The D.O.G.
Dedicated · Online · Guardians

The Clickmas Gremlin

Pixel's Christmas Adventure

ACTIVITY BOOK



Samantha Meghawry & Steve Shepherd

A little less rush.

A little more Christmas magic.

Join Fizz, Pixel and the Clickmas Gremlin for colouring, puzzles, making and time together. Enjoy this companion after reading *The Clickmas Gremlin: Pixel's Christmas Adventure*.



THIS WORKBOOK BELONGS TO

03–07 **For parents & carers**
FOMO, family habits and trusted UK advice.

08–15 **Slow down together**
Story chats, feelings and your family plan.

16–21 **Colour a little Christmas**
Six big pictures to make your own.

22–34 **Play, puzzle & imagine**
Mazes, word hunts, games and a comic.

35–42 **Make, keep & celebrate**
Crafts, memory cards and a certificate.

43–48 **A little help at the back**
All puzzle solutions and game answers.

MAKE IT YOUR OWN

For ages 5–7 with a grown-up. Read aloud, point, talk or draw. Skip pages and take breaks whenever you like.



PRINTING: A4 portrait, actual size / 100%, one-sided. Use light card for crafts if your printer allows.

What is FOMO?

A gentle introduction to that “I might miss out” feeling.

FOMO means fear of missing out. It describes the uneasy feeling that other people are enjoying something important or exciting without us. Online updates can add pressure to keep checking. [1]



Pixel knows the feeling



Pixel is waiting for his D.O.G. party invitation. Worried that he has been forgotten, he clicks before reading the message properly. His worry is understandable; Fizz helps him slow down and ask for help.

It might sound like… (examples to talk about)

“Everyone else is going!”

“What if they forget me?”

“I need to check again — now!”

STAY CURIOUS

Finding it hard to switch off can be a sign that something is worrying your child. Behaviour alone does not tell you why; ask what feels difficult. [2,4]



Help in the moment

Listen first. Keep the next step small. [2,3]

1

Connect

“It sounds upsetting to think you might be left out.” Sit nearby and give your child time to tell you what matters.

2

Make room for the feeling

“You can feel disappointed. I am here with you.” Listen without dismissing the worry or telling them to stop making a fuss.

3

Be curious together

“What do we know? Is there something we could ask?” Help your child find a manageable way forward, rather than guessing for them.

4

Choose one next step

“Shall we ask for help, make a plan or have a quiet moment?” Offer support and a little choice. You do not have to fix everything at once.

TRY IT TOGETHER

If your child wants to, take a few slow breaths together. Keep the aim gentle: helping them feel heard and supported. [3]



Make room to switch off

Small habits can support the whole family. [4,6]

Agree the stopping point

Set simple family boundaries and use them consistently. Include adults too. [4]

Quiet the prompts

Turn off non-essential notifications and autoplay where available. These features can make it harder to stop. [4]

Enjoy screens together

Take an interest in what your child watches or plays. Ask how it leaves them feeling, as well as how long they use it. [4,6]

Ask before clicking a link

For young children, practise asking a grown-up before following links. If anything worries them, help them tell someone they trust. [6]

Younger siblings: a specific under-5s update

UK government guidance published in March 2026 advises avoiding screen time for children under 2, except for shared activities that encourage bonding, interaction and conversation. For children aged 2 to 5, it advises aiming for no more than one hour a day, with screens avoided at mealtimes and in the hour before bed. [5]

For school-aged children, consider the content, timing and length of screen use, and whether it fits with sleep, play and family life. The NSPCC gives no universally safe time limit for older children. [4]



A calmer family Christmas

You can choose a few things that work for your family.



Try a smaller plan

Pick one thing to enjoy, one thing to simplify and one quiet moment. Leave a little space between plans. These are invitations to try, rather than another Christmas checklist.

Connection can be simple

An NHS trust encourages families to enjoy offline hobbies, outdoor play and board games together. Choose something your child actually enjoys. [7]

Keep the plan accessible. Adapt activities and transitions to your child. Screen-based assistive technology can be essential for communication or participation; tailor your approach around those needs. [5]

When to ask for more support

If anxiety is severe, persists or gets in the way of daily life, speak to your GP. If worries affect your child at school, talk with their teacher or special educational needs coordinator (SENCO). A school nurse can also help. Do not assume every change in mood or sleep is FOMO. [3]

Trusted UK advice

Parent guidance checked on 25 November 2026. Numbers in the parent pages refer to the sources below.

1. **YoungMinds: Social media and mental health**
   www.youngminds.org.uk/young-person/coping-with-life/social-media-and-mental-health/

2. **YoungMinds: Social media — advice for parents**
   www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/social-media/

3. **NHS: Anxiety in children**
   www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/anxiety-in-children/

4. **NSPCC: Supporting your child through compulsive device use**
   www.nspcc.org.uk/keeping-children-safe/online-safety/supporting-your-child-through-compulsive-device-use

5. **UK Government: New screen time guidance for parents of under-5s**
   www.gov.uk/government/news/new-screen-time-guidance-for-parents-of-under-5s

6. **CEOP Education: Watching videos online: what parents and carers need to know**
   www.ceopeducation.co.uk/parents/articles/parents-guide-to-watching-videos-online/

7. **Hertfordshire Partnership University NHS Foundation Trust (HPFT): Has your family found their JOMO?!**
   www.hpft.nhs.uk/news/has-your-family-found-their-jomo/

HOW THIS WORKBOOK USES THE ADVICE

The parent notes adapt general family guidance for children aged 5–7. Some linked resources discuss older children and teenagers. The story examples, games and crafts are for families to enjoy together.



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Our calmer Christmas plan

Talk, draw or write. Choose what matters to your family.

MORE OF...

What makes us feel close, playful or peaceful?

LESS OF...

What makes us feel rushed, tired or cross?

ONE THING WE CAN LET GO OF

What could we skip this year?

A LITTLE CHOICE IS ENOUGH

Circle one idea you would like to try first. You can change the plan later.



Little moments, big memories

Pick one idea. Add your own. There is no need to do them all.

Five-minute magic

Find five red things. Share a favourite Christmas memory.

Cosy together

Read under a blanket. Listen to a favourite song.

Make & create

Make a gift tag. Decorate an old cardboard box.

Out & about

Take a grown-up on a winter walk. Look for colours.

Kindness club

Make a card. Say thank you. Offer a little help.

Gremlin giggles

Invent a silly elf job. Pull a funny face.

YOUR OWN LITTLE MOMENT

What would your family put on a seventh card? Tell someone or draw it on spare paper.



Let’s talk about Pixel

Think back to the story. Talk, draw or write your ideas.

Why was Pixel worried about his invitation?

What made the email feel so urgent?

How did Fizz help Pixel when things went wrong?

What could you do if a message made you hurry?

YOUR IDEAS MATTER

Grown-ups: suggested story answers are on page 48. Listen to your child’s own ideas too.



My best bit of Clickmas

Which part made you laugh? Draw your favourite moment.

My funniest moment was...

If I met the Gremlin, I would...



TELL YOUR OWN STORY

There is no single right answer. You can tell a grown-up your ideas instead of writing.

Our Clickmas reminder

Practise with Pixel. Say the words together.

PAUSE.

Stop for a moment.

Notice how you feel. You can take a slow breath.



THINK.

Look carefully.

What is happening? Is this message really for me?



SLOW DOWN.

Choose your next step.

Ask a grown-up before clicking a link. Ask for help if you are unsure what a button does.



How does it feel?

Circle any feelings that fit. Add your own or draw a face.

