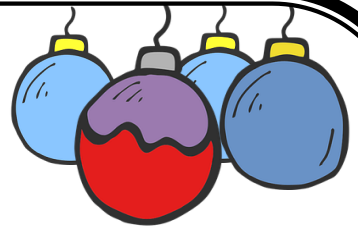


My Wish List





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

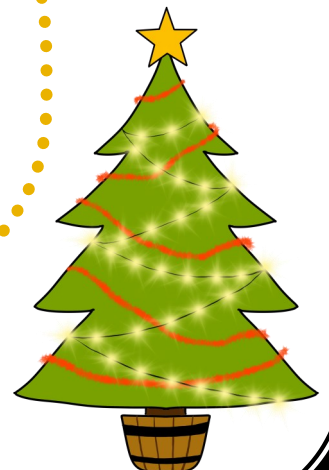
Breathe out

Breathe in

Breathe out



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

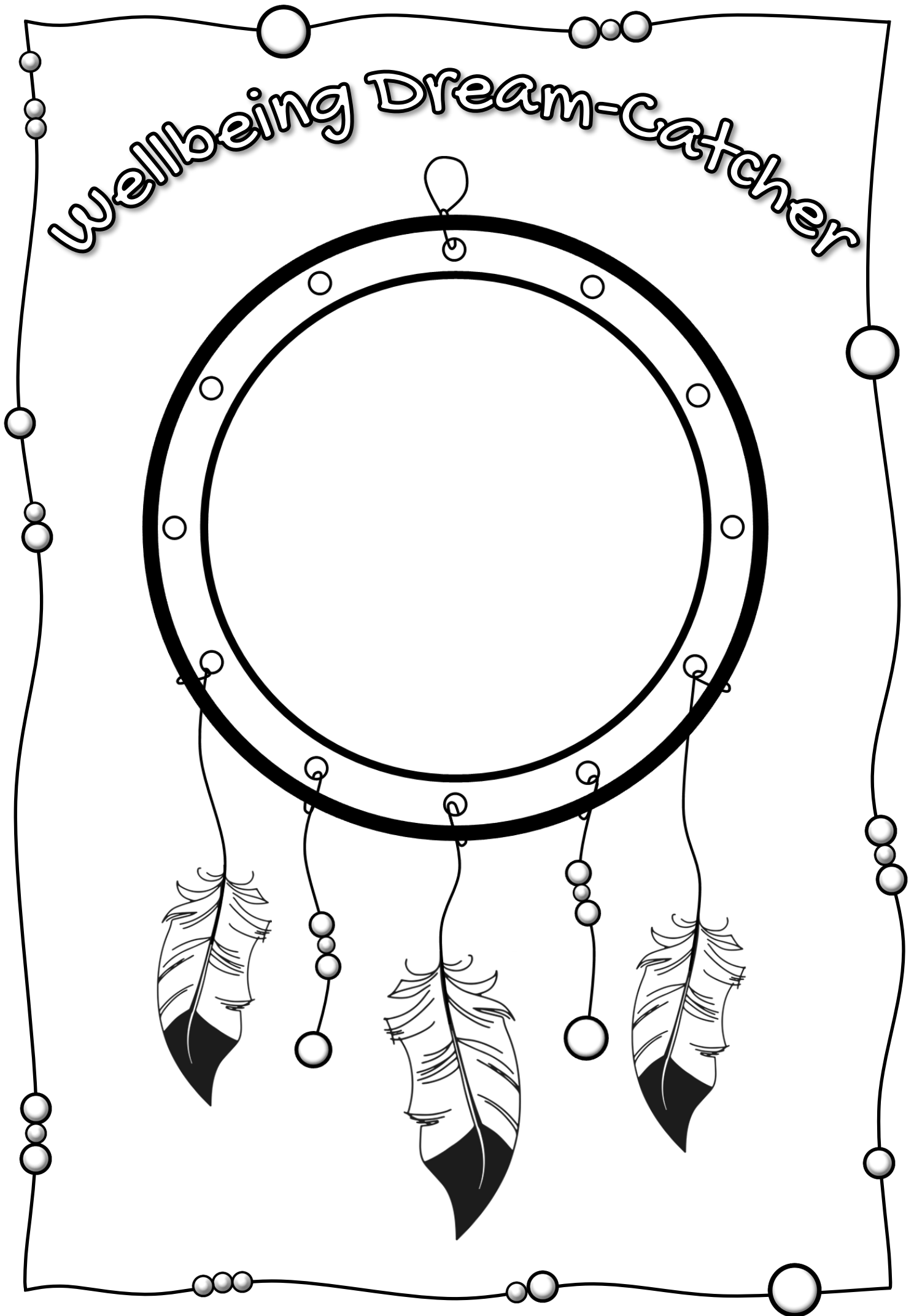
Cards

Reindeer

Wreath



Wellbeing Dream-Catcher



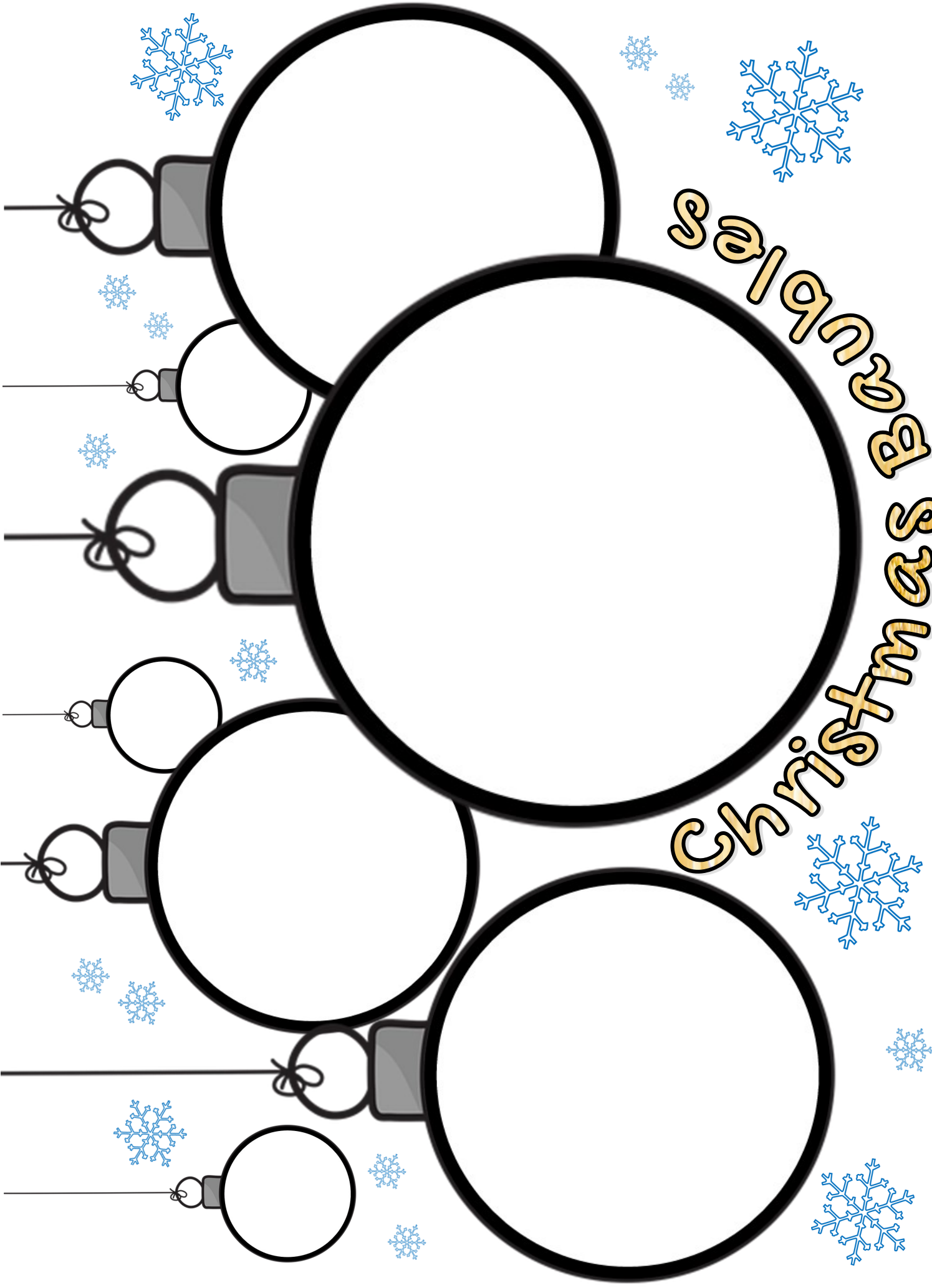
The people I LOVE...



