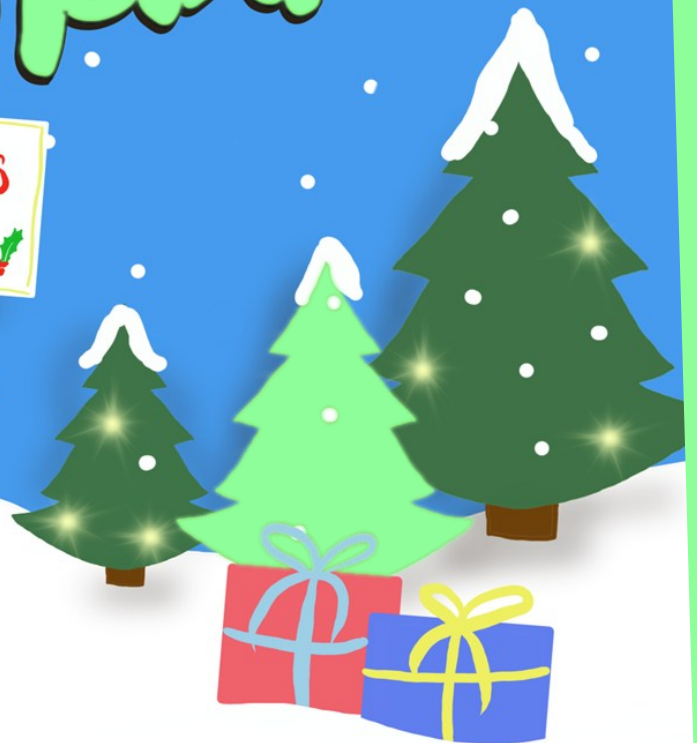




Wellbeing Advent Calendar



Merry
Christmas





Wellbeing Advent Calendar

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- 4 Star Breathing
- 5 Christmas Wordsearch
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1ST DECEMBER



My Wish List



Make a list of wishes for Christmas using our 'Wish List' template.

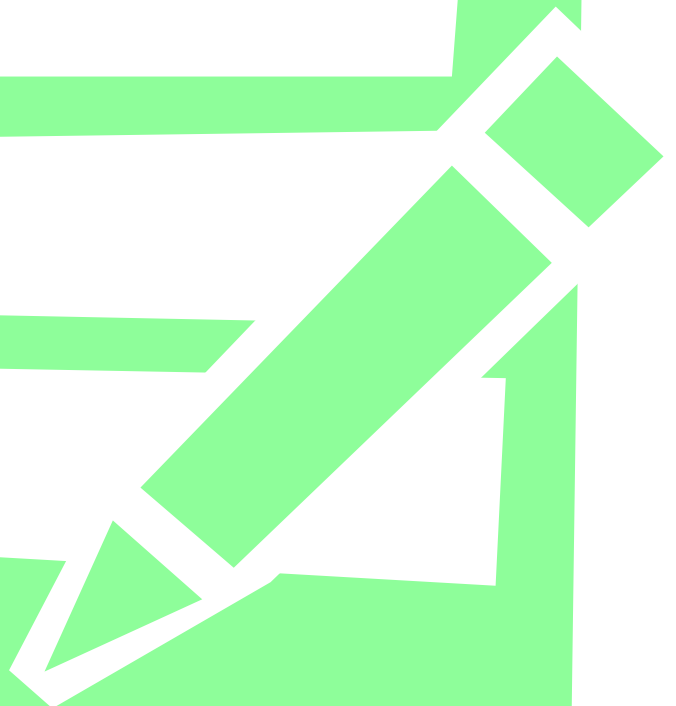
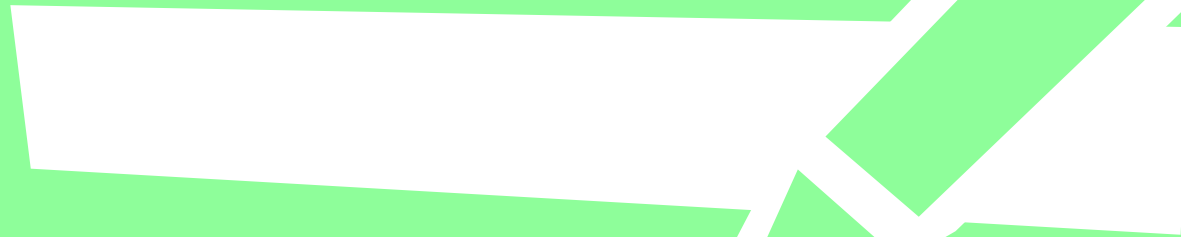

