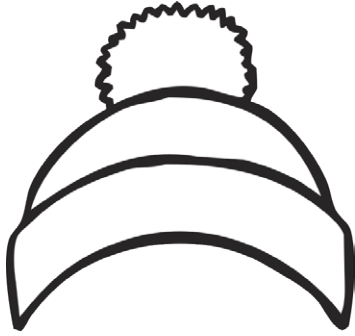


Beating the Winter Blues

Lots of exciting things happen during winter, but the cold, dark weather can mean that our mental health and emotional wellbeing need a bit more looking after at this time of year. Have a go at completing this sheet, to help you beat the blues.

Add your happy face below the bobble hat and decorate the hat however you like.



How many positive words can you find in the phrase 'winter blues'? List them on the back of the sheet.

We often send postcards in the summer. Why not design a winter postcard?



Complete the sentence below.

The best things about winter are



List five fun things you can do indoors on a cold, rainy day:

- 1.
- 2.
- 3.
- 4.
- 5.

