



Wellbeing Advent Calendar





My wish List



3rd December

Feelings Sparkle Jar



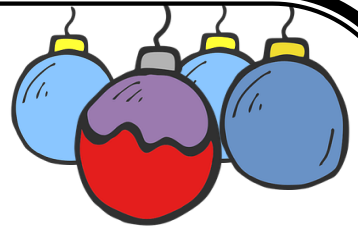
Follow the 'How to make my Sparkle Jar' instructions.

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).

Directions: **pour the water into the jar** - then pour the glitter glue or clear glue into the jar (it will take about 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 & press the lid onto the jar to secure** - Shake the jar well to distribute the glitter.



Trace the sides of the star
with your finger
as you breathe in and out



Breathe in

Breathe out

Breathe in

Breathe out

Breathe out

Breathe in

Breathe in

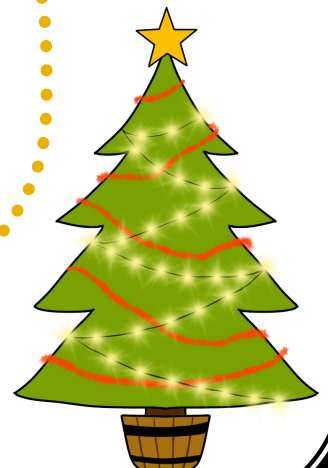
Breathe out

Breathe out

Breathe in



Repeat
the exercise
until you start
to feel
calmer



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

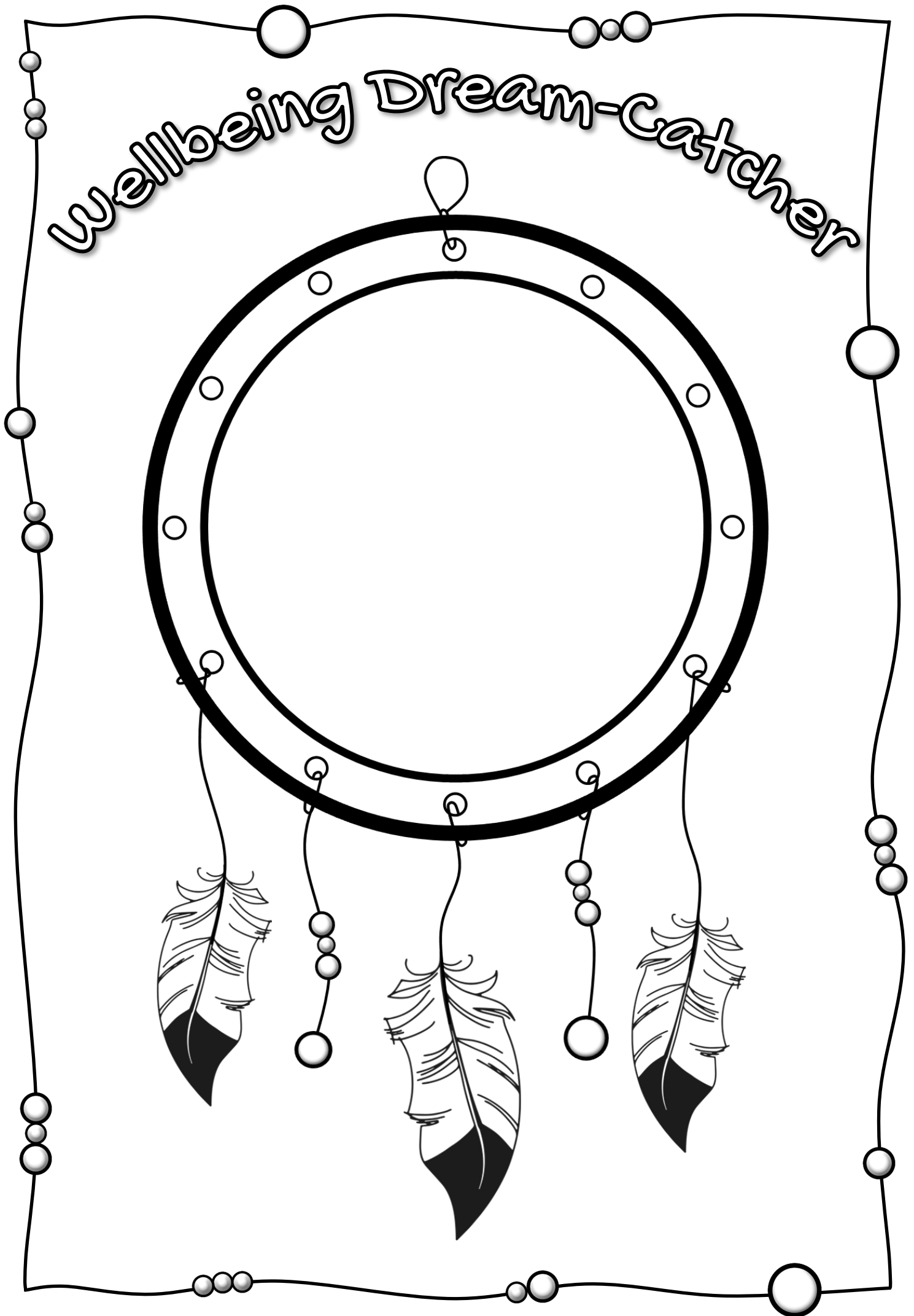
Cards

Reindeer

Wreath



Wellbeing Dream-Catcher



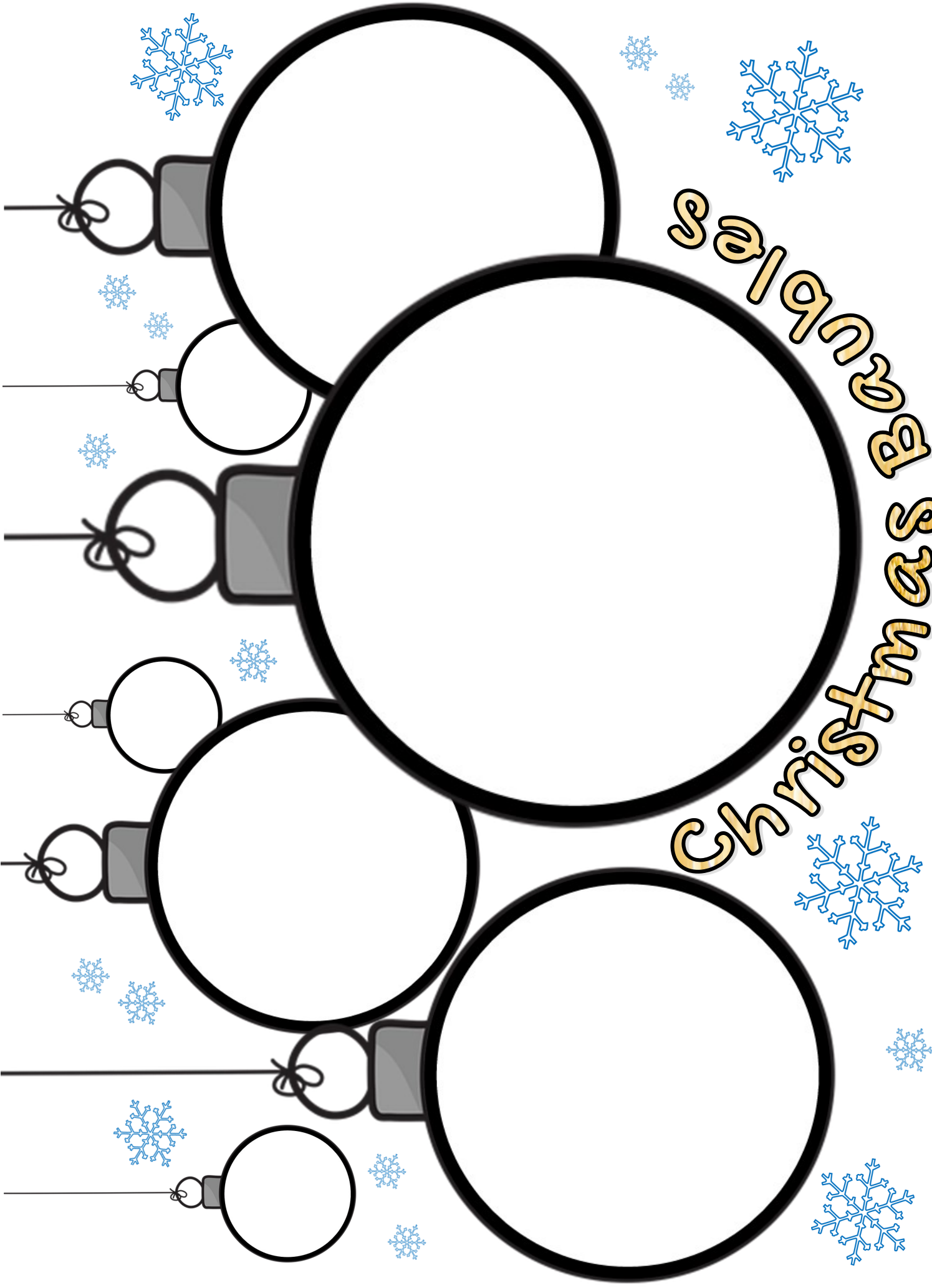
The people I LOVE...