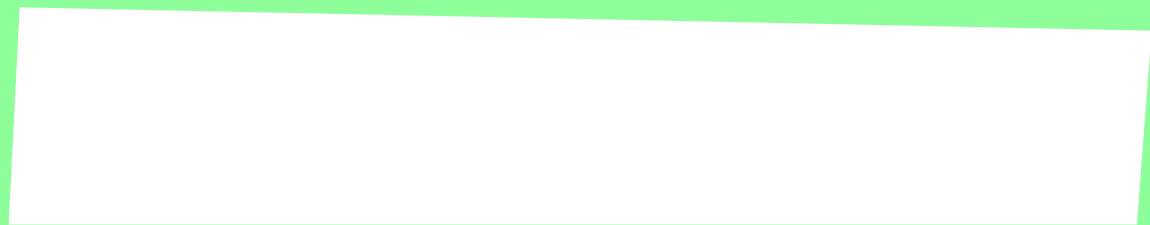
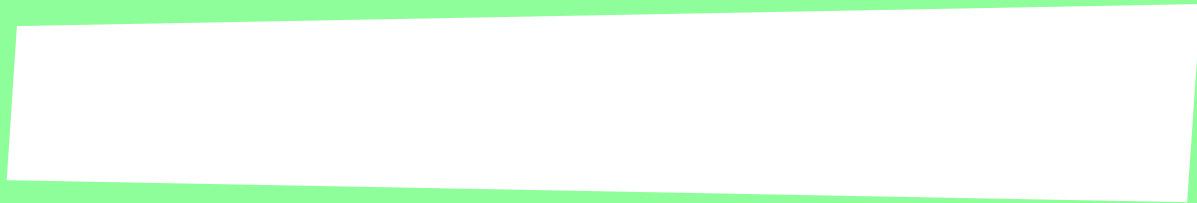
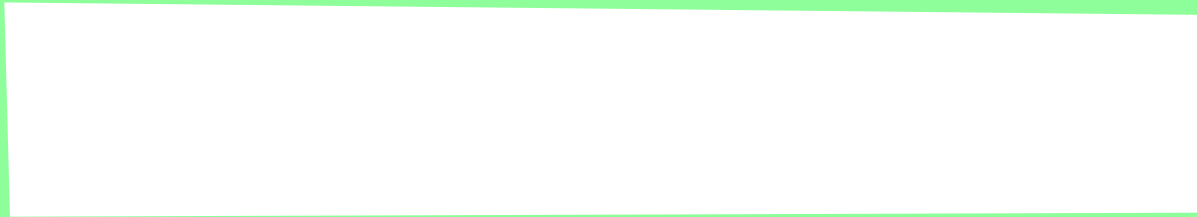
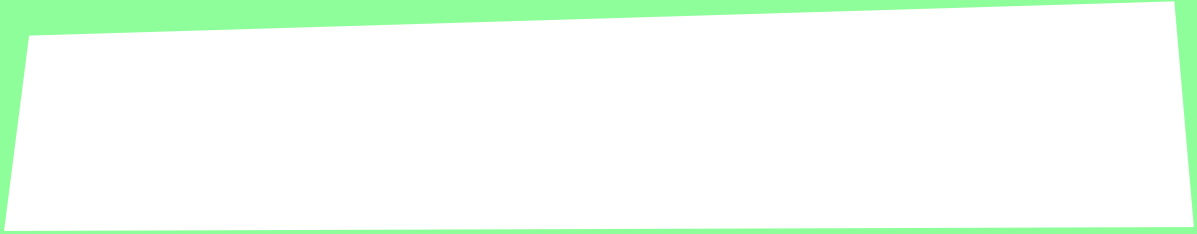
Think about people you know at home and/or school that you would like to write a wish for.

Examples:

- I wish my friend has a good time at Christmas playing with his toys.
- I wish my teacher has fun with her family.

Put your Wish List somewhere safe and we will come back to it later.

MY WISH LIST



2ND DECEMBER

The Stars on our Tree



Cut out the 'Stars' templates.

Draw or write the names of the people who are special to you.

It could be family members, friends, someone that you have not seen for a while, or someone who has died and is not here anymore.

Share your stars with a friend and/or trusted adult.



3RD DECEMBER



Feelings Sparkle Jar

With help from an adult, follow the 'How to make a Sparkle Jar' instructions.

You may want to bring your finished Sparkle Jar with you tomorrow when you open the next calendar door!

Glitter jars are a useful mindfulness tool at home and school. Watching the glitter swirl to the bottom of the jar gives you time to calm down.

You will need: glass/plastic jar with a lid, half a cup of glitter glue or clear glue, water (*distilled water works best, if you can use this, as it doesn't contain contaminants and will help to keep your glitter jar mould-free*), and glitter (*any colour/s*).

How to make a Sparkle Jar: Pour the water into the jar → Then pour the glitter glue or clear glue into the jar (*it can take up to 2 minutes to settle*) → Add extra glitter → Then fill up the remainder of the jar with water → Ask an adult to use superglue around the lid of the jar and press the lid onto the jar to secure → Shake the jar well to distribute the glitter.

4TH DECEMBER

Star Breathing



Follow the 'Magic Star' template to start your star breathing.

- **Breathe in**
- **Hold at the point on the star**
- **And breathe out**

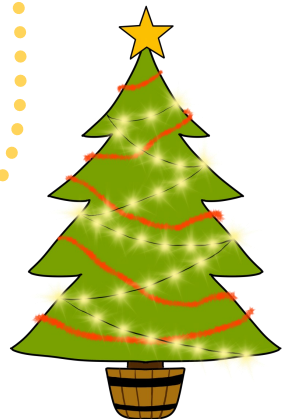
Follow your way around the star until you feel calmer.

You can use your Sparkle Jar as a timer for your breathing from **DAY 3**.

Shake your Sparkle Jar and complete star breaths until the glitter settles!



SLOWLY TRACE THE SIDES OF THE STAR WITH YOUR FINGER AS YOU BREATHE IN AND OUT



Repeat the exercise until you start to feel calmer

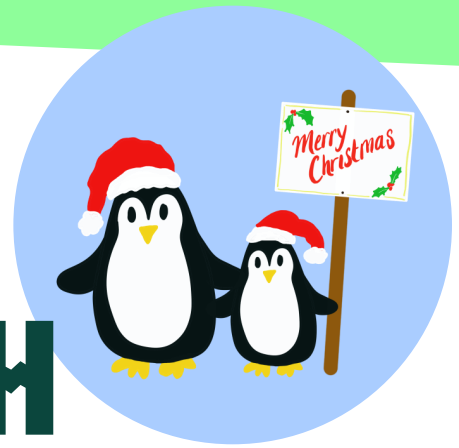
5TH DECEMBER

Christmas Wordsearch

Complete our Christmas wordsearch.



CHRISTMAS WORDSEARCH



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

Bells

Xmas Tree

Candy Canes

Gingerbread Person

Merry

Season Greetings

Christmas

Rudolph

Santa

North Pole

Sleighs

Stockings

Angels

Mistletoe

Elves

Frosty

Candles

Giving Gifts

Chimney

Holidays

Jolly

Joy

Pudding

Celebrate

Noel

Cards

Reindeer

Wreath

6TH DECEMBER

My Pocket of Positivity



Thinking positively about yourself can help you to feel confident and happier.

Cut out the 'Positive Pennies' template.

