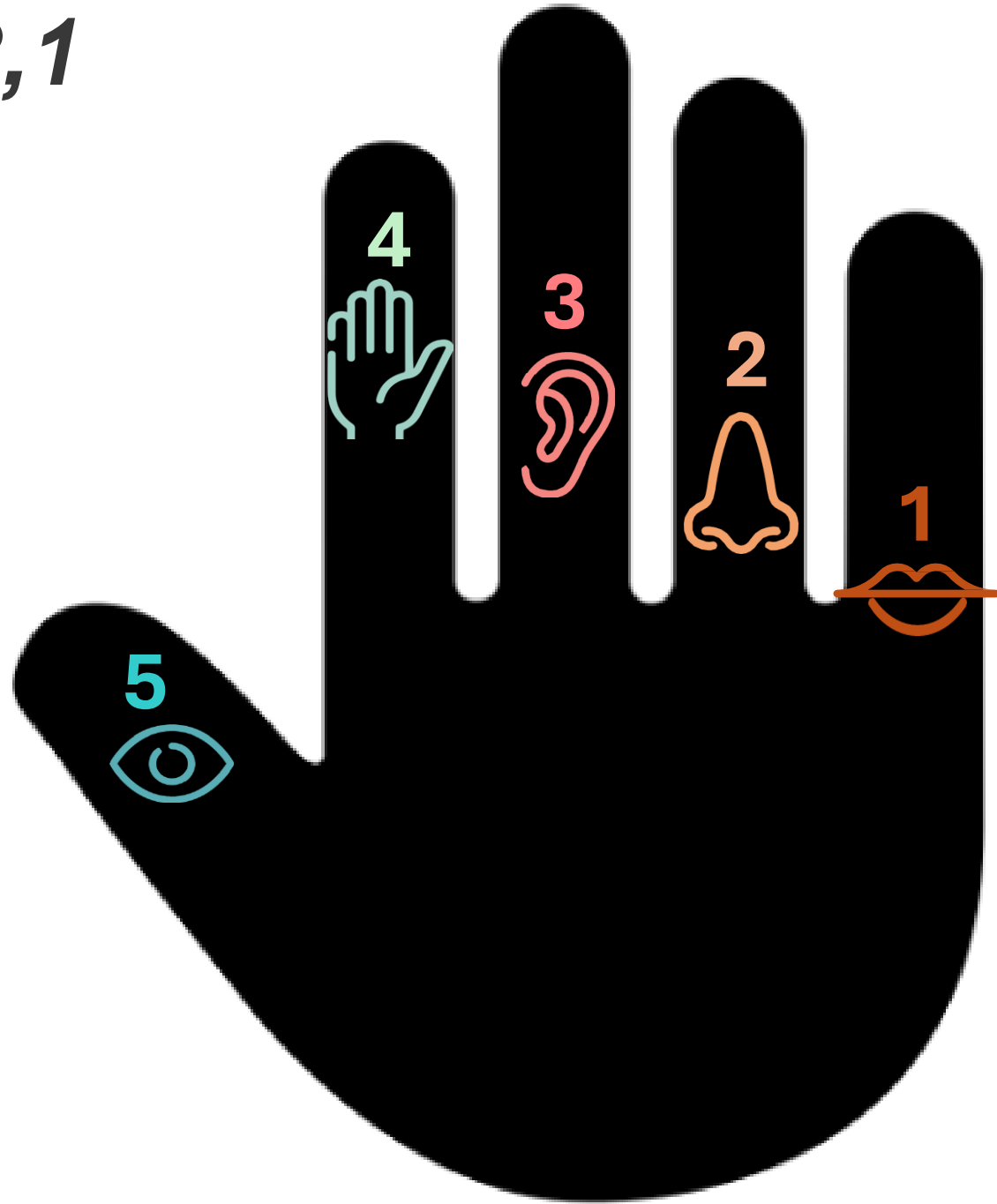
How long ago was it ?		
<i>less than 30 minutes ago</i>	<i>less than hour ago</i>	<i>more than an hour ago</i>

How would you describe the taste?					
<i>bland</i>	<i>sweet</i>	<i>salty</i>	<i>spicy</i>	<i>perfect</i>	<i>not good</i>
					