The people who LOVE me...



2019 Christmas B&W



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 the 'A Niffleno called
Nevermind' story.

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



12th December

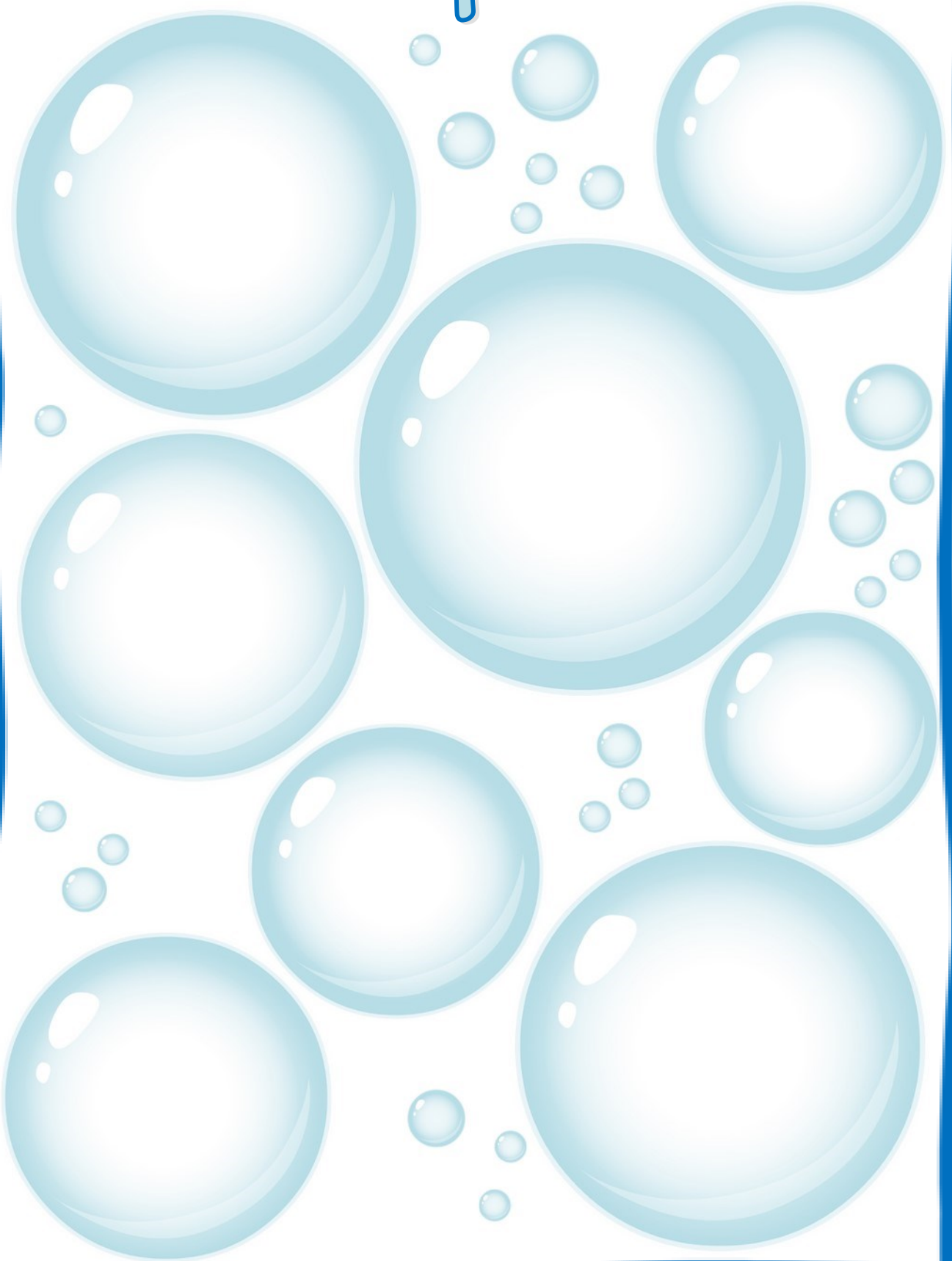


Sharing our wellness wishes

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