Using your pennies, write or draw the things that you are good at or any positive words that you can think of about yourself.

Keep your Positive Pennies in your pocket and we will 'spend' them later!



7TH DECEMBER



Wellbeing Dream-Catcher

Make your own dream-catcher for school or home. Colour in and decorate your dream-catcher.

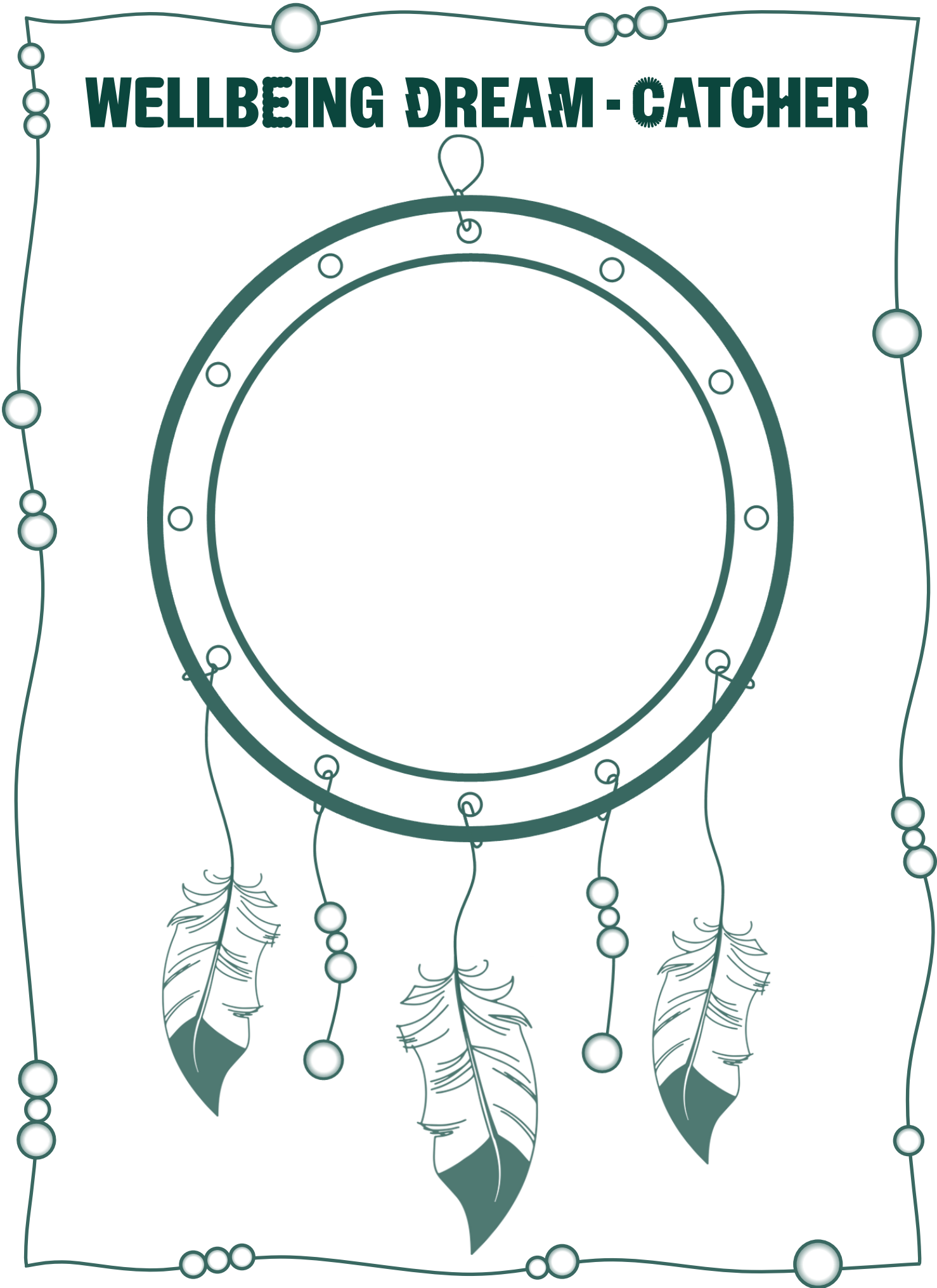
Within the circle of your dream-catcher, write down any sad or difficult thoughts. For example: *I'm lonely, I'm sad, I had a nightmare, 'I miss you', etc.*

Punch holes around the edge and try threading string back and forth to 'catch' these sad thoughts.

On the outside of your dream-catcher, write or draw things that you love; people, places, or things.

If the sad or difficult thoughts escape the dream-catcher web, then the things that you love (around the outside) will push them back in!