Your friends have a party and you cannot go.

sad worried okay disappointed

A message says “HURRY!”

excited rushed unsure curious

You spend a quiet afternoon at home.

calm bored happy rested

A Christmas plan changes.

angry relieved upset unsure

MORE THAN ONE FEELING IS OKAY

Feelings can be different for different people. Listen to each other.

Spot the Christmas rush

Tick the choices that could help. Put a cross by choices that could add to the rush.

- [ ] **1** Read a message carefully before clicking.
- [ ] **2** Try to do every Christmas activity in one day.
- [ ] **3** Ask someone for help when you feel worried.
- [ ] **4** Take a quiet break when you need one.
- [ ] **5** Keep checking what everybody else is doing.
- [ ] **6** Choose one favourite family tradition.
- [ ] **7** Rush to press a button without reading its label.
- [ ] **8** Put your phone away for a shared meal.

HAVE A LITTLE CHAT

Which choice would help you most today? Answers are on page 48.



Our family pause promise

Choose a small promise together. Include the grown-ups too.

One time we will slow down together...

One way we will put devices aside...

When someone feels left out, we can...

Our names or family doodles:



We can come back and change our promise whenever we need to.

Custard everywhere!

Pixel pressed FASTER in the Pudding Room. Now look at the mess!



WHILE YOU COLOUR

What could Pixel do before pressing another button?

Wrapped up, Pixel!

The ribbons have tangled Pixel up. Fizz has found an end.



WHILE YOU COLOUR

Try stripes, dots or stars on the ribbons. What would you say to help Pixel?

A very sticky mince pie

The Gremlin has a mince pie. His other hand is reaching for a button.



WHILE YOU COLOUR

Design a jumper for him. What would you tell him before he clicks?

Pixel’s cosy Christmas

Make a quiet Christmas corner for Pixel. Choose your favourite colours.



WHILE YOU COLOUR

What would you choose for a cosy moment away from a screen?

Fizz’s reading corner

Colour a peaceful moment with a favourite book.

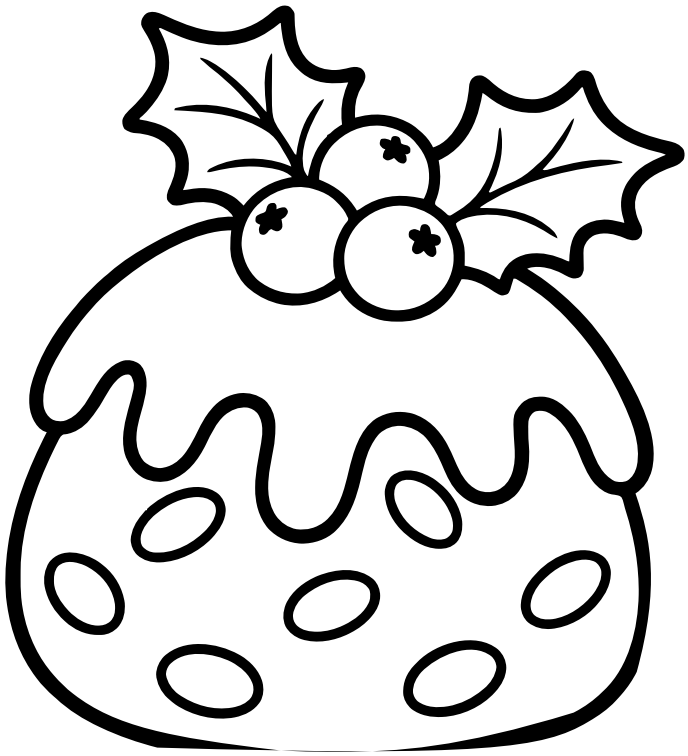


WHILE YOU COLOUR

What story would you like to share with someone?

Christmas pudding chaos!

Colour the pudding, then invent three more silly puddings.



Draw your own pudding creations:

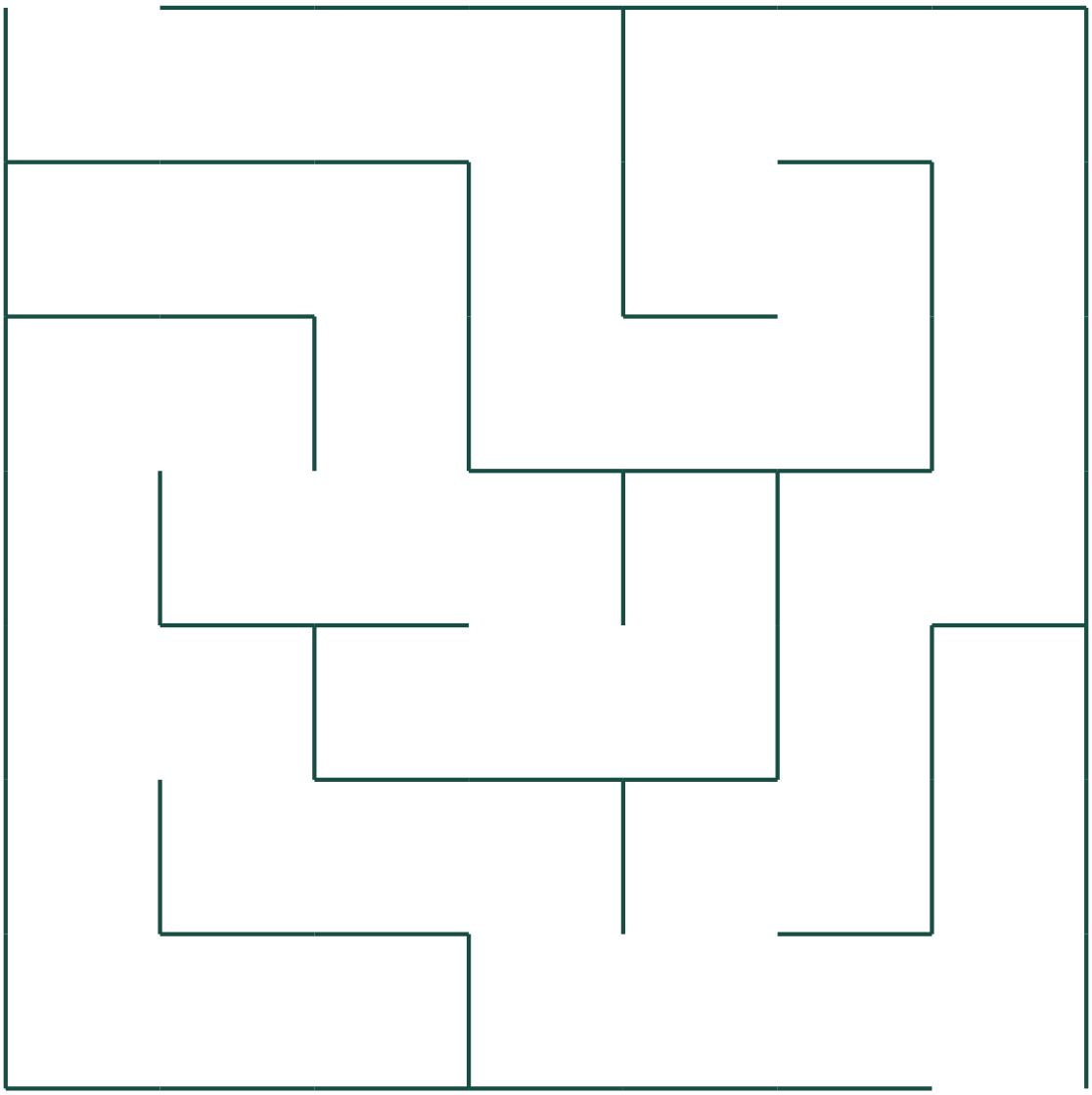
WHILE YOU COLOUR

What decorations would make your puddings look wonderfully silly?