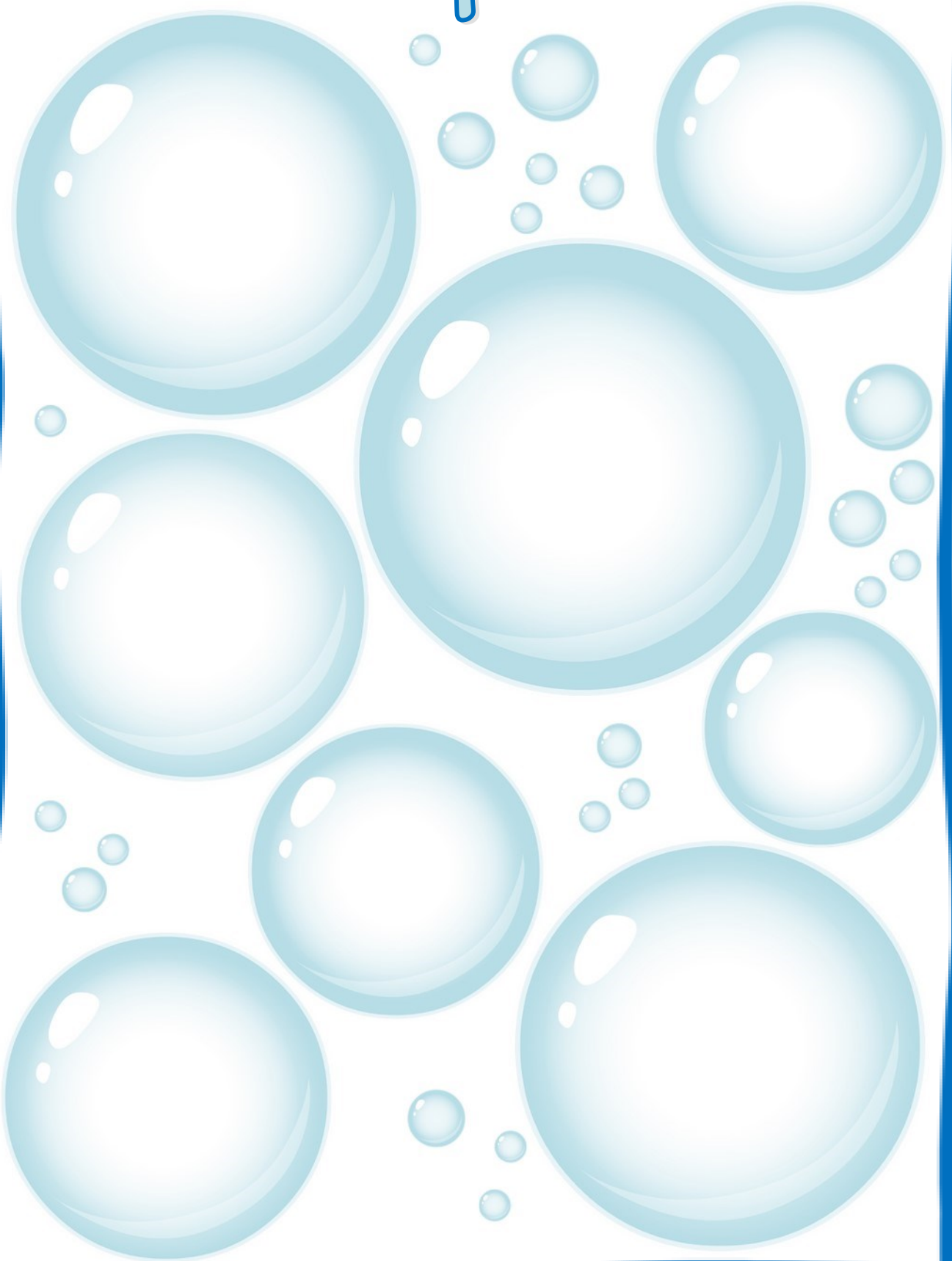
The people who LOVE me...