WELLBEING DREAM - CATCHER



8TH DECEMBER

People We Love and Who Love Us

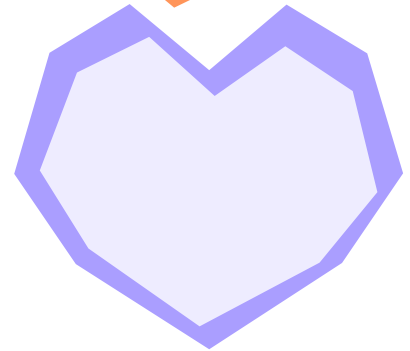
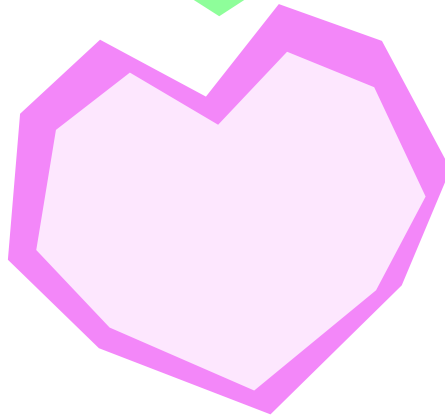
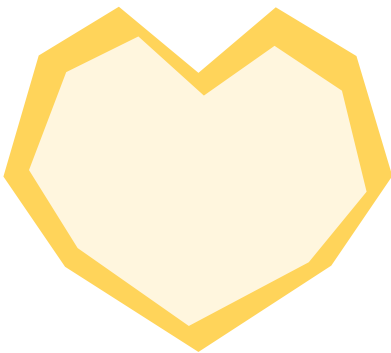
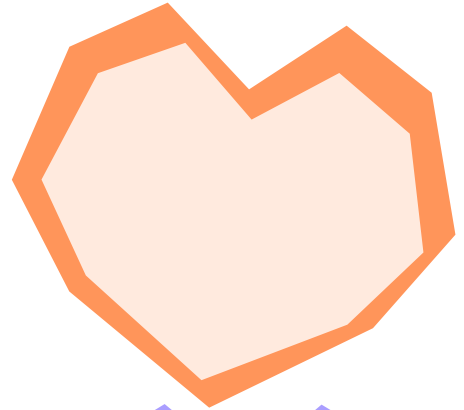
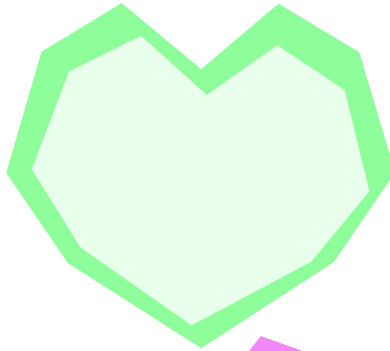
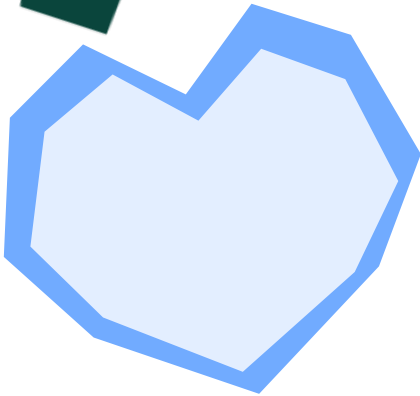
With a friend and/or trusted adult, have a conversation about all the people in your life that you love and who love you.

You might like to write down their names (or not, if you have a good memory!) as we will be thinking about them again in a few days...

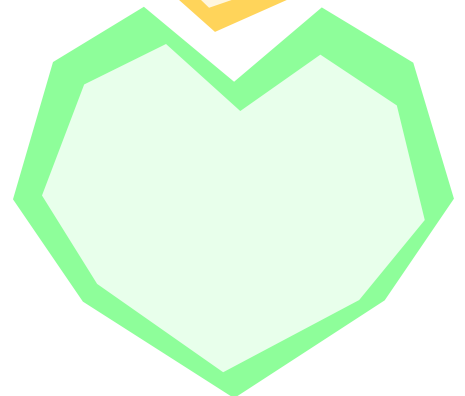
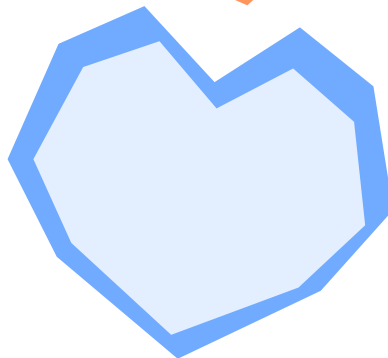
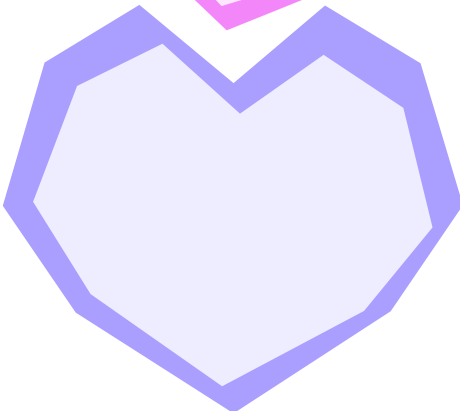
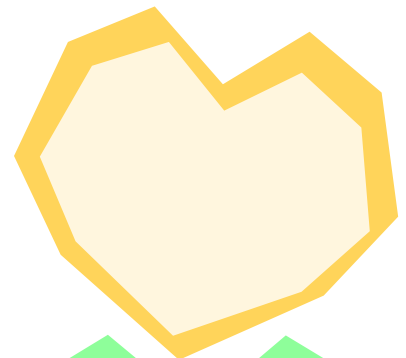
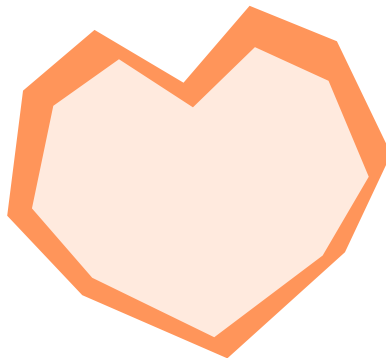
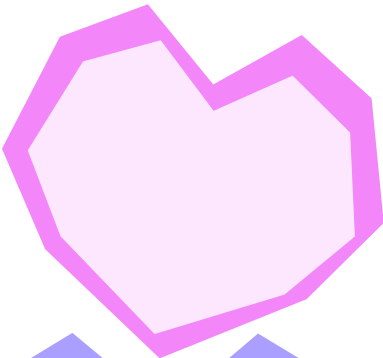




THE PEOPLE I LOVE...



THE PEOPLE WHO LOVE ME...



