NUTRITHY
WELLNESS

JINGLE ALL THE WAY

CHRISTMAS & NEW YEAR TEAM EXPERIENCES



NUTRITHY WELLNESS

OVERVIEW

MAKE IT MERRY

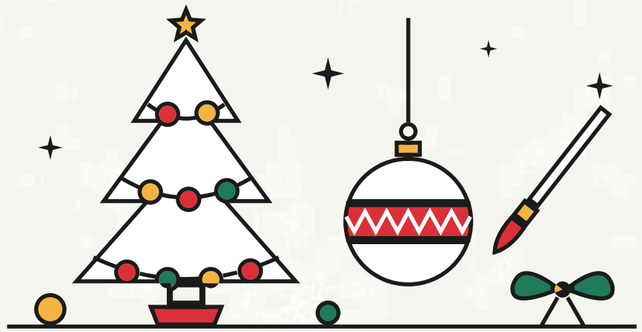
39 HANDS-ON FESTIVE EXPERIENCES

This season, swap the usual office party for something your team will actually remember. Our curated experiences bring people together to create festive keepsakes and treats, guided by our facilitators from start to finish. Choose from 18 creative experiences, 11 culinary experiences and 10 New Year specials. Each runs for 60 to 90 minutes, with everything included.



THE EXPERIENCES

NUTRITHY WELLNESS



CREATIVE EXPERIENCES

CHRISTMAS CRAFT SESSIONS

Facilitated craft sessions that build connection and festive keepsakes.

18 EXPERIENCES



CULINARY EXPERIENCES

CHRISTMAS CULINARY SESSIONS

Guided baking and decorating sessions built for team collaboration.

11 EXPERIENCES



NEW YEAR SPECIALS

CRAFT & CULINARY SESSIONS

Year-end engagement activities to close the year and welcome 2027 together.

10 EXPERIENCES

NUTRITHY
WELLNESS

CREATIVE EXPERIENCES

FACILITATED CRAFT SESSIONS THAT BUILD CONNECTION AND FESTIVE KEEPSAKES

18 Experiences



NUTRITHY
WELLNESS

01 CREATIVE EXPERIENCE

TINY TREE TALES

MINI TABLETOP TREE DECOR

Who says a Christmas tree needs a living room? Each participant gets their very own mini tabletop tree to style from top to bottom, with tiny baubles, satin ribbons, fluffy pom-poms and a shining star. Go classic red and gold or totally quirky, it's your tree, your rules. The result is a little desk-sized piece of Christmas cheer that glows all season long.



NUTRITHY
WELLNESS

02 CREATIVE EXPERIENCE

BAUBLE BLISS

ORNAMENT PAINTING

Blank wooden baubles become tiny works of art in this relaxed, colourful session. Paint names, snowflakes, candy stripes or your favourite festive doodles, then finish with a sprinkle of glitter and a ribbon loop. Every ornament is one of a kind, ready to hang on the office tree or carry home as a keepsake you'll unpack every December.



NUTRITHY WELLNESS

03 CREATIVE EXPERIENCE

MERRY MAIL

HANDMADE CHRISTMAS CARDS

In a world of quick texts, nothing beats a handmade card. Participants craft pop-up Christmas cards with glitter, stamps, washi tape and 3D cut-outs that spring to life when opened. It's a cosy, creative break that ends with a heartfelt card ready to surprise a loved one, a friend or someone who made your year brighter.



NUTRITHY WELLNESS

04 CREATIVE EXPERIENCE

SNOWY SIPS

CHRISTMAS CUP MAKEOVER

Plain cups get a full festive glow-up! Armed with markers, stickers, pom-pom noses and fluffy cotton snow, teams turn ordinary cups into cheeky snowmen, red-nosed reindeer and jolly Santas. It's quick, playful and endlessly giggle-worthy, and pairs perfectly with a hot chocolate break.