Christmas Bubbles

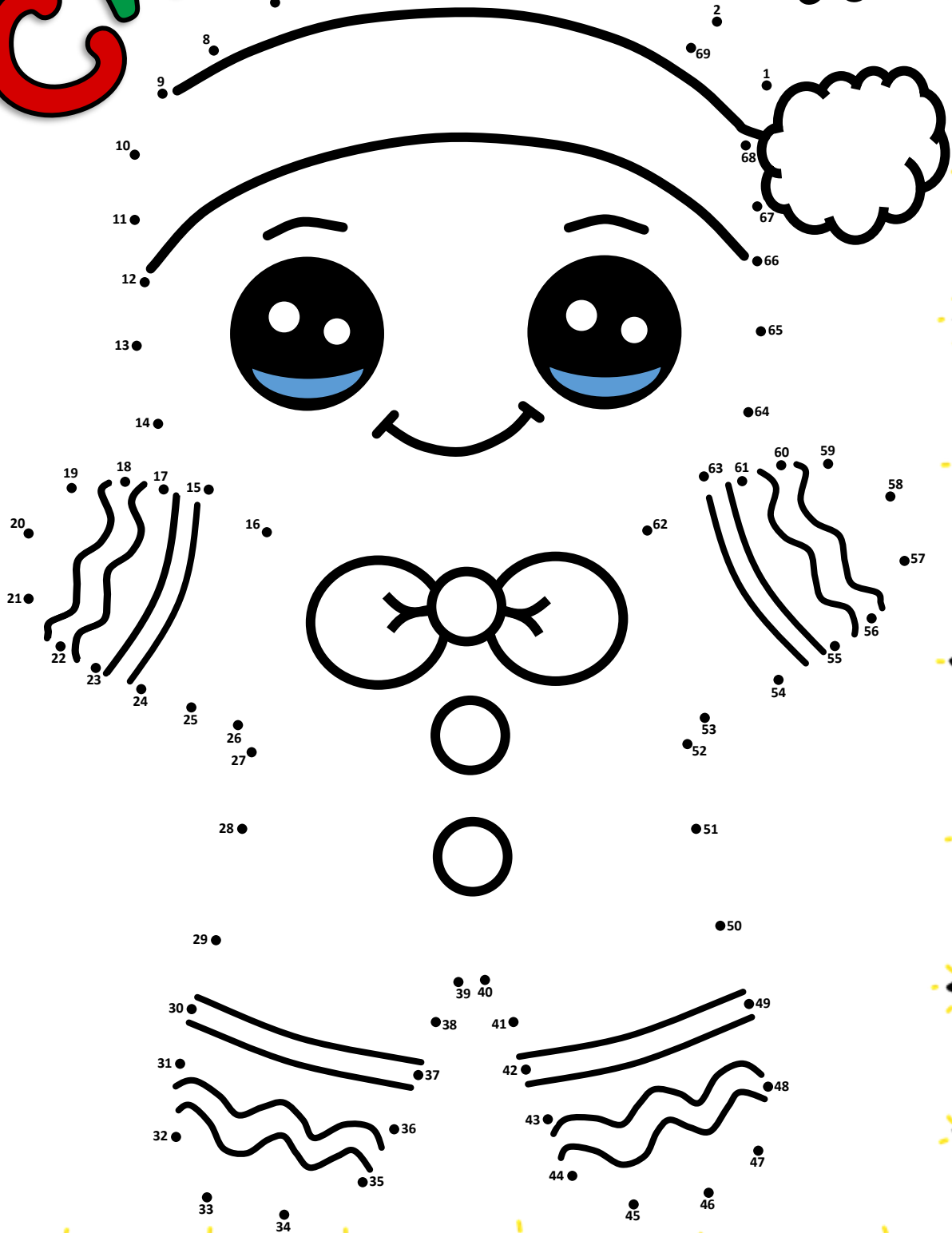


