



## Wellbeing Countdown to Christmas

<b>1</b> Decorate your Christmas Tree	<b>2</b> Dance to your favourite Christmas songs	<b>3</b> Colour in a Christmas picture	<b>4</b> Have a Christmas massage	<b>5</b> Christmas Karaoke	<b>6</b> Make a Christmas decoration	<b>7</b> Try a new activity  Tip: Ice-skating, treasure hunt	<b>8</b> Play a game	<b>9</b> Make a sensory Christmas bottle	<b>10</b> Bake and decorate the best Gingerbread man
<b>11</b> Close your eyes and relax to some calming Christmas music	<b>12</b> Make mince pies Tip: Make sure there are no nuts in the mincemeat jars	<b>13</b> Make or give a Christmas card	<b>14</b> Write your Christmas list  Tip: Cutting out pictures from a magazine	<b>15</b> Give someone a hug	<b>16</b> Draw a picture of a snowman	<b>17</b> Make a Christmas hot chocolate	<b>18</b> Sing a Christmas Carol	<b>19</b> Wish a friend a Merry Christmas	<b>20</b> Make Reindeer food
<b>21</b> Go for a walk in the woods	<b>22</b> Visit your local Christmas lights or garden centre	<b>23</b> Watch a Christmas movie	<b>24</b> Read or listen to a Christmas Story	<b>25</b> CHRISTMAS DAY  Enjoy being with family - Merry Christmas All					

*"Be kind whenever possible. It is always possible" ~ Dalai Lama*