Find Santa

Help Pixel find the way through Digital Lapland to Santa.

START



SANTA



NO RACING NEEDED

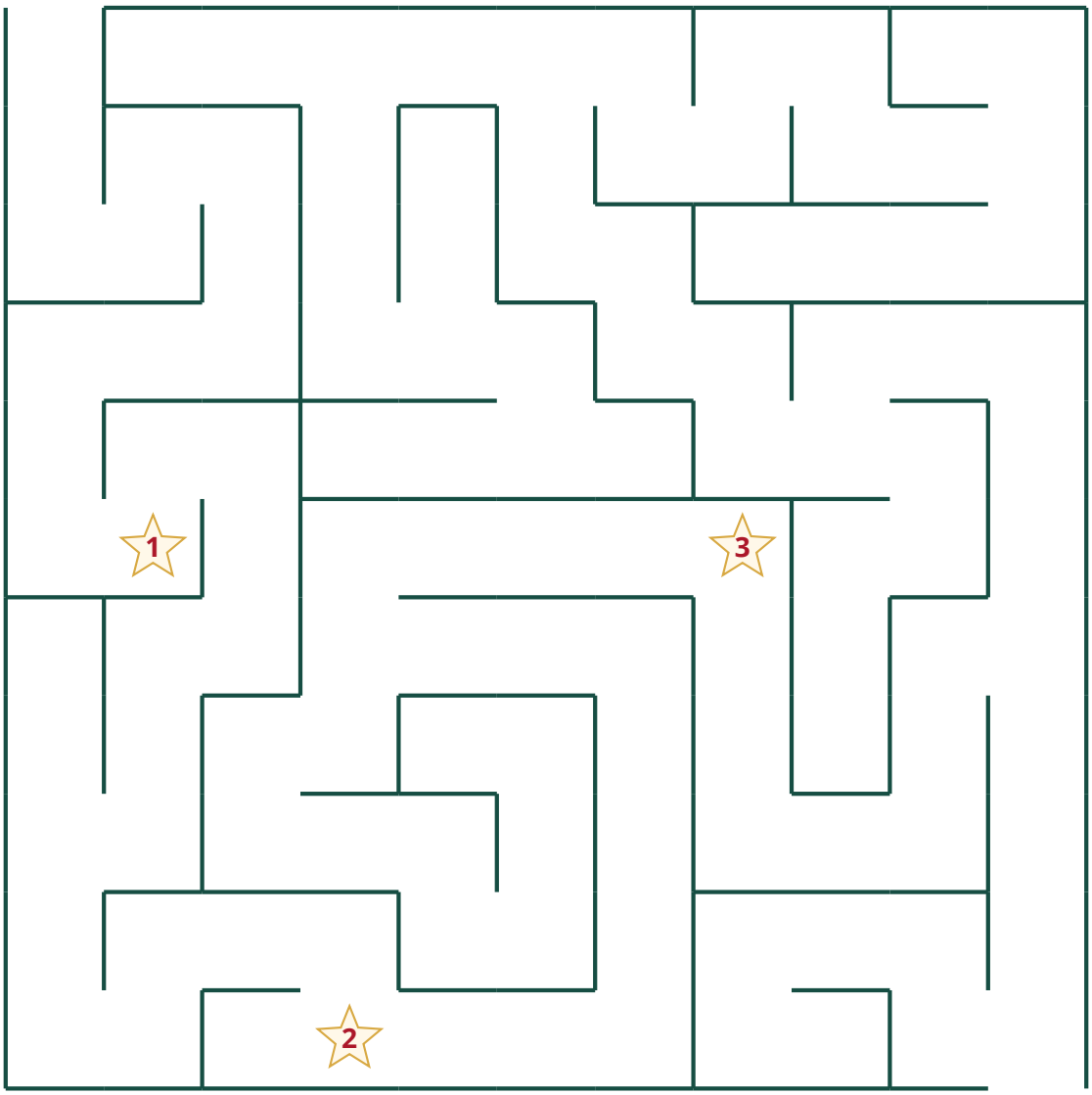
Try the route with a finger before using a pencil. You can ask for a little help.



Three stars to the mince pie

Guide the Gremlin to his mince pie. Visit stars 1, 2 and 3 in order.

START



MINCE PIE

NO RACING NEEDED

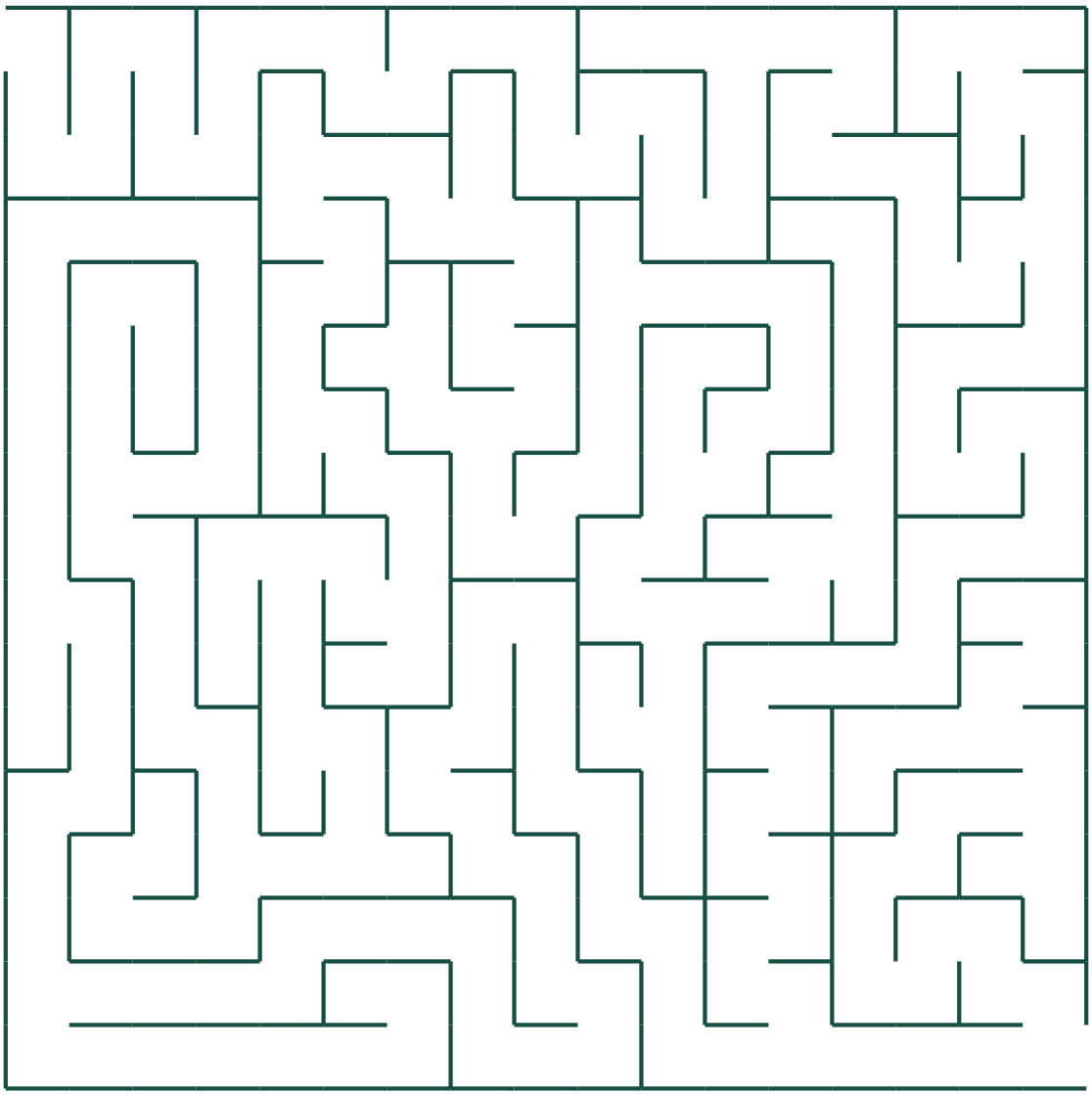
At star 1, say PAUSE. At star 2, say THINK. At star 3, say SLOW DOWN.



