



Wellbeing Advent Calendar



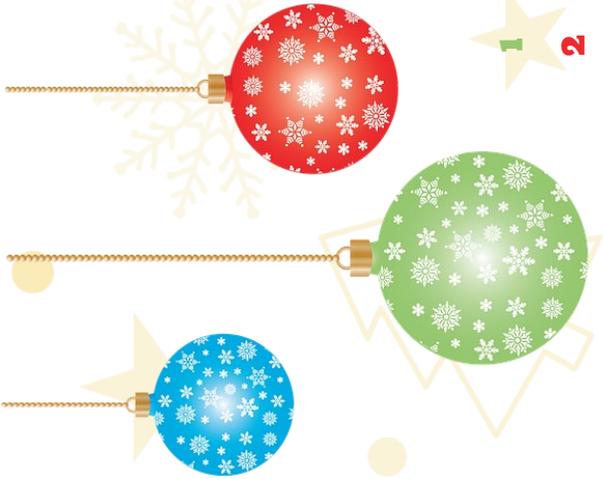


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welcome



Print the booklet pages from Day 1 – Day 25 to create a visual advent calendar for your classroom or home!

Each advent number has a Christmas themed image that you can colour in and display on your wall.

As you countdown to Christmas Day, turn over one page per day to see what is behind each door!

This wellbeing booklet contains a selection of activities that you can do on your own, as a class, or at home with your trusted adult.

Each activity focuses on positivity and wellbeing and provides opportunities for you to think about who supports you, how you are supported and how you can support and be kind to yourself and others during Christmas time.



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.

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 because of the covid-19 pandemic, 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



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!

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!



5th December



Christmas Wordsearch

Complete our Christmas wordsearch.

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 & 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!

8th December



People We Love & 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...



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.

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 Nifflenoo 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.



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.

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



15th December



16th December



Christmas dot-to-dot

Complete our Christmas dot-to-dot.

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!



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17th December



Christmas Clean-Up

It is time for a Christmas Clean-Up!

Spend some time thinking about:

- * *What makes you feel happy?*
- * *What helps you to relax or feel calm?*
- * *What stops you from feeling bad?*
- * *What are some good distractions for you?*
- * *Are there any new things that you would like to try?*

Remember, you can add new things in your life to help you feel more positive. You can also tidy up as much as you would like to this Christmas and take away what you don't want or need.

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.



19th December



20th December



Sharing is Caring at Christmas

Special Christmas Cards

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

Share your memories with your special person or people.

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

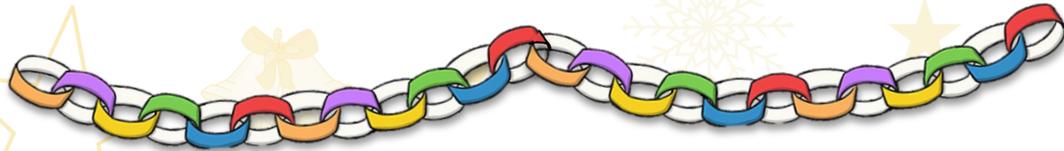
Decorate a Christmas card for a friend or trusted adult that is special to you who has had some sad times recently to cheer them up.



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.



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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.

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.



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.