9TH DECEMBER



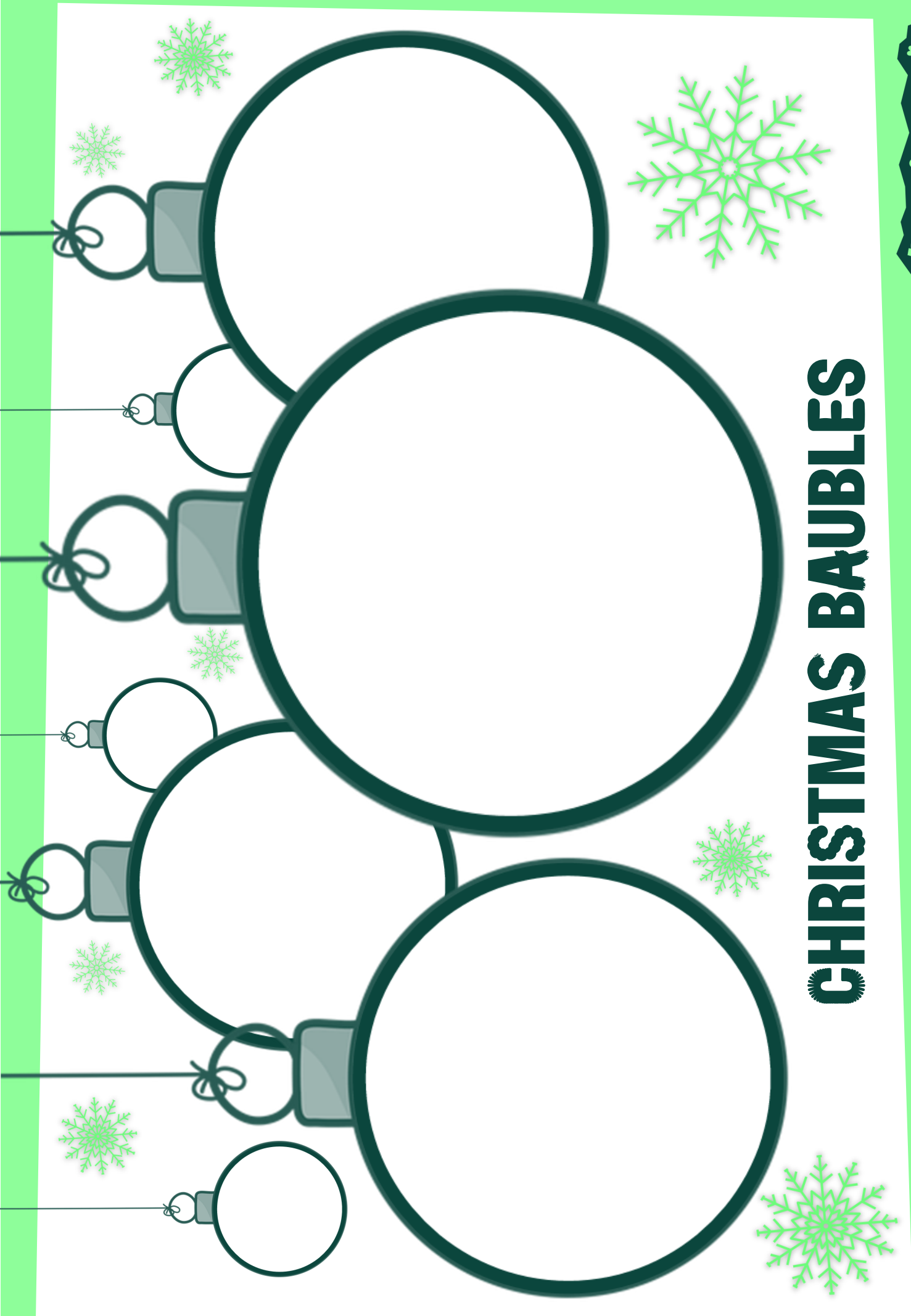
Christmas Baubles



It is time to get festive and decorate our Christmas baubles!

You can use our 'Christmas Bauble' template to decorate, or draw your own, inspired by your happiest memories.

For example, a memory of your favourite person or going to a favourite place.



CHRISTMAS BAUBLES

10TH DECEMBER

Our Starry Christmas Tree



Draw a large Christmas tree on a piece of paper (A3 paper or bigger if you have this).

Add your stars from **DAY 2** to the tree and decorate.

If you have a real Christmas tree in your classroom or at home, you may like to add the stars to this using a holepunch and string.

11TH DECEMBER

The Importance of Talking



Read a story about the importance of talking about your feelings - such as 'A Nifflenoo called Nevermind' or 'The Huge Bag of Worries'.

Afterwards, talk to a friend and/or trusted adult about what you learnt about the importance of talking.

12TH DECEMBER



Sharing our Wellness Wishes



Find your Wish List from **DAY 1**.

Take this to your special person or people and share it with them.