Find Pixel’s invitation

Help Pixel find a route to the golden envelope.

START



INVITATION

NO RACING NEEDED

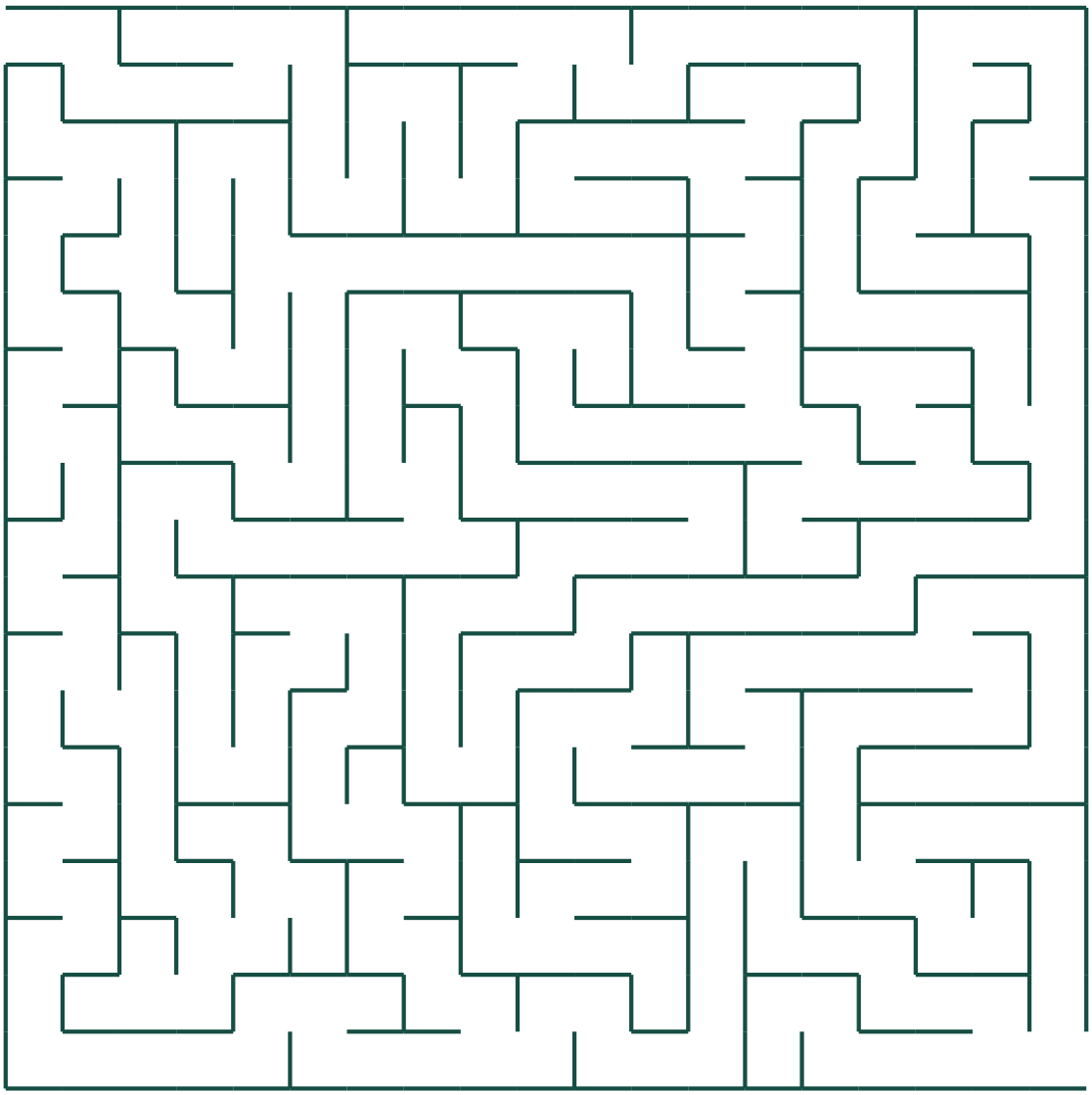
Try the route with a finger before using a pencil. You can ask for a little help.



Escape the Pudding Room!

Guide Fizz through the pudding maze to the safe exit. Take your time.

START



SAFE EXIT

NO RACING NEEDED

Try the route with a finger before using a pencil. You can ask for a little help.



Little Clickmas words

Look left to right or straight down. Find every word in the list.

BOW	ELF	FIZZ
HAT	PIE	PIXEL

B	P	I	X	E	L	I	V
G	R	C	C	C	H	E	F
W	E	L	F	E	S	S	I
T	W	I	O	M	H	H	Z
B	P	R	D	R	A	P	Z
B	I	C	O	R	T	G	N
T	E	C	E	B	O	W	I
D	W	M	P	R	L	R	C

TAKE TURNS TOGETHER

One person can find a first letter while the other looks for the word. Tick each word when you find it.



The Gremlin’s word hunt

Look left to right, straight down or diagonally down to the right. Find every word in the list.

GREMLIN	PUDDING	SANTA	CUSTARD
PAUSE	THINK	SLOW	DOWN

G	R	E	M	L	I	N	S	B	S	P
C	G	P	C	R	T	Y	I	S	E	U
I	S	A	N	T	A	R	B	S	D	D
I	C	V	L	I	L	B	P	C	V	D
O	H	U	I	R	P	A	U	S	E	I
C	S	R	S	H	G	P	M	E	L	N
T	D	S	P	T	B	S	L	O	W	G
H	N	L	L	W	A	O	I	H	V	T
I	A	N	P	G	H	R	D	O	W	N
N	P	R	H	E	Y	S	D	C	C	W
K	E	V	W	W	S	V	T	D	B	O

TAKE TURNS TOGETHER

One person can find a first letter while the other looks for the word. Tick each word when you find it.



The Gremlin’s missing words

Words go from left to right, straight down, or diagonally up or down to the right. Find every word in the list.

PIXEL	FIZZ	SANTA	PUDDING
GREMLIN	RIBBON	PRESENT	ELF
STAR	SNOW	EMAIL	CLICK

P	S	O	T	L	R	I	S	O	M	T	T	E
M	R	N	R	I	B	B	O	N	M	S	M	L
E	N	O	O	R	C	L	I	C	K	N	I	F
S	I	P	P	W	T	E	U	A	O	A	G	M
S	S	E	R	E	O	P	E	S	M	L	R	A
M	A	I	P	S	P	R	L	E	E	T	E	L
N	N	O	U	L	F	E	E	E	O	O	M	L
P	T	E	D	M	I	S	O	A	E	T	L	I
S	A	O	D	M	Z	E	I	I	S	P	I	E
O	R	T	I	U	Z	N	N	I	T	I	N	A
P	R	R	N	T	M	T	O	M	A	X	P	E
E	U	R	G	U	T	P	T	S	R	E	L	M
A	P	E	L	E	S	A	P	T	T	L	R	S

TAKE TURNS TOGETHER

One person can find a first letter while the other looks for the word. Tick each word when you find it.