NUTRITHY WELLNESS

05 CREATIVE EXPERIENCE

PINECONE PALS

PINECONE CHARACTER CRAFT

Nature meets whimsy in this charming craft. Humble pinecones are transformed into tiny elves, wise little owls and snow-dusted Christmas trees using paint, googly eyes, felt hats and a touch of glitter. Quirky, earthy and completely adorable, each pinecone pal comes with its own personality and makes the cutest desk buddy around.



NUTRITHY
WELLNESS

06 CREATIVE EXPERIENCE

ELF ON THE DESK

MINI FELT ELF CRAFT

Every desk deserves a festive watchman! Participants cut, stitch and stick together their very own mini felt elf, complete with a pointy hat, rosy cheeks and a cheeky grin. No sewing experience needed, just a little patience and a lot of fun. Your elf will keep an eye on your to-do list all season long.



NUTRITHY
WELLNESS

07 CREATIVE EXPERIENCE

WREATH WONDERS

MINI WREATH MAKING

Welcome the season with a wreath you made yourself. Participants build a mini wreath layered with faux greenery, bright berries, tiny pinecones and a big satin bow. Simple to make and stunning to display, it's the perfect finishing touch for a door, desk or window, and a festive welcome for everyone who passes by.



NUTRITHY
WELLNESS

08 CREATIVE EXPERIENCE

JINGLE CHARMS

BELL & BEAD BOOKMARKS

Bookworms, this one's for you! Participants design festive bookmarks with satin ribbons, colourful beads and tiny jingle bells that ring every time you turn a page. Mix and match colours and charms to create a bookmark that's all yours, a small, sweet keepsake that keeps the Christmas spirit going well into the new year.



NUTRITHY
WELLNESS

09 CREATIVE EXPERIENCE

KEY TO THE SEASON

FELT CHRISTMAS KEYCHAINS

Carry a little Christmas magic wherever you go. Participants cut, stitch and stuff tiny felt Santas, stockings, stars and gingerbread men, then clip them onto a keyring. Soft, squishy and impossibly cute, these handmade charms make every jingle of your keys feel festive, and they make lovely little gifts too.



NUTRITHY WELLNESS

10 CREATIVE EXPERIENCE

FRIDGE-MAS MAGIC

PAINTED CHRISTMAS FRIDGE MAGNETS

Turn your fridge into a festive gallery! Participants paint and glitter-up MDF snowflakes, reindeer, Christmas trees and baubles, then add magnets to create a cheerful set of fridge decor. Bright, easy and full of personality, these magnets bring a little Christmas joy to every kitchen visit.



NUTRITHY
WELLNESS

11 CREATIVE EXPERIENCE

THE JOYFUL SOCK STOP

CUSTOM CHRISTMAS STOCKINGS

Every Christmas needs a stocking, and this one's made by you! Participants build their own festive stocking from scratch, then go all out with ribbons, buttons, pom-poms, glitter and their name in bold letters. Hang it on a door, a desk or a mantel and wait to see what surprises Santa leaves inside.



NUTRITHY WELLNESS

12 CREATIVE EXPERIENCE

TWISTED TREES

ARTISTIC HANDMADE TREES

Who knew string and wool could look this festive? Participants wrap, twist and weave colourful yarn into their own mini Christmas trees, finishing with beads, sequins and a tiny star on top. Artistic, sustainable and wonderfully textured, each tree brings a cosy handmade touch to any corner.



NUTRITHY WELLNESS

13 CREATIVE EXPERIENCE

KEYS TO CHRISTMAS

MINI FESTIVE CHARMS

Tiny charms, big Christmas energy! Participants knot and craft festive keychains inspired by stars, bells, candy canes and Santa, mixing colours and textures to make each one their own. A sweet little keepsake for your keys or bag, and an even sweeter stocking-stuffer gift.