13TH DECEMBER



Happy Memories

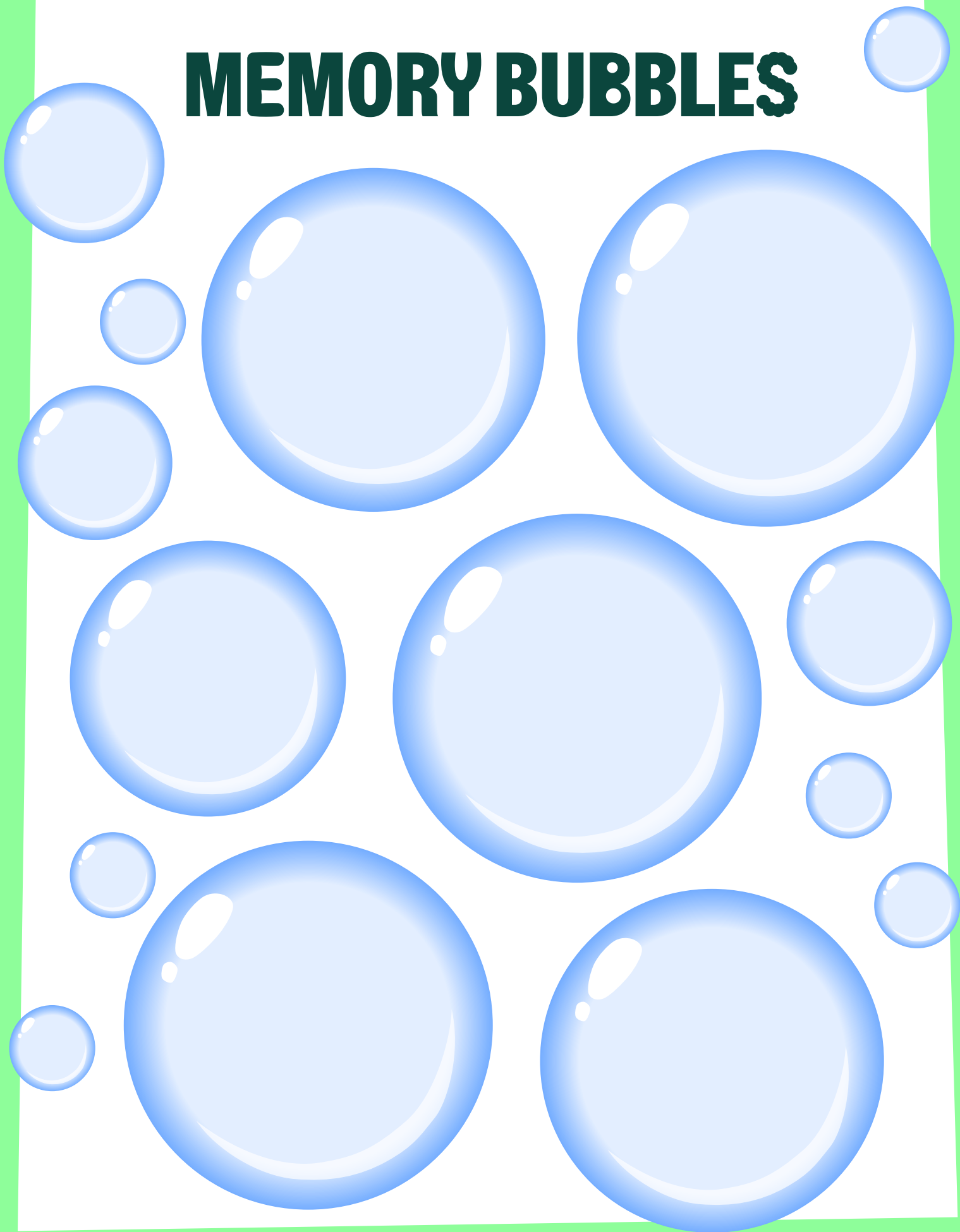


Using the 'Memory Bubbles' template, write and draw some of your happiest memories surrounding Christmas time.

You could think about those who support and help you, or happy times and places you have been to and why they were positive.

Keep your thoughts safe, and we will share these with our special people soon.

MEMORY BUBBLES



14TH DECEMBER

Stomping in the Snow!

Find some space at home or school to stamp your feet and blow away your worries for today!

- **Stand up straight with your feet apart**
- **Stomp your left foot**
- **Stomp your right foot**
- **Breathe out deeply**
- **Feel your feet connected to the ground**

Repeat this until you feel calmer. You might want to pretend your feet are in the snow!

- **Stomp in the snow, be the winter wind and blow**
- **Stomp in the snow, be the winter wind and blow**
- **Stomp in the snow, be the winter wind and blow**

