

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.