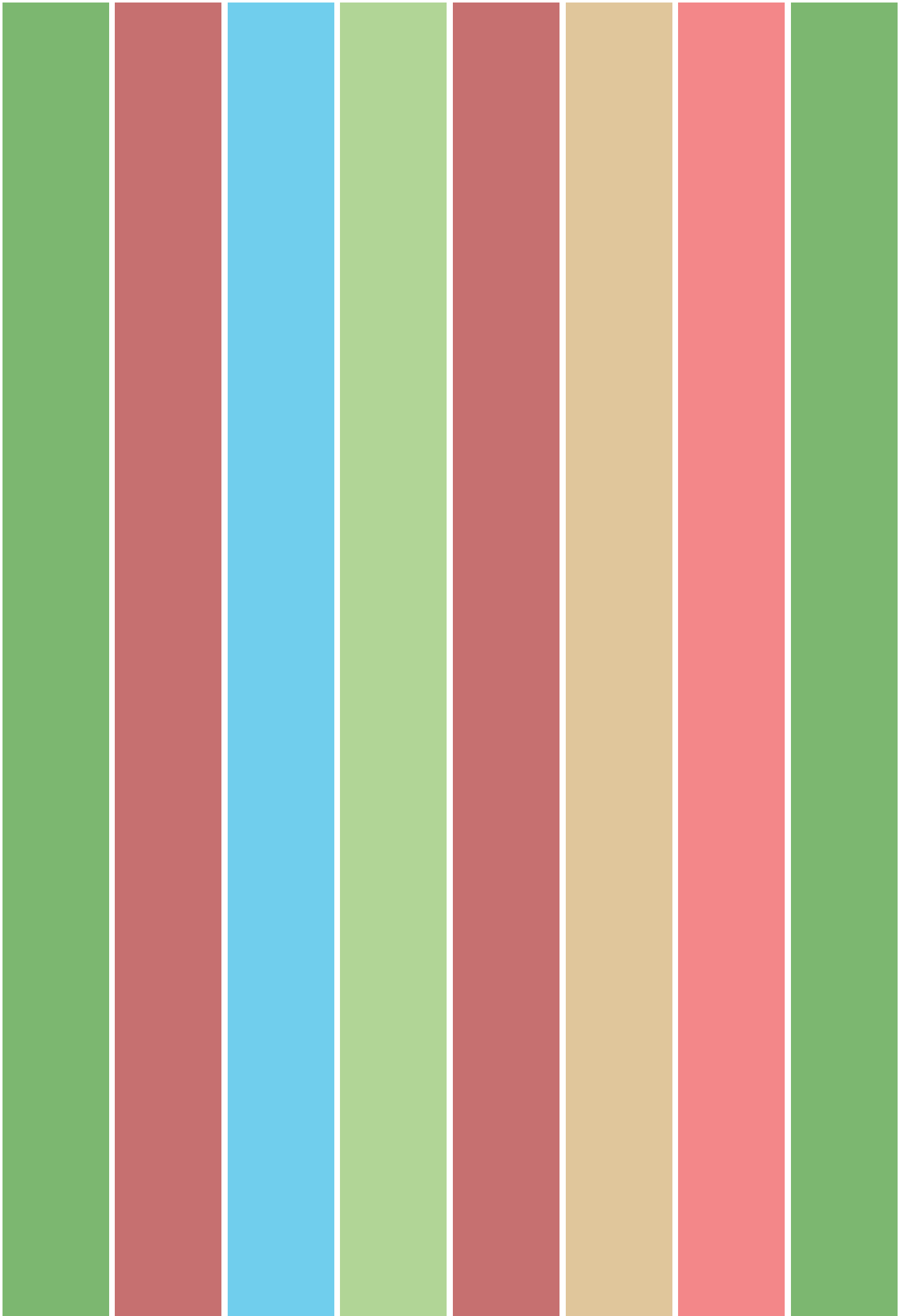
Memory Bubbles



Christmas

dot
to
dot