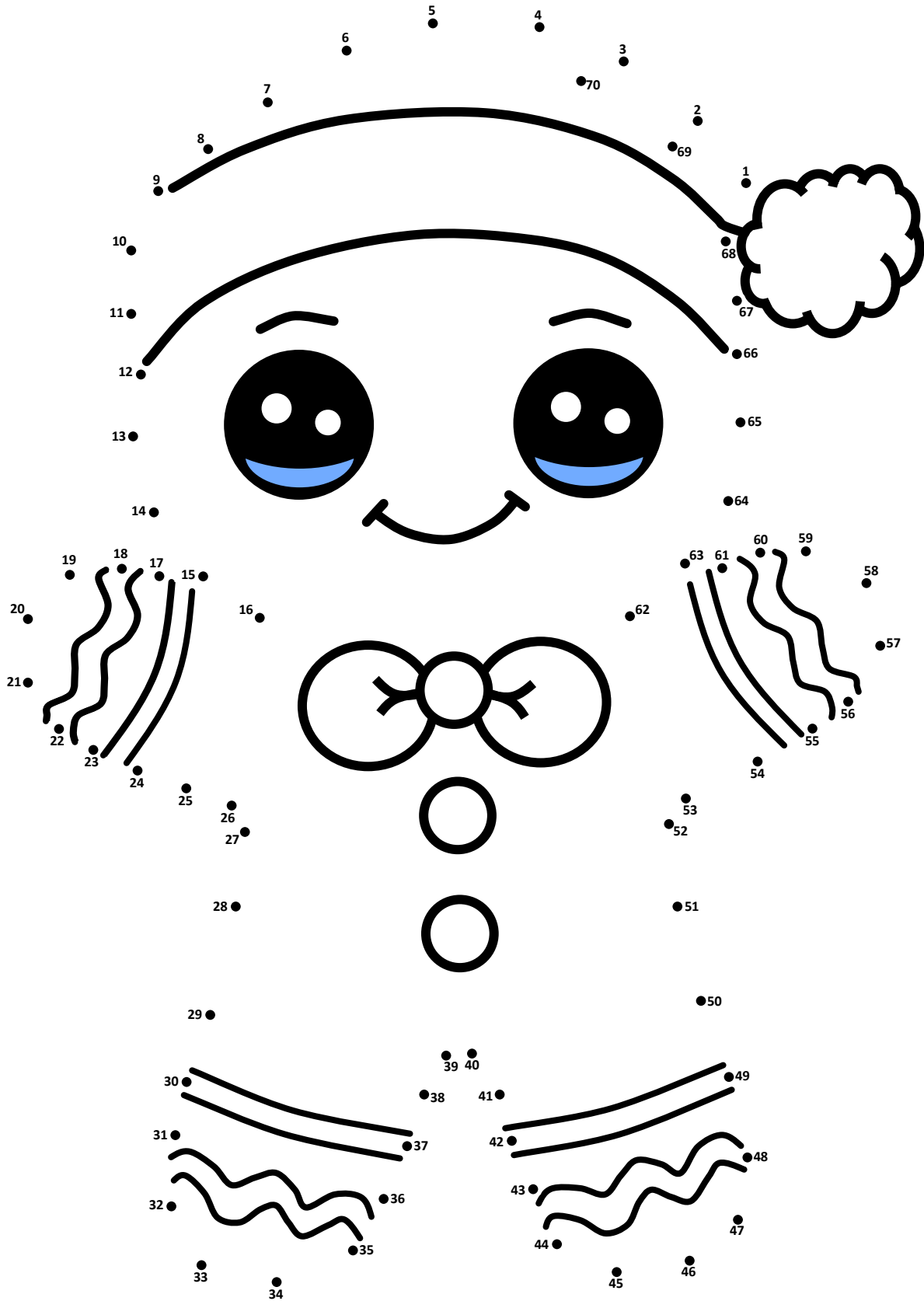
15TH DECEMBER

Christmas dot-to-dot

Complete our Christmas dot-to-dot and colour it in.



CHRISTMAS DOT TO DOT



16TH DECEMBER

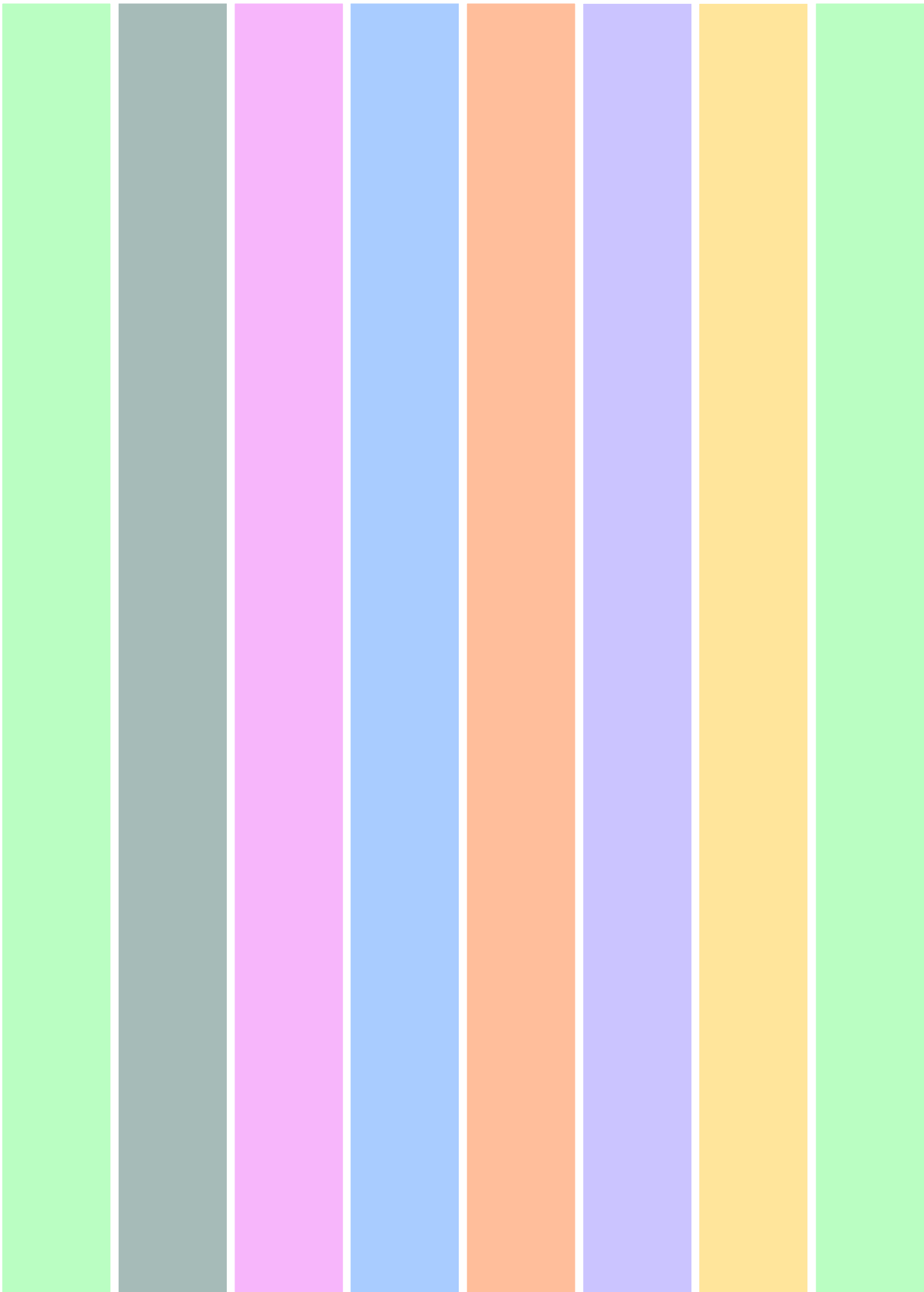
My Paper Chain of People

Spend some time thinking about who supports you in your life and who you can talk to when you are feeling sad or have negative feelings.

Add their names to your Paper Chain strips and keep them close by.

We will do something fun with these later!





17TH DECEMBER



Christmas Clean-Up

It is time for a Christmas Clean-Up!

Use the 'Clean-Up' template to think about what things you might like to do next year...