NUTRITHY
WELLNESS

14 CREATIVE EXPERIENCE

PAPER FROSTIES

HANDCRAFTED WINTER DECOR

Build a snowman, no snow required! Using simple folds, honeycomb paper and cheerful trimmings, participants create playful paper snowmen with top hats, scarves and button eyes. Easy enough for first-timers and fun for everyone, these frosty friends add instant winter magic to any desk or shelf.



NUTRITHY
WELLNESS

15 CREATIVE EXPERIENCE

HATS OFF TO SANTA

FESTIVE HAT STYLING

Tiny hats, huge cuteness! Participants craft adorable mini Santa hats and beanies using wool, felt and fluffy pom-poms. Perfect as tree ornaments, table accents or cheerful party props, these little hats are so charming you'll want to make a whole collection.



NUTRITHY WELLNESS

16 CREATIVE EXPERIENCE

TINY CLAY TALES

FESTIVE FRIDGE KEEPSAKES

Get hands-on with clay and shape your own festive fridge magnets, from twinkling stars and Christmas trees to jingle bells and snowflakes. Paint them, add a touch of shimmer and take home a set of handmade keepsakes that bring Christmas cheer to every fridge door.



NUTRITHY
WELLNESS

17 CREATIVE EXPERIENCE

PUPPET PARADE

WHIMSICAL SOCK FIGURES

Plain socks are about to become the stars of the show! Participants transform them into adorable snowmen, red-nosed reindeer and quirky festive characters with buttons, felt, pom-poms and googly eyes. Silly, creative and full of personality, every puppet comes with its own story to tell.



NUTRITHY WELLNESS

18 CREATIVE EXPERIENCE

DECK THE ORNAMENTS

FESTIVE JEWELLERY DESIGN

Accessorise the season! Participants design glittery Christmas jewellery inspired by festive icons, from tinsel wreath earrings and jingle bell charms to bow pendants and candy cane studs. Sparkly, fun and party-ready, it's the perfect way to complete your Christmas look or make a gift that truly shines.





NUTRITHY
WELLNESS

CULINARY EXPERIENCES

GUIDED BAKING AND DECORATING SESSIONS
BUILT FOR TEAM COLLABORATION

11 Experiences

NUTRITHY WELLNESS

19 CULINARY EXPERIENCE

CUPCAKE COUTURE

FESTIVE CUPCAKE STYLING

Cupcakes, but make them festive! Plain cupcakes become edible masterpieces as participants pipe, swirl and sprinkle their way to Santa faces, frosty snowmen and twinkling Christmas trees. With colourful icing, sprinkles and cute edible toppers, every cupcake is almost too pretty to eat. Almost.



NUTRITHY
WELLNESS

20 CULINARY EXPERIENCE

COOKIE CLAUSE

CHRISTMAS COOKIE DECORATING

Ready-baked cookies are the canvas, and royal icing is the paint. Participants decorate stars, stockings, mittens and trees with icing, sprinkles and edible glitter, then pack them into festive boxes. It's a sweet, satisfying session that ends with a gift-ready box of treats, if they make it home uneaten!



NUTRITHY
WELLNESS

21 CULINARY EXPERIENCE

GINGERBREAD GANG

GINGERBREAD MAN DECORATING

Meet the gingerbread gang, and give each one a personality! Participants decorate gingerbread men with icing buttons, colourful scarves, tiny bow ties and cheeky expressions. Some come out dapper, some come out silly, and every single one is different. A classic Christmas tradition with a fun, creative twist.



NUTRITHY
WELLNESS

22 CULINARY EXPERIENCE

BISCUIT BUNGALOWS

MINI BISCUIT GINGERBREAD HOUSE

All the charm of a gingerbread house, in a cute desk-sized version! Participants build their own mini house from biscuits, glued together with icing and decorated with candies, sprinkles and snowy rooftops. Wobbly walls are part of the fun, and the result is a festive little bungalow that's as fun to build as it is to eat.



