WELLBEING

During the Holidays

Great things about the Christmas holidays…

- Time at home with family
- Pleasure in giving – time and presents
- Pleasure in receiving – time and presents
- Lovely food and treats
- Staying up late
- Parties
- Exciting

Christmas Holiday Challenges

- Dark, cold and rainy
- Everybody is busy
- Things not being quite what expected
- Change
- Christmas celebrations have to come to an end
- Getting tired

Looking after our Wellbeing

Sleep – get enough!
Eat healthily as well as enjoying some treats
Get outside and active whenever you can

Keep connected to others. Take time for other people, especially those you don't see often.

Be resilient and calm, even through challenging times. Have a plan to help you be calm and resilient – cosy place, colouring, reading, kicking a ball…

Try to be aware of how other people are feeling and how you make other people feel

Activities to help Look after our wellbeing

Keep busy with a range of different activities

Physical Activities	Emotional Activities	Social Activities	Play Activities	Concentrating Activities	Relaxation Activities	Rest Activities
Things to get you moving.	Things to connect you with others.	Things to help you enjoy the company of others.	Things to let your imagination run free.	Things you can spend time quietly focusing on.	Things to help you be still, calm and to reflect.	Things to help you simply chill out.

Activities to help Look after our wellbeing

Pick some activities from the Advent of Kindness:

Activities to help Look after our wellbeing

Beat Winter Blues with these mindfulness ideas

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.

Activities to help Look after our wellbeing

Mindfulness activities

Happy Holidays!
WARM WISHES FOR THE HOLIDAY SEASON