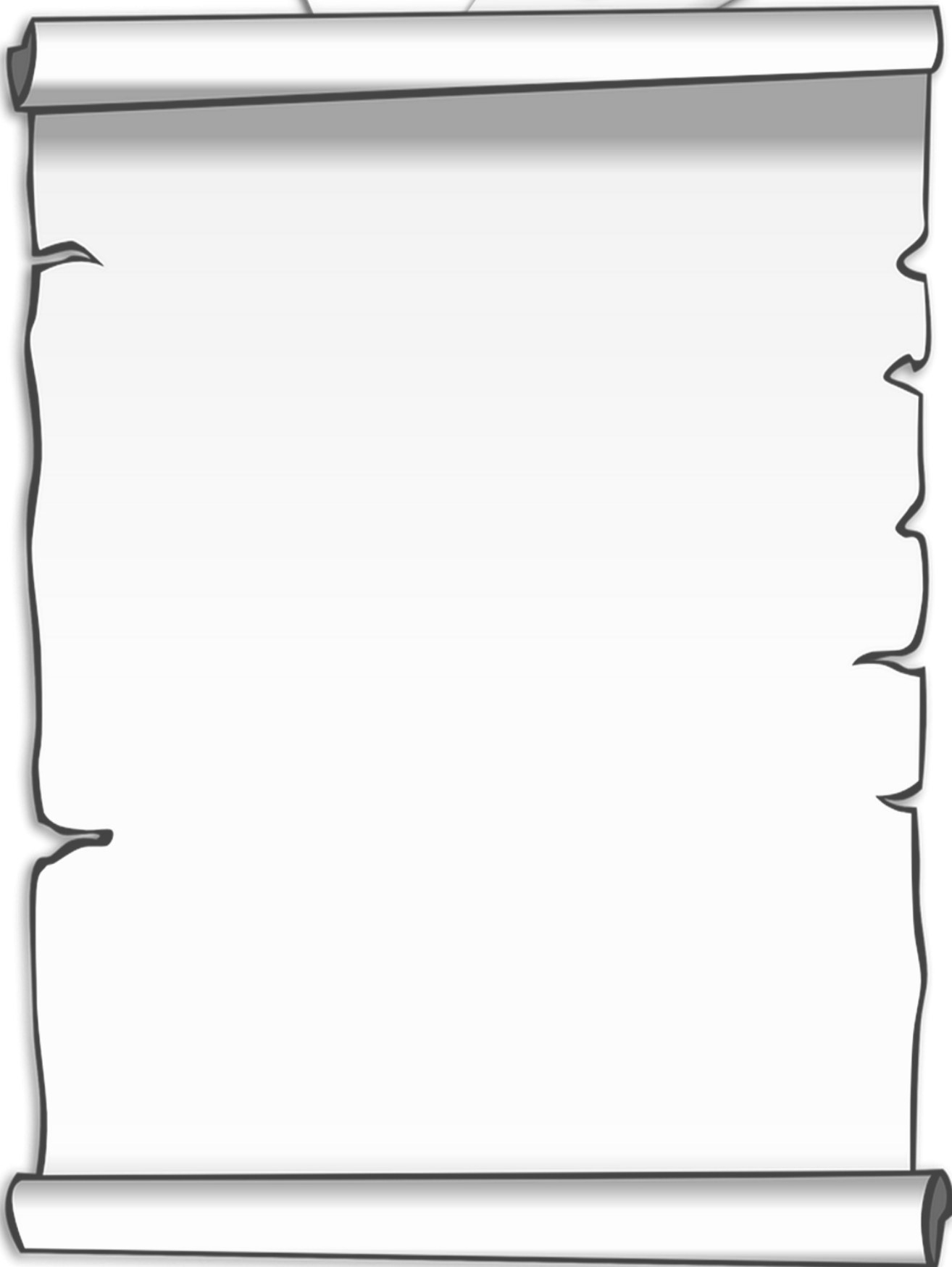
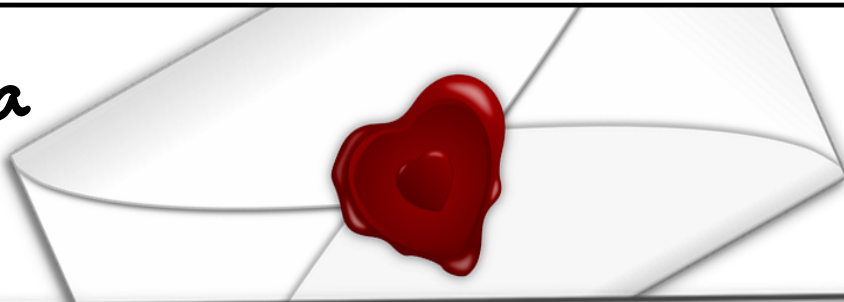