NUTRITHY
WELLNESS

23 CULINARY EXPERIENCE

MARSHMALLOW MATES

MARSHMALLOW SNOWMAN SKEWERS

Snowmen you can eat! Participants stack fluffy marshmallows onto skewers and bring them to life with chocolate-drawn faces, candy buttons, carrot-orange noses and edible scarves. Quick to make, impossible to resist and guaranteed to bring out everyone's inner child. Fair warning: they rarely survive past the photo.



NUTRITHY
WELLNESS

24 CULINARY EXPERIENCE

COCOA IN A JAR

HOT CHOCOLATE JARS

The cosiest gift of the season, made by you. Participants layer rich cocoa, chocolate chips and mini marshmallows into a mini jar, then finish it with a ribbon, a handwritten tag and a festive topper. Just stir into warm milk for an instant cup of comfort, a perfect gift for a colleague, a friend or yourself.



NUTRITHY
WELLNESS

25 CULINARY EXPERIENCE

BARK THE HERALD

CHRISTMAS CHOCOLATE BARK

Chocolate bark is the easiest way to look like a festive dessert pro. Participants spread melted chocolate and top it with crunchy nuts, dried berries, crushed candy and red and green sprinkles. Once set, it's snapped into glossy, colourful shards and boxed up as a gift that looks as good as it tastes.



NUTRITHY WELLNESS

26 CULINARY EXPERIENCE

MERRY MAKHANA MIX

FESTIVE MAKHANA TRAIL MIX

A festive treat that's as good for you as it is delicious. Participants toss roasted makhana with crunchy nuts, seeds, dried cranberries and warm Christmas spices like cinnamon and nutmeg, then pack it into a decorated jar. Guided by our nutrition experts, it's a healthy, crunchy snack that brings Christmas flavour without the sugar crash.



NUTRITHY WELLNESS

27 CULINARY EXPERIENCE

POP THE SEASON

CHRISTMAS POPCORN MIX

Movie night just got merrier! Participants drizzle fresh popcorn with white chocolate, then shower it with red and green sprinkles and festive toppings. Bagged up with a ribbon and tag, it's the perfect sweet-and-salty snack for a Christmas movie marathon, or a fun little gift for someone special.



NUTRITHY
WELLNESS

28 CULINARY EXPERIENCE

SNOW DELIGHT

COCONUT SNOWMAN DESSERT

Build a snowman you can eat! Participants roll sweet coconut and condensed milk into fluffy snowballs, stack them into charming little snowmen and finish them with tiny scarves, chocolate eyes and carrot-orange noses. Sweet, simple and almost too cute to eat, they're a delightful addition to any holiday table.



NUTRITHY
WELLNESS

29 CULINARY EXPERIENCE

THE SWEET TABLE

CREATIVE CONFECTION DECOR

A festive dessert-decorating session for every sweet tooth! Participants dip, drizzle and decorate Oreos and cookie pops with coloured chocolate, sprinkles and festive designs, from snowmen and wreaths to Santa hats and reindeer faces. Fun, interactive and delicious, every creation is a mini masterpiece.