Words to help us slow down

Words go from left to right, straight down, or diagonally up or down to the right. Find every word in the list.

PAUSE	THINK	SLOW	CHECK
KINDNESS	CALM	FAMILY	REST
PLAY	SHARE	BREATHE	TOGETHER

T	O	G	E	T	H	E	R	E	S	L	O	W
M	S	T	U	M	T	E	C	I	I	R	P	T
U	M	L	U	L	H	H	R	A	M	S	N	S
P	T	L	E	T	A	P	I	T	L	E	C	S
I	R	R	A	E	R	I	Y	N	P	M	H	L
A	M	E	S	I	R	A	L	K	K	N	E	F
E	R	U	I	U	L	E	P	I	U	O	C	A
B	A	E	P	P	R	M	U	N	L	I	K	M
P	T	O	U	A	A	I	M	D	I	S	L	I
S	E	R	H	L	T	N	I	N	I	M	S	L
L	A	S	I	R	E	S	T	E	O	P	N	Y
M	T	P	S	L	A	T	L	S	I	M	E	M
N	A	I	L	A	E	S	M	S	U	L	M	P

TAKE TURNS TOGETHER

One person can find a first letter while the other looks for the word. Tick each word when you find it.



Sort the Christmas letters

Draw a line from each letter to THANK YOU or CHRISTMAS WISHES.

Thank you for my bicycle!

Please may I have a red scooter?

I loved the teddy bear you brought.

Could I have a book about space?

Thank you for visiting our house!

I would like some new crayons.

THANK YOU

CHRISTMAS WISHES

READ THE WHOLE MESSAGE

A grown-up can read the letters aloud. Answers are on page 48.



Count the Christmas chaos

Count the pictures in each row. Write the number in the circle.

PUDDINGS



D.O.G. BADGES



GREMLINS



RED BUTTONS



ONE MORE SURPRISE

On spare paper, draw one extra pudding. How many puddings would there be then?

Our family Clickmas bingo

Tick each activity after you try it. Four across, down or diagonally make a row. Or enjoy the squares in any order. Take all Christmas — or leave some undone.

Read together ☐	Make a card ☐	Go on a walk ☐	Tell a joke ☐
Have a slow breakfast ☐	Draw a Gremlin ☐	Listen to music ☐	Help someone ☐
Make paper snow ☐	Put devices away ☐	Make up a story ☐	Look at the stars ☐
Try a new game ☐	Wrap a gift ☐	Have a quiet moment ☐	Share a kind word ☐

MAKE YOUR OWN SQUARE

Swap one square for something your family loves.

Gremlin giggles

Two or more players. No timer, scores or rushing needed.



Slow-motion Christmas

Take turns choosing a pretend Christmas job. Act it out very slowly while everyone guesses. Then try another job together.

- Wrap an enormous present
- Catch a flying pudding
- Hang a wobbly decoration
- Tiptoe past the Gremlin
- Open a golden envelope
- Read to a sleepy dog

ANOTHER WAY TO PLAY

Tell a silly story instead, or draw the job for someone to guess. Everyone can join in in their own way.

My own Clickmas comic

Invent a new adventure. What could happen when your Gremlin learns to slow down?

1 SOMETHING MAKES US HURRY...

2 WE PAUSE AND THINK...

3 WE ASK FOR HELP...

4 OUR SLOWER ENDING...

MAKE IT YOURS

Draw, write or tell the story to someone. Your Gremlin can be as silly as you like.

Make your Clickmas Gremlin

You need page 36, colouring pencils, scissors, a glue stick and reusable adhesive. Ask a grown-up to help with cutting and display.



YOUR LITTLE REMINDER

A friendly Gremlin to put near a screen, on the fridge or wherever your family wants a little pause.

1 **Colour your pieces**

On page 36, colour head A and body B. Decorate sign C.

2 **Cut carefully**

Cut around the outside of A, B and C. Keep the glue tab attached to the body.

3 **Put him together**

Glue the back of head A onto the tab on body B. Stick sign C across the jumper.

4 **Choose his spot**

Your Gremlin is a flat cut-out. Ask a grown-up to help you display him, for example with a little reusable adhesive.

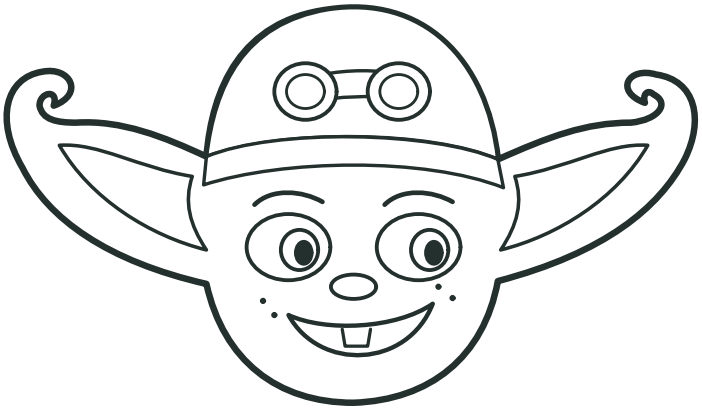
SAY IT TOGETHER

PAUSE. THINK. SLOW DOWN. When could your Gremlin remind you to take your time?

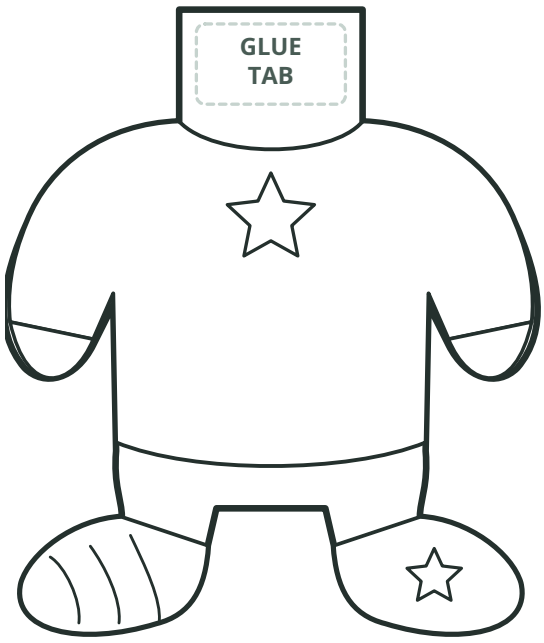
Your Gremlin cut-out pieces

Print one-sided on paper or light card. Colour first. Cut around pieces A, B and C; keep the glue tab on piece B.

A HEAD



B BODY



C REMINDER SIGN

PAUSE.

THINK.

SLOW DOWN.



