

Kissing under the Mistletoe

One of the perhaps more unusual traditions that many people follow at Christmas is to hang a bunch of mistletoe in their house, with the idea that if you meet someone underneath it, you have to give them a kiss!

However, did you know that during the Victorian era, kissing under the mistletoe was taken really seriously? In fact, there were specific rules to this tradition: The gentleman would pluck one white berry while kissing the lady on the cheek. One kiss was allowed for each berry, until there were no berries left. If any girl refused to kiss, she would not receive any marriage proposals for at least the coming year.

The Victorians also created what was known as “kissing balls” which were sprigs of mistletoe, branches and berries that were shaped into a ball and used as holiday decorations. At parties, dancers would waltz under the balls that had been decorated with mistletoe to get a kiss from their partners

Colour your own mistletoe below, cut it out, and then hang it somewhere in your house! Maybe you too, will get a kiss this Christmas!