Christmas clean-up

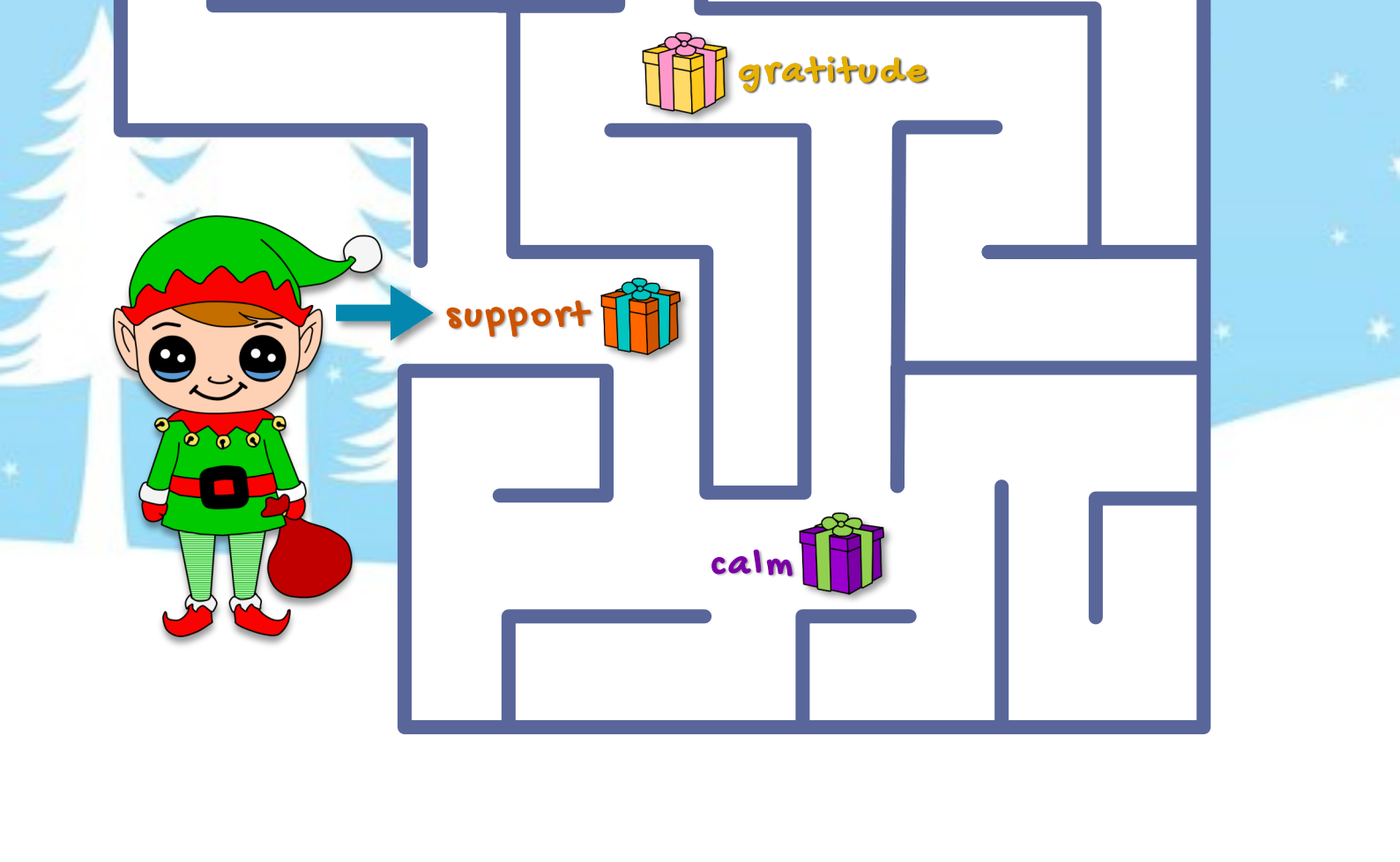


**Letter to a
Loved one**





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.