OPTIONAL DECORATION

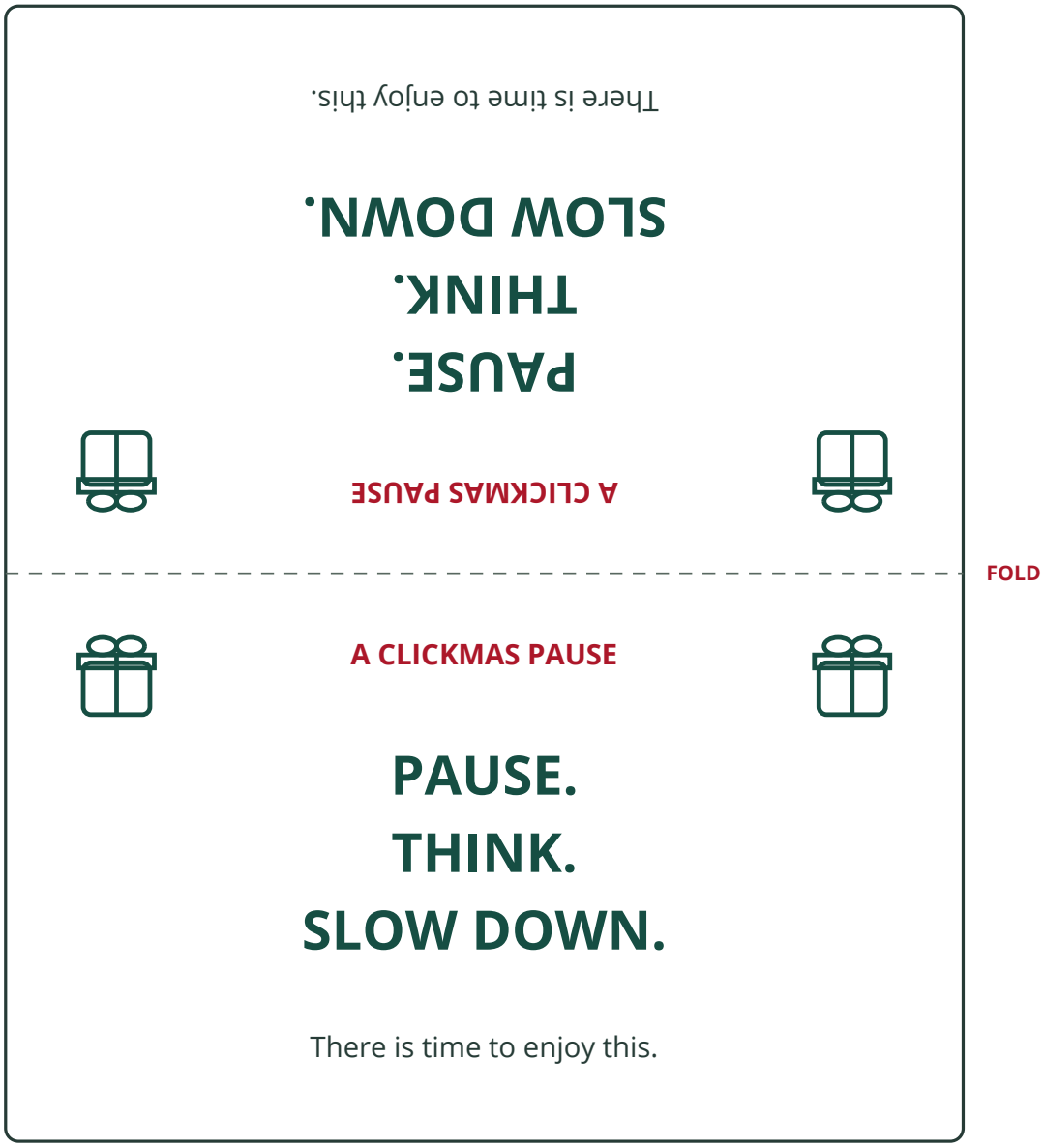
MAKE IT TOGETHER

Follow the four steps on page 35. Keep the glue tab on piece B so the head has somewhere to stick.

Fold a Clickmas table sign

Make a little table sign. Use light card if you can. A grown-up can help you cut and fold.

1 COLOUR 2 CUT THE OUTER LINE 3 FOLD THE DASHED LINE



FOLD WITH THE PRINTED SIDES FACING OUT

The top half is upside down so that both sides are upright when the sign stands on the table.

Make a Clickmas hanger

Colour and decorate. Ask a grown-up to cut around the outside and help with the round hole.

MY CLICKMAS PROMISE



PAUSE.
THINK.
SLOW DOWN.

CHOOSE WHERE IT BELONGS

Hang your reminder somewhere your family will notice it. You can use a short ribbon loop if that helps.

A little kindness post

Make a thank-you card for someone. Colour, draw or write; a grown-up can help you cut it out.

THANK YOU

Dear _____

Thank you for...

_____

_____

A picture just for you:

From _____

A SMALL THANK-YOU COUNTS

You could thank someone for playing with you, helping you, listening or sharing a kind moment.

Clickmas pairs

You need the twelve cards on page 41. Ask a grown-up to help with cutting.

Make six matching pairs



Play on your own or with others. Print the cards one-sided on light card. If using thin paper, glue the page to card before cutting.

1. Mix the cards and place them face down in three rows of four.

2. Turn over any two cards. Do the pictures match?

3. If they match, keep the pair. If not, turn both cards face down in the same places.

4. After two cards, pass the turn on, whether or not they match. Keep going until all six pairs have been found.

Playing on your own? Keep turning over two cards at a time until you find all six pairs.

Play as a team

Help each other remember the cards. Celebrate finding the pairs together. For an easier start, use only three pairs.



Your Clickmas pairs cards

Cut on the solid lines. Keep the two copies of each picture to make six pairs.

 ☆	 ☆	 ☆	 ☆
 ☆	 ☆	 ☆	 ☆
 ☆	 ☆	 ☆	 ☆

KEEP THE CARDS TOGETHER

Put your finished cards in an envelope. The game instructions are on page 40.

A little Clickmas celebration

You can celebrate taking part, trying something or enjoying a moment together.

AWARDED TO

_____

for sharing a little Christmas creativity
and practising our Clickmas reminder.

PAUSE.
THINK.
SLOW DOWN.



Date: _____

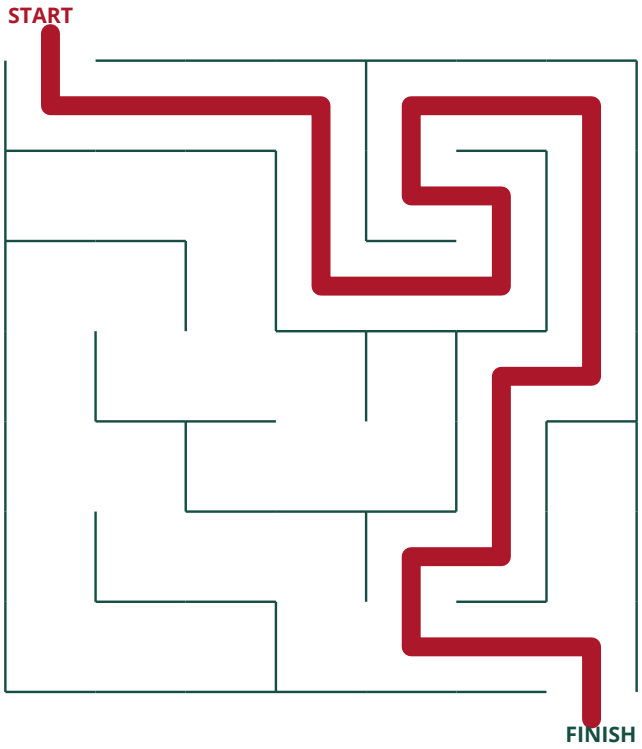
From: _____

Maze solutions

The red line shows the route. Match the title and page number to your puzzle.