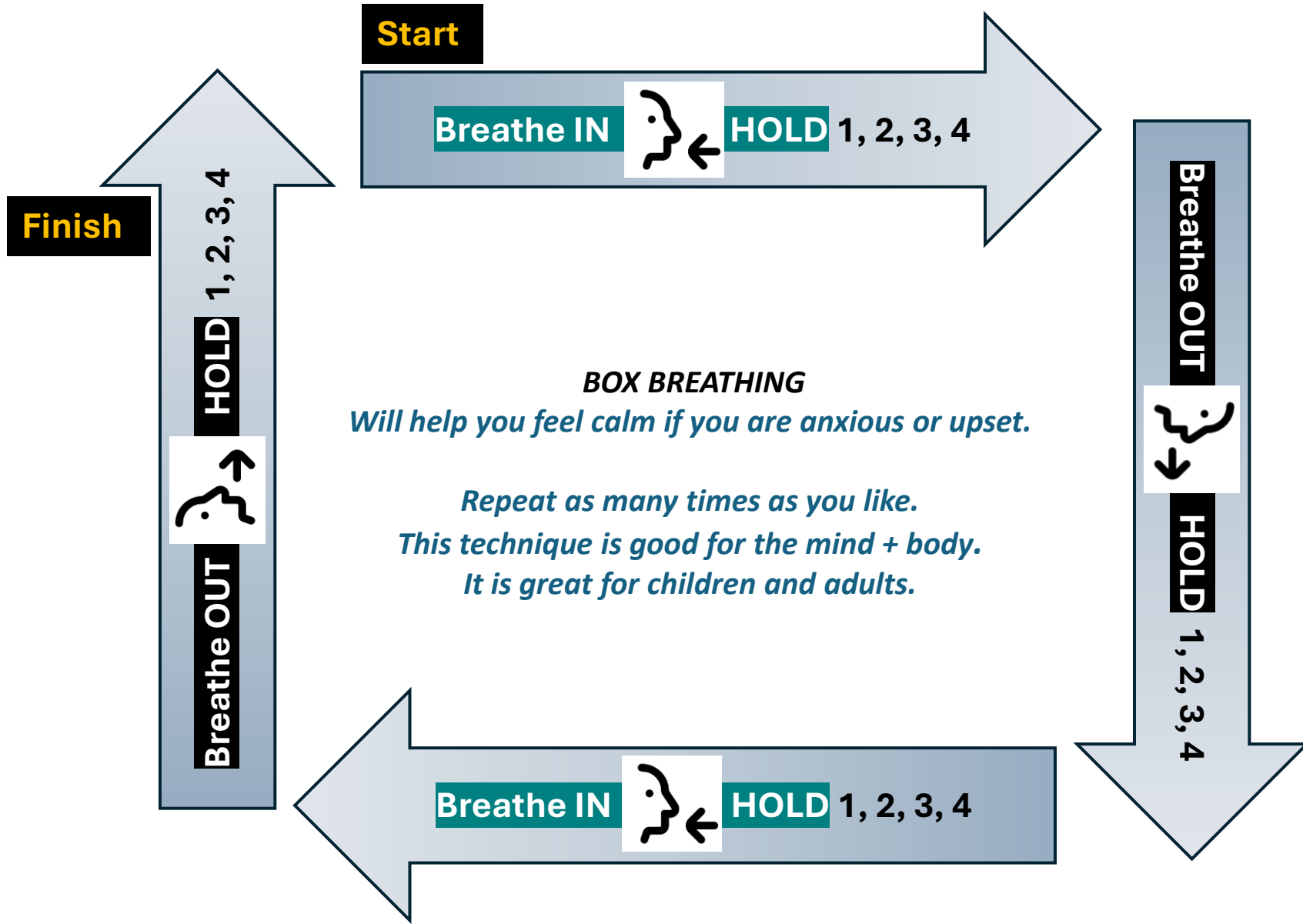
Go & Find 5,4,3,2,1

- 5 things you can see*
- 4 things you can feel*
- 3 things you can hear*
- 2 things you can smell*
- 1 thing you ate today*



*When things get a bit much
And you need to chill
Take a break and be still
Be true to yourself
It's good for your health!*





Try this breathing technique