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

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!

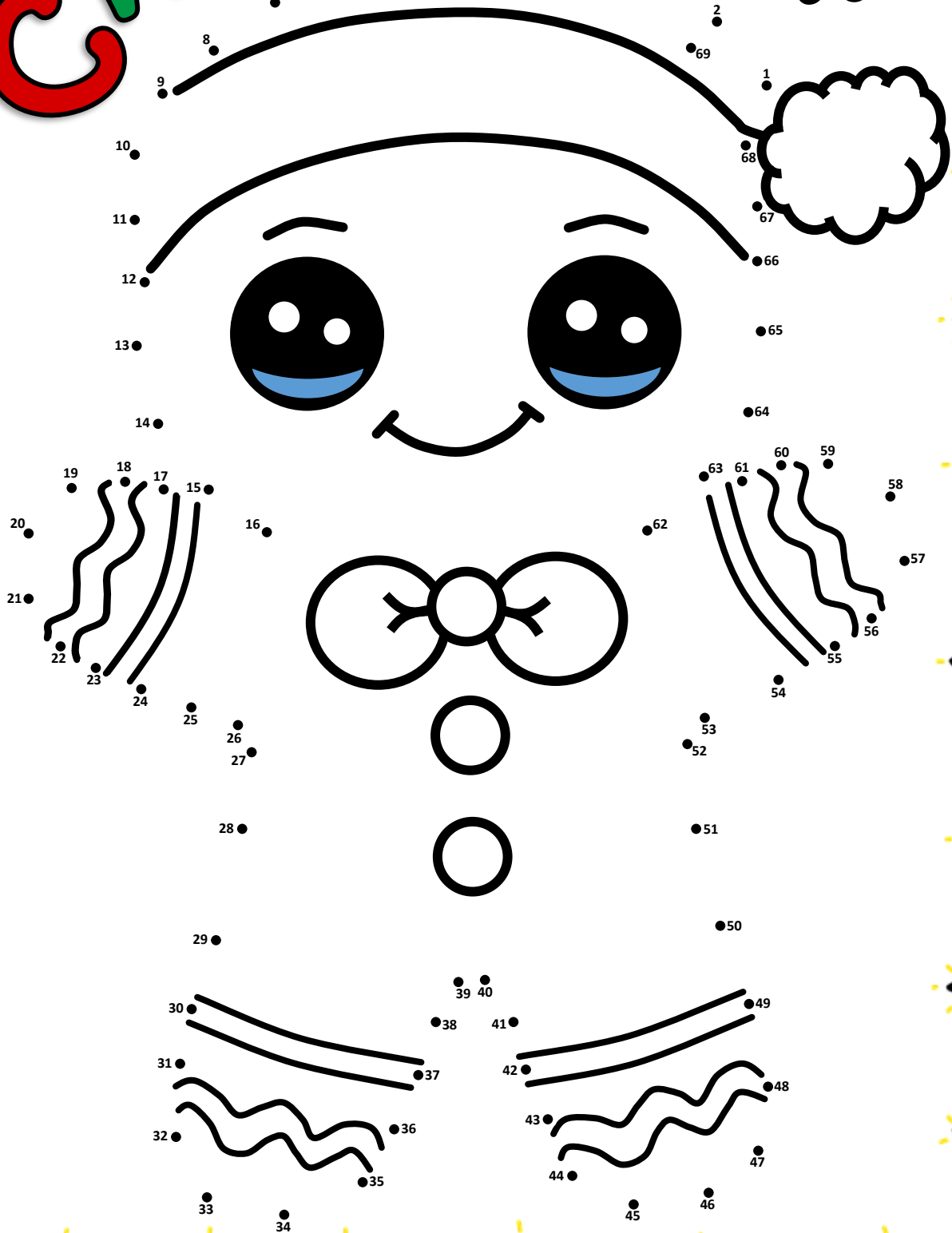
- * Stand up straight with your feet apart
- * Stomp your left foot
- * Stomp your right foot
- * Breathe out deeply
- * Feel your feet connected to the ground