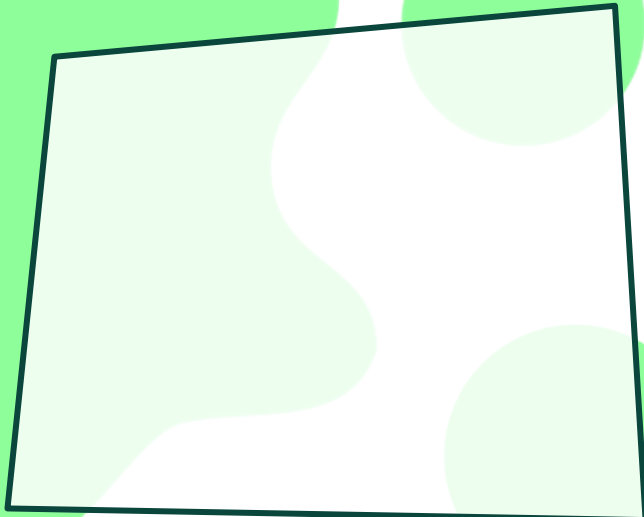
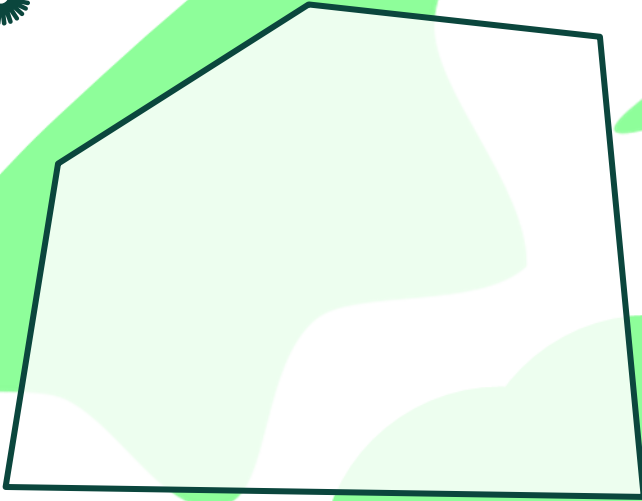
Spend some time thinking about:

- **What makes you feel happy?**
- **What helps you to relax or feel calm?**
- **Are there any new things that you would like to try?**
- **Is there anything you would like to do differently?**

Remember, you can try new things to help you feel more positive.

CHRISTMAS

CLEAN-UP



18TH DECEMBER

Letters to our Loved Ones


Find your list of names of people in your life that you love and who love you from **DAY 8**.

Using our 'Letter' template, write a letter from you to one special person to tell them how much you love them and why.

You can send this letter to them in the post or give it to them directly.



LETTER TO A LOVED ONE



19TH DECEMBER



Sharing is Caring at Christmas

Find your Memory Bubbles from **DAY 13.**

Share your memories with your special person or people.

20TH DECEMBER



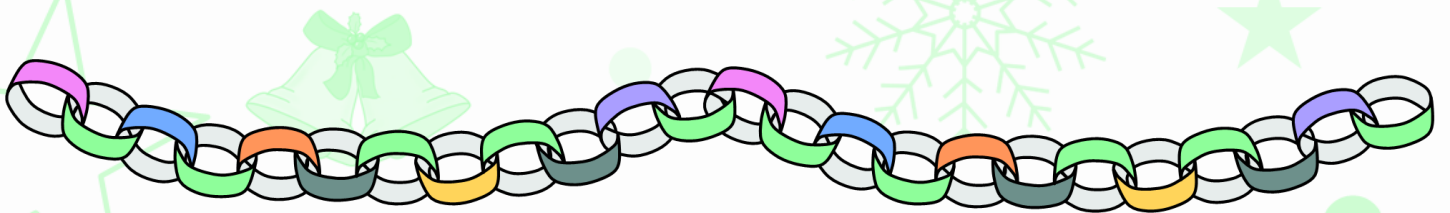
Special Christmas Cards

Using A4 paper, fold this in half to make a blank Christmas card.

Decorate a Christmas card for a friend, or trusted adult that is special to you, who has had some sad times recently to cheer them up.

21ST DECEMBER

Grateful Garlands



Using your Paper Chain strips from **DAY 16**.

... join these together to make a Paper Chain Garland for your classroom or room at home.

This will be a festive reminder of those people in your life who support you and who you can talk to when you are feeling sad or have negative feelings.

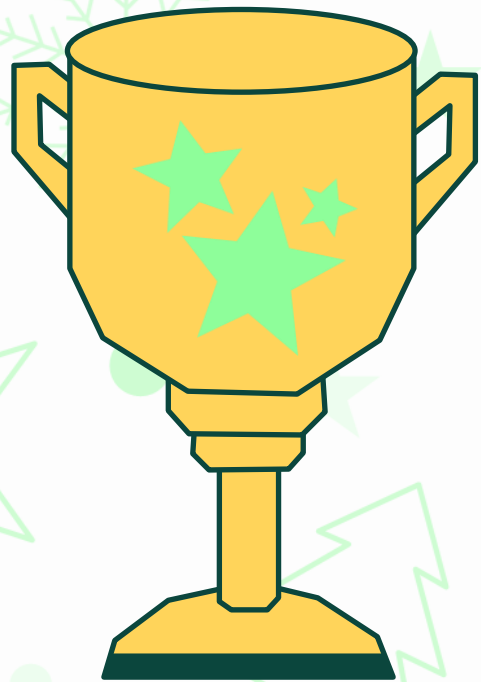
22ND DECEMBER

Goblet of Gratitude

I'm grateful
for my mum
cooking
Sunday
dinner

I'm grateful
for all my
friends

I'm grateful
for my
Pokémon
collection



At home or as a classroom activity, fill a 'Goblet' (cup, box, tub, etc) with colourful pieces of paper listing all the things that you and others are grateful for this year.

23RD DECEMBER



Positive Presents

It is time to spend your Positive Pennies in your pocket!

Swap your pennies with a friend or trusted adult ... and share the positives words or images with each other.

24TH DECEMBER

Help the Elf find the Presents!

Complete our maze activity and help the Christmas Elf find all the presents on his way to Santa's sleigh.



Help the Christmas Elf find the presents in the maze and get them to the sleigh



25TH DECEMBER

My Tasty Christmas Dinner

Use the 'Christmas Dinner' plate template to think about what and who helps you to feel well and happy at Christmas.



MY TASTY CHRISTMAS DINNER

Write down who
or what you would
like to be a part
of your Christmas
plate...

for example:
surprises, games,
fun, family, treats,
love, hugs, movies,
playing outside, etc

What things will help you to feel
**full of happiness, gratitude,
and love?** Then colour-in your plate.

