

STRETCH AND CHALLENGE

CHRISTMAS ACTIVITIES

GENERAL

WEBSITES

[New Job Frontiers](#)



Careers

Whether you're deciding what to study, taking your exams, planning a career, or just curious, we're here to explain the world of work, with advice from people who've found the right path for them.

[How to be Happy](#)

Moodzone

Christmas can be a stressful time. Useful tips from the NHS about how to improve your mood.

THINGS TO WATCH

[Life in Polar Bear Town – BBC2](#)



Gordon Buchanan heads to Canada at the peak of bear season to discover what life is really like in the tiny town that's become known as the polar bear capital of the world.

PLACES TO GO

The Polar Express
Journey to the North
Pole

[Life Science Centre](#)

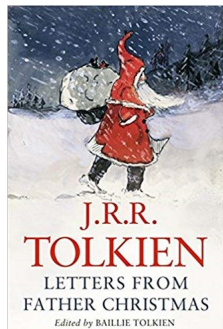


When a doubting young boy takes an extraordinary train ride to the North Pole, he embarks on a journey of self-discovery that shows him that the wonder of life never fades for those who believe.



BOOKS TO READ

[Letters from
Father Christmas](#)



The Father Christmas Letters, also known as Letters from Father Christmas, are a collection of letters written and illustrated by J. R. R. Tolkien between 1920 and 1942 for his children, from Father Christmas.