NUTRITHY
WELLNESS

NEW YEAR SPECIALS

YEAR-END ENGAGEMENT ACTIVITIES TO
WELCOME 2027 TOGETHER

10 Experiences



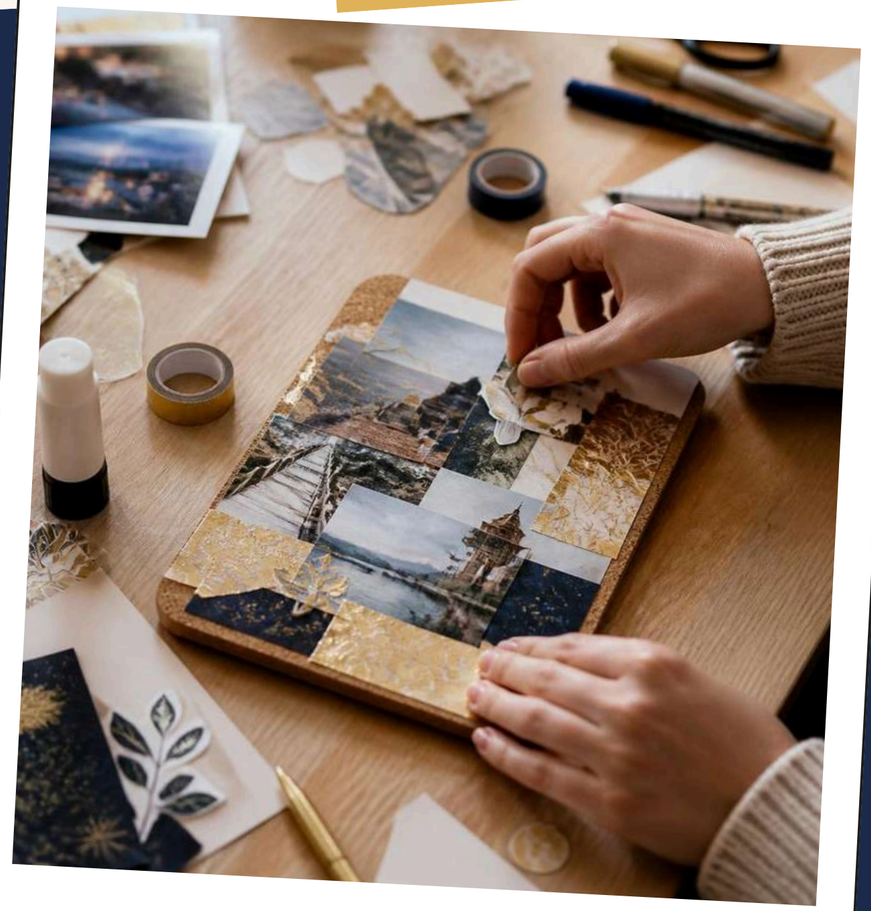
NUTRITHY
WELLNESS

30 NEW YEAR CREATIVE

HELLO 2027

MINI VISION BOARDS

Dream it, pin it, live it. Participants create pocket-sized vision boards using magazine cut-outs, quotes, stickers and doodles to capture their goals, dreams and big plans for the year ahead. Small enough to keep on a desk and powerful enough to keep you inspired, it's the perfect way to step into 2027 with intention.



NUTRITHY WELLNESS

31 NEW YEAR CREATIVE

JAR OF JOY

MINI JAR DECOR

A little jar with a lot of personality. Participants decorate mini glass jars with paint, ribbons, glitter and stickers, creating a cheerful keeper for notes, treats or desk essentials. Bright, cute and useful, it's a small reminder to fill the new year with joy, one little moment at a time.



NUTRITHY
WELLNESS

32 NEW YEAR CREATIVE

POP THE YEAR

CONFETTI POPPERS

Ring in the new year with a bang, literally! Participants build their own paper confetti poppers, decorating the tubes and filling them with colourful confetti. Then comes the best part: everyone pops them together for a burst of colour and celebration. Simple, playful and a guaranteed crowd-pleaser.