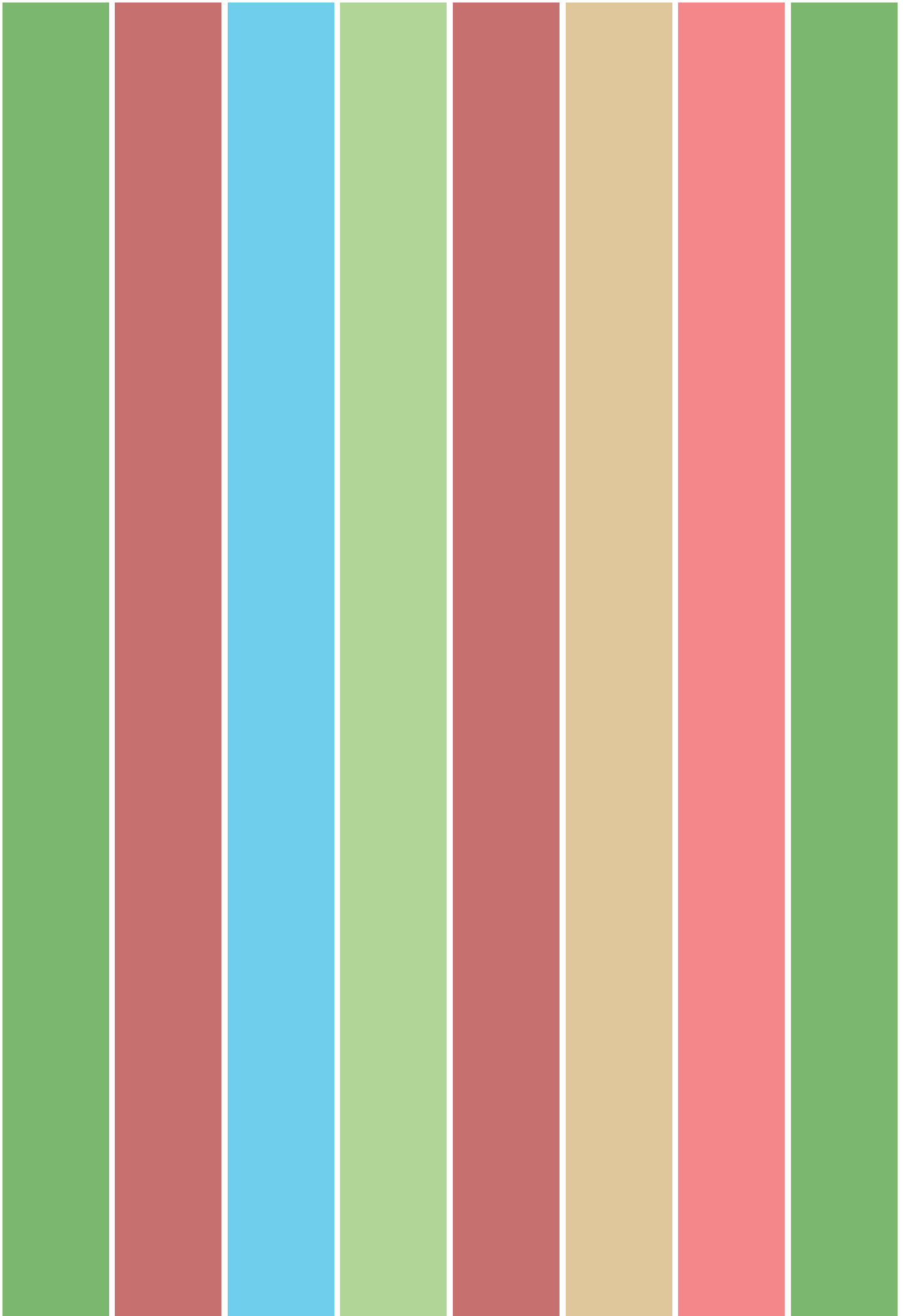
Repeat this until you feel calmer. You might want to pretend your feet are in the snow!