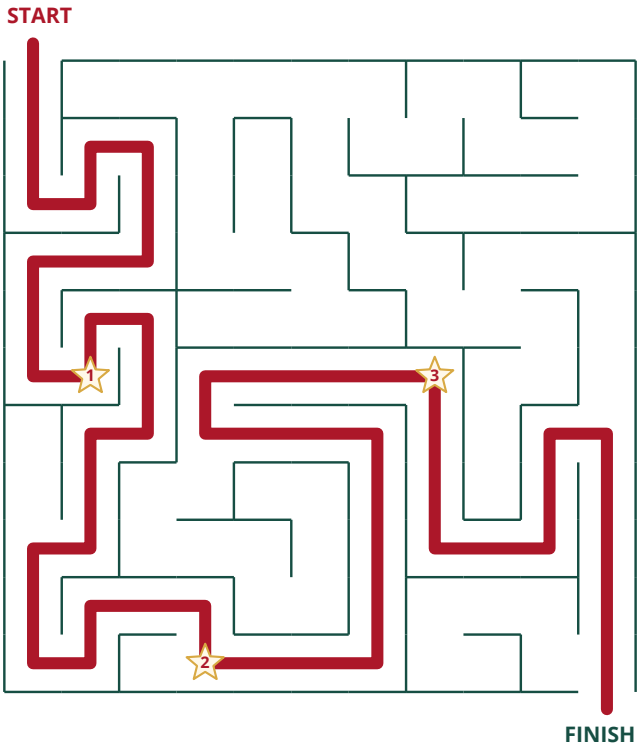
Find Santa

Puzzle page 22



Three stars to the mince pie

Puzzle page 23



Three stars, in order

1 PAUSE. 2 THINK. 3 SLOW DOWN.

A HELPFUL WAY TO USE THE ANSWERS

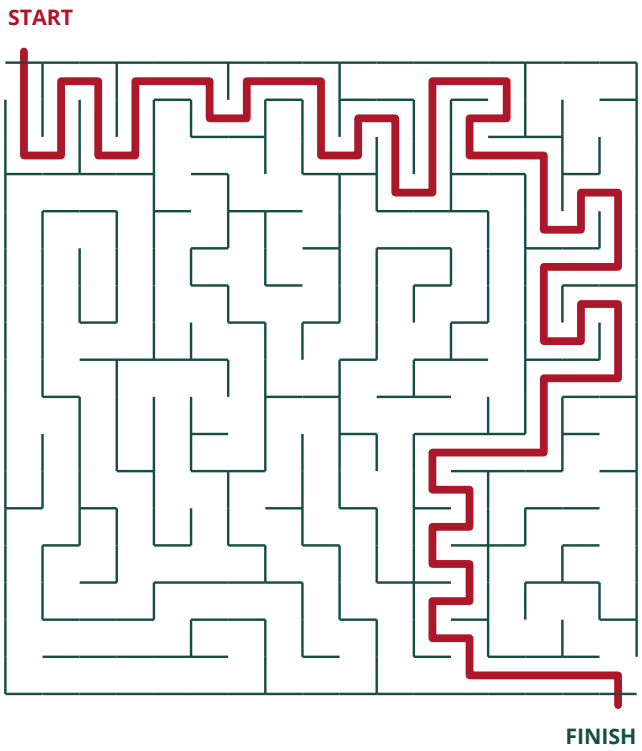
Try showing just the next turn. A child can also enjoy following the finished route with a finger.

Maze solutions

The red line shows the route. Match the title and page number to your puzzle.

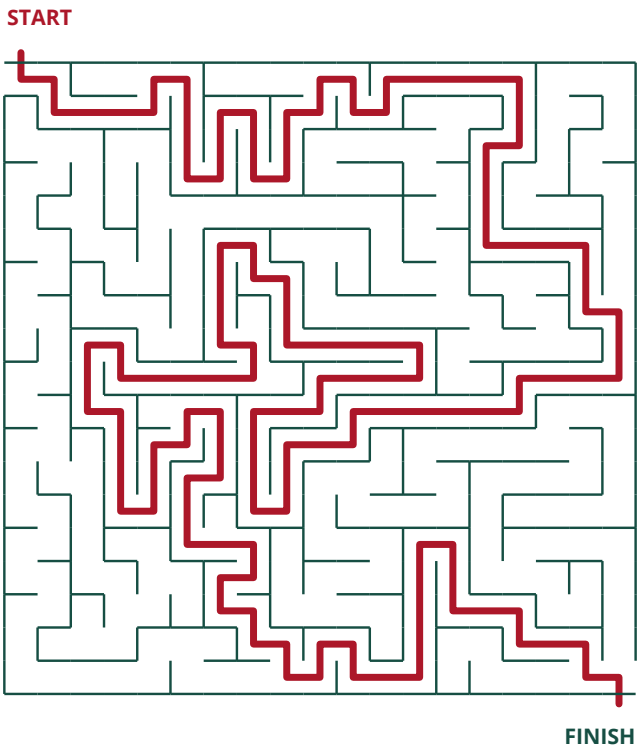
Find Pixel's invitation

Puzzle page 24



Escape the Pudding Room!

Puzzle page 25





The longer mazes are an extra challenge. It is okay to trace them together or come back another day.

A HELPFUL WAY TO USE THE ANSWERS

Try showing just the next turn. A child can also enjoy following the finished route with a finger.

Word search solutions

The coloured lines show every hidden word.

Little Clickmas words

Puzzle page 26

B	P	I	X	E	L	I	V
G	R	C	C	C	H	E	F
W	E	L	F	E	S	S	I
T	W	I	O	M	H	H	Z
B	P	R	D	R	A	P	Z
B	I	C	O	R	T	G	N
T	E	C	E	B	O	W	I
D	W	M	P	R	L	R	C

BOW
ELF
FIZZ
HAT
PIE
PIXEL

The Gremlin's word hunt

Puzzle page 27

G	R	E	M	L	I	N	S	B	S	P
C	G	P	C	R	T	Y	I	S	E	U
I	S	A	N	T	A	R	B	S	D	D
I	C	V	L	I	L	B	P	C	V	D
O	H	U	I	R	P	A	U	S	E	I
C	S	R	S	H	G	P	M	E	L	N
T	D	S	P	T	B	S	L	O	W	G
H	N	L	L	W	A	O	I	H	V	T
I	A	N	P	G	H	R	D	O	W	N
N	P	R	H	E	Y	S	D	C	C	W
K	E	V	W	W	S	V	T	D	B	O