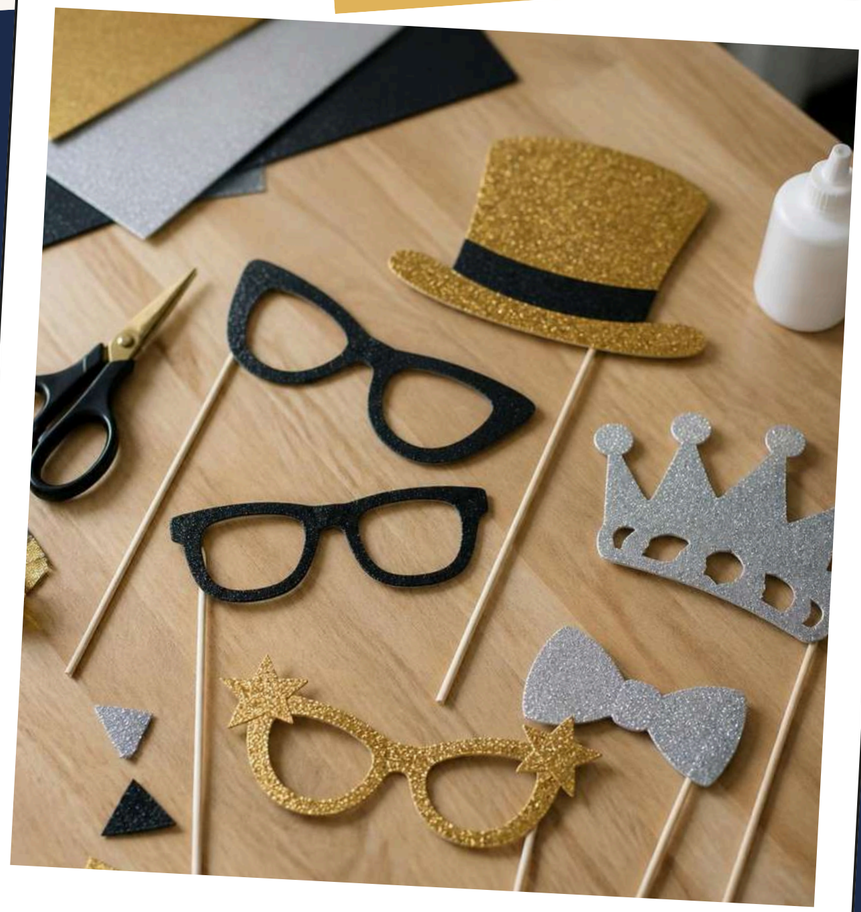
NUTRITHY
WELLNESS

33 NEW YEAR CREATIVE

PARTY PROPS STUDIO

NEW YEAR PROP MAKING

Get party-ready in style! Participants craft their own oversized party glasses, sparkly hats, crowns and “2027” signs using card, glitter and stickers. Bold, silly and full of personality, these props are made for selfies, celebrations and every New Year party on the calendar.



NUTRITHY
WELLNESS

34 NEW YEAR CREATIVE

SHIMMER COASTERS

NEW YEAR COASTER PAINTING

Add a little sparkle to every sip. Participants paint MDF coasters in shimmering gold, silver and midnight-blue tones, decorated with stars, fireworks, confetti and “2027” designs. Stylish, functional and full of New Year glamour, they'll brighten every coffee break long after the celebrations are over.



NUTRITHY
WELLNESS

35 NEW YEAR CREATIVE

CALENDAR CRAFT

PERSONALISED DESK CALENDAR

Make every day of the new year a little brighter. Participants personalise a 2027 desk calendar with stickers, doodles, washi tape and colourful notes, marking birthdays, holidays and the dates that matter most. It's a creative keepsake that stays useful all year long, a fresh start you'll see every single day.