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

Christmas

dot
to
dot

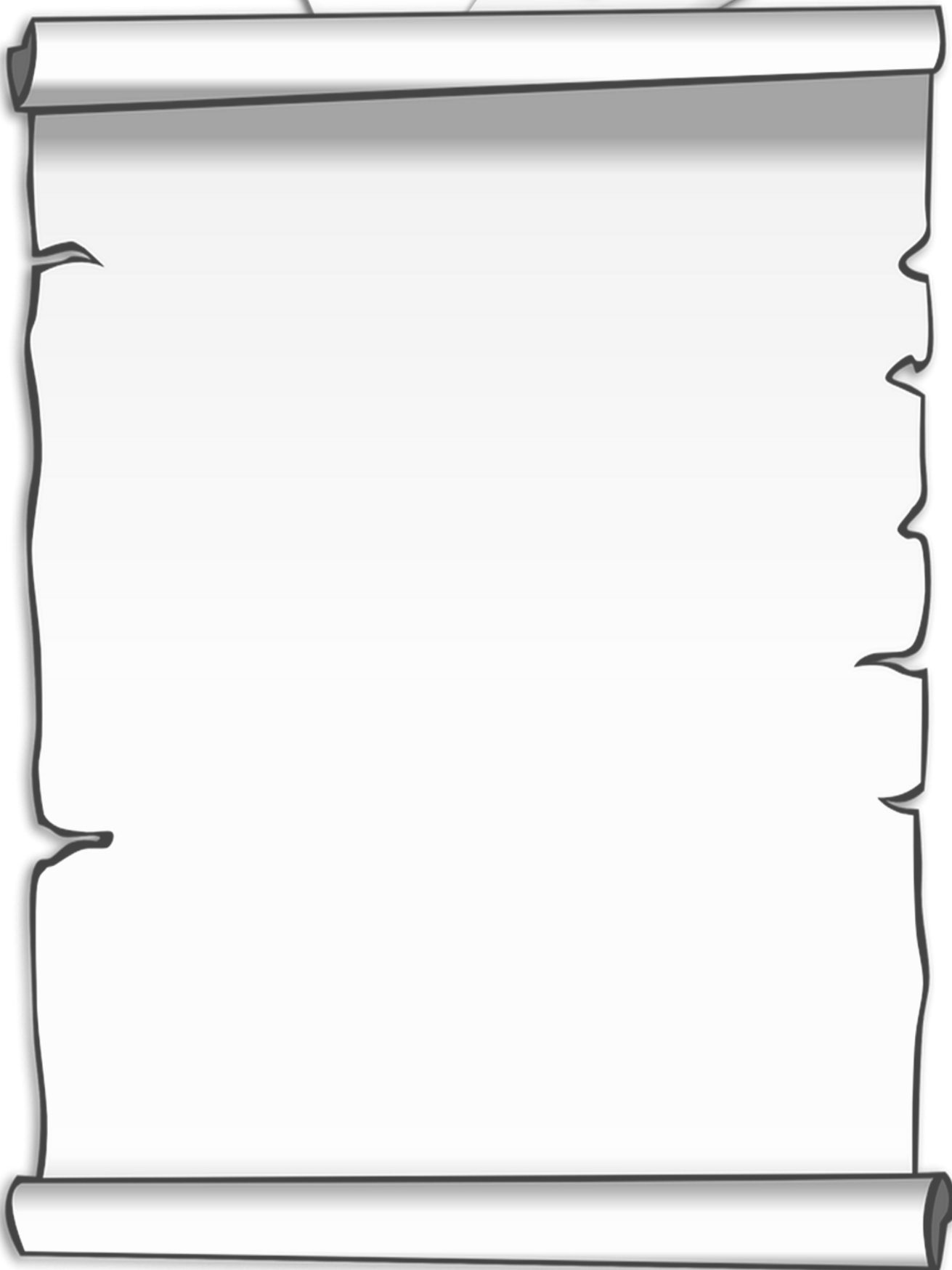
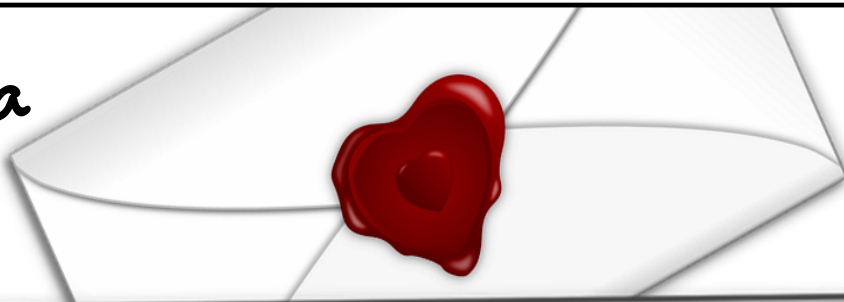




Christmas clean-up



**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



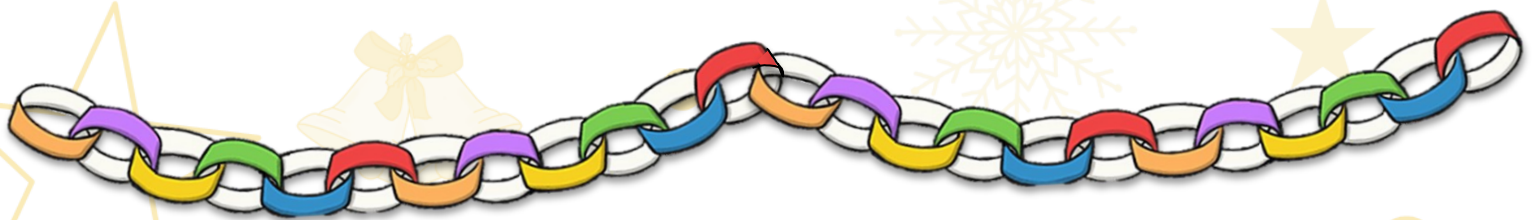
Special Christmas Cards

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 ...

If you are at home, you may want to ask a trusted adult to complete the activity from **Day 6**.

Share the positive words that your partner has written or drawn about themselves with each other.



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



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.