GREMLIN
PUDDING
SANTA
CUSTARD
PAUSE
THINK
SLOW
DOWN

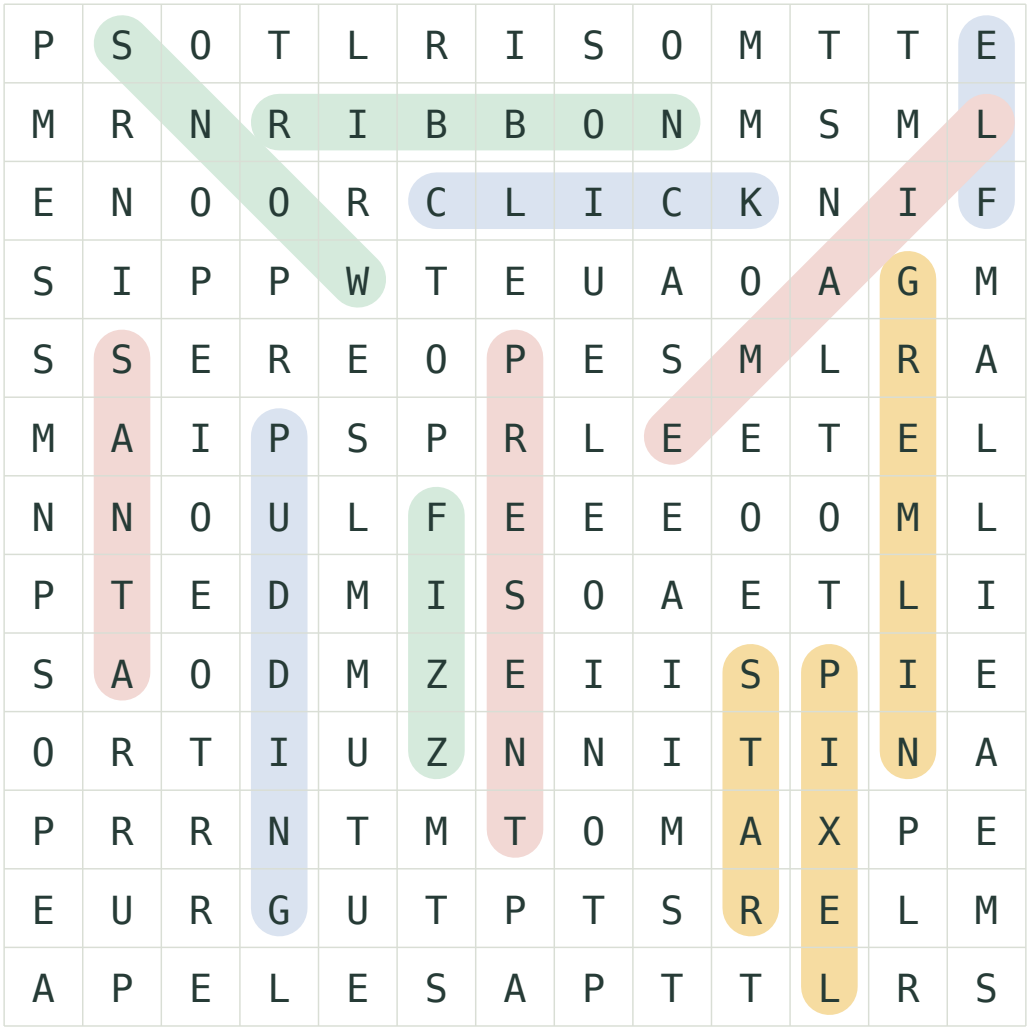
FOLLOW THE COLOURED LINES

If you get stuck, find a word's first letter and follow its coloured line.



The Gremlin’s missing words

Answers to word search 3 on page 28. Highlighted lines show all twelve words.

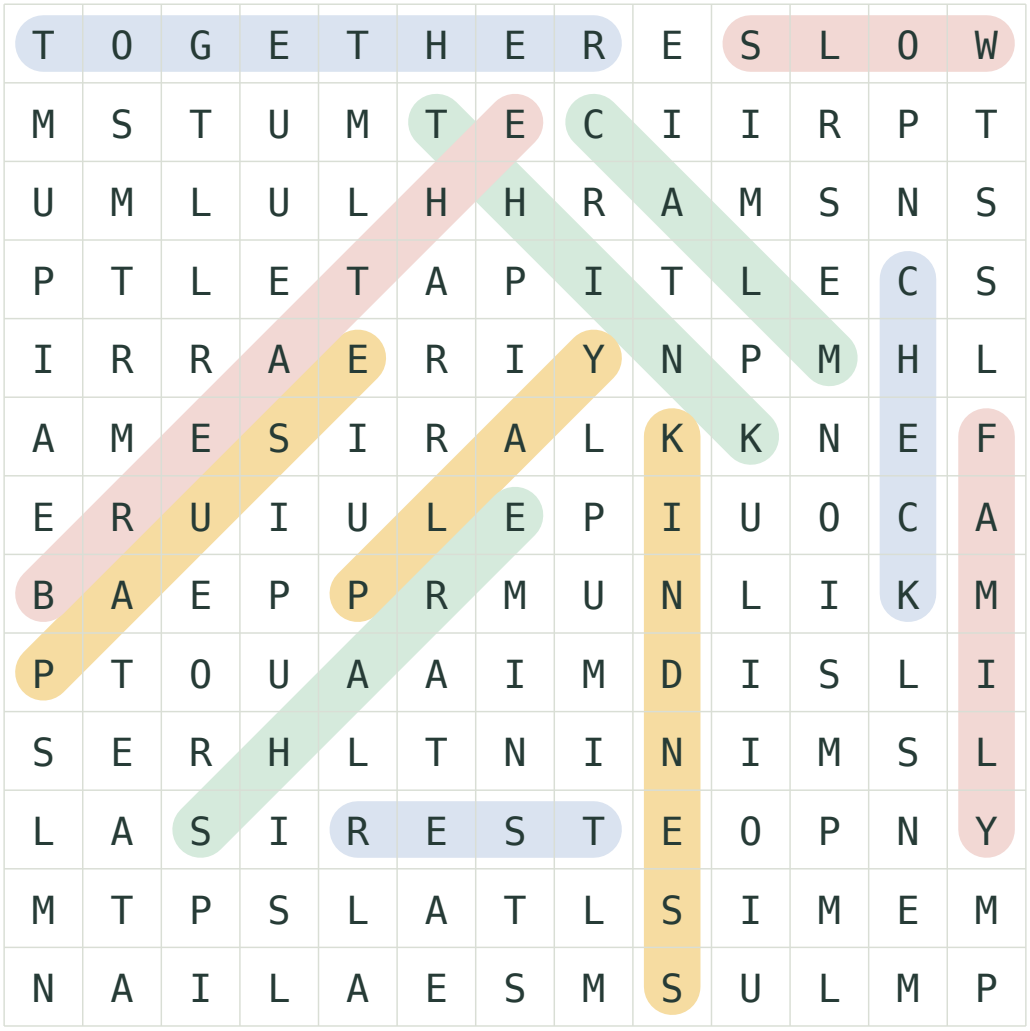


PIXEL	FIZZ	SANTA
PUDDING	GREMLIN	RIBBON
PRESENT	ELF	STAR
SNOW	EMAIL	CLICK

Words go from left to right, straight down, or diagonally up or down to the right.

Words to help us slow down

Answers to word search 4 on page 29. Highlighted lines show all twelve words.



PAUSE	THINK	SLOW
CHECK	KINDNESS	CALM
FAMILY	REST	PLAY
SHARE	BREATHE	TOGETHER

Words go from left to right, straight down, or diagonally up or down to the right.

A little more help

Use these answers to help the conversation along.

Page 14 | Spot the Christmas rush

Helpful: 1, 3, 4, 6 and 8. **More rush:** 2, 5 and 7.

Page 30 | Sort the Christmas letters

Thank you: bicycle; teddy bear; visiting our house.
Christmas wishes: red scooter; space book; new crayons.

Page 31 | Count the Christmas chaos

Puddings: **4**. D.O.G. badges: **3**. Gremlins: **2**. Red buttons: **5**.
One more pudding would make **5 puddings**.

Page 10 | Suggested story answers

1. Pixel worried that he had been forgotten and would miss the party.
2. The email read “URGENT MESSAGE FOR SANTA!” and “CLICK HERE TO CONFIRM!” Pixel was already worried and in a hurry.
3. Fizz stayed with Pixel, spotted the Gremlin, helped sort the letters and said they could ask a grown-up if they were unsure.
4. Pause, read carefully and ask a trusted grown-up before clicking.

Feelings, creativity & family games

Feelings, drawings, bingo, acting, crafts and family plans have no single correct answer. Enjoy your child’s ideas.

Clickmas pairs: match the two puddings, Gremlins, buttons, D.O.G. badges, present boxes and Fizz-and-Pixel pictures.