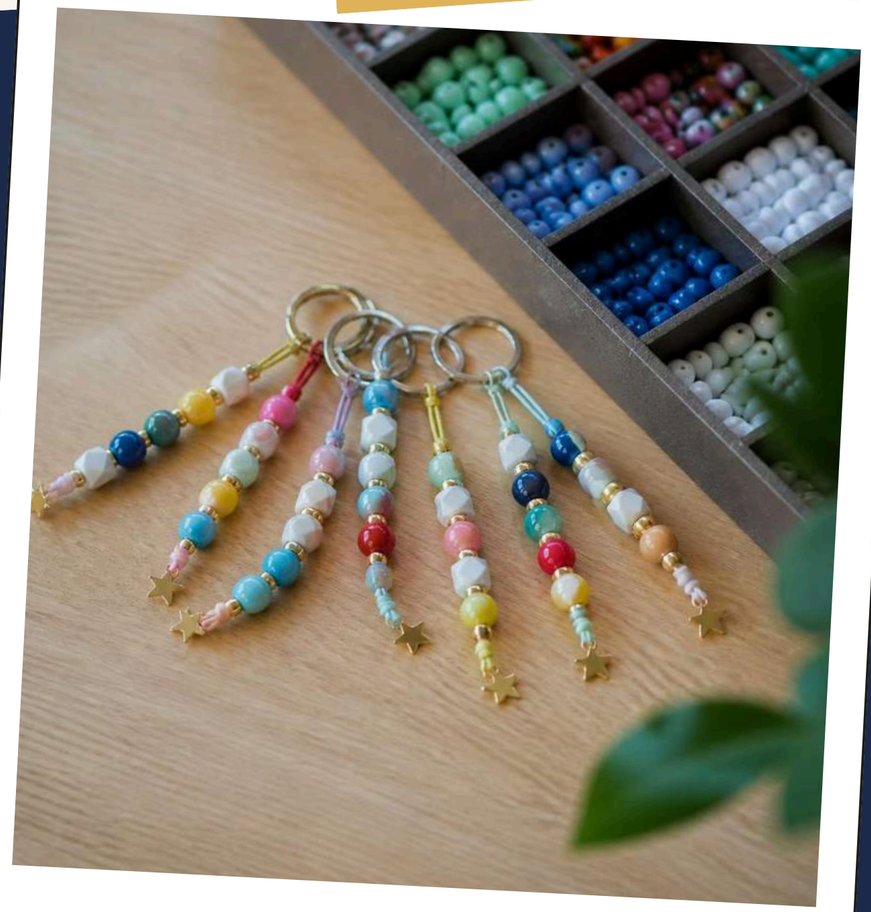
NUTRITHY
WELLNESS

36 NEW YEAR CREATIVE

CHARM OF 2027

BEADED NAME & YEAR KEYCHAINS

Start the year with a charm that's all yours. Participants thread letter beads, colourful beads and tiny charms into personalised keychains featuring their name, initials or “2027”. Small, stylish and endlessly customisable, it's a little piece of the new year that travels with you everywhere.



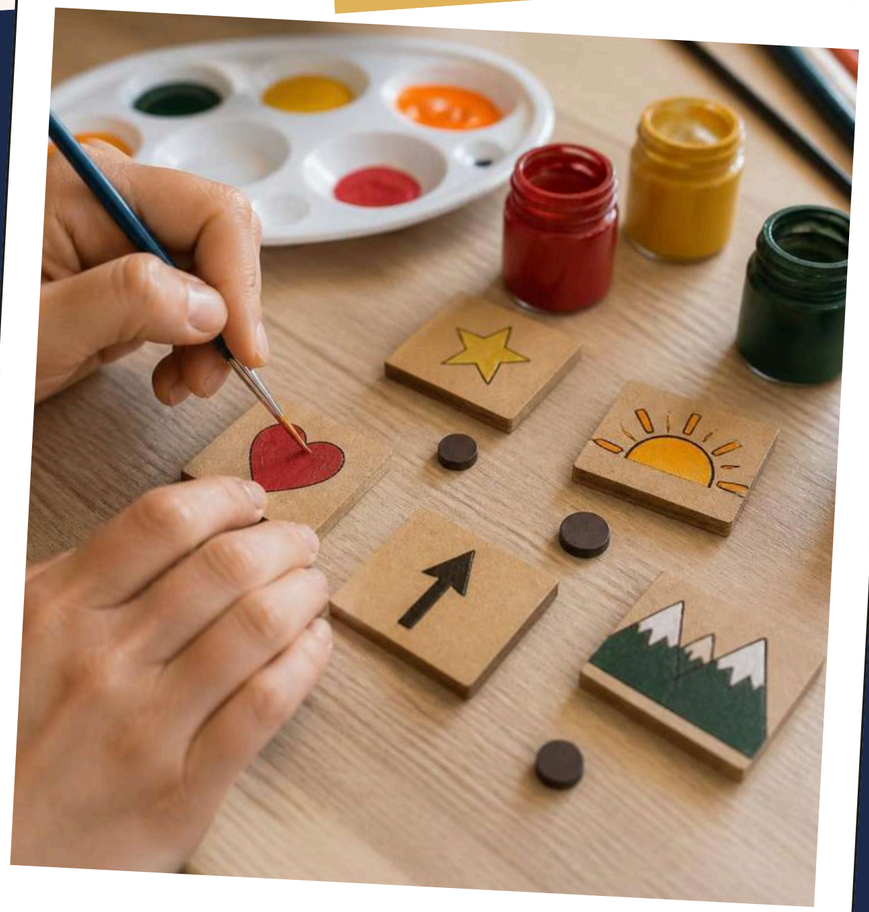
NUTRITHY
WELLNESS

37 NEW YEAR CREATIVE

STICK TO YOUR GOALS

NEW YEAR GOAL MAGNETS

Your goals, right where you'll see them every day. Participants paint and hand-letter MDF magnets with their 2027 goals, favourite mantras or a single word that captures their year. Pop it on the fridge and let it be a daily reminder to stay focused, stay inspired and keep going.



NUTRITHY
WELLNESS

38 NEW YEAR CULINARY

COUNTDOWN COOKIES

NEW YEAR COOKIE DECORATING

Sweet treats for the final countdown! Participants decorate cookies with gold sprinkles, shimmering stars, clocks striking midnight and bold “2027” designs. Festive, sparkly and fun to make, they're the perfect treat to share as the clock ticks closer to a brand-new year.



NUTRITHY WELLNESS

39 NEW YEAR CULINARY

MIDNIGHT BARK

GOLD & GLITTER CHOCOLATE BARK

Glamour you can eat. Participants top melted dark chocolate with edible gold dust, silver sprinkles and crunchy nuts, then break it into shimmering shards that look straight out of a party magazine. Boxed up or shared at the countdown, it's the most stylish treat to welcome 2027.



HOW A SESSION RUNS

NUTRITHY WELLNESS

STEP 01

WELCOME & SET-UP

FIRST 10 MINUTES

Our host welcomes the team, hands out the kits and walks everyone through the activity.

STEP 02

CREATE

40 TO 60 MINUTES

Everyone makes their own piece at their own pace, with our facilitators on hand to guide and help.

STEP 03

SHOW & SHARE

FINAL 10 TO 20 MINUTES

A quick show-and-tell and group photos, then everyone takes home what they made.

WHY IT WORKS

NUTRITHY WELLNESS

01

NO SKILLS NEEDED

EVERYONE CAN JOIN

Simple steps and friendly guidance mean first-timers and seasoned crafters enjoy it equally.

02

FITS THE WORKDAY

60 TO 90 MINUTES

Short enough for a lunch break or a Friday afternoon, long enough to switch off and connect.

03

SOMETHING TO KEEP

A TAKE-HOME KEEPSAKE

Every participant leaves with a handmade gift, treat or decoration from the celebration.

GOOD TO KNOW

NUTRITHY WELLNESS

01

WHAT'S INCLUDED

EVERYTHING, END TO END

All materials and ingredients, expert facilitators, set-up, clean-up and take-home packaging.

02

OPTIONAL ADD-ONS

MAKE IT YOUR OWN

Festive hampers for every participant, custom branding with your logo, and event photography.

03

LET'S PLAN IT

GET IN TOUCH

Pick your favourite experiences and we'll put together a plan and quote for your team.



connect@nutrithywellness.com | www.nutrithywellness.com | +91 98920 22936