

Christmas Wellbeing Advent Calendar

1

Do something kind for someone else.

2

Make a batch of Christmas biscuits to share with family and friends.

3

Find some seasonal natural treasure and bring it inside to display.

4

Get a cosy blanket and snuggle up on the sofa with a good book.

5

Create a piece of art using natural materials.

6

Arrange to see a friend for a chat and a giggle.

7

Wake up in time to see the sun rise.

8

Make a Christmas card for a friend thanking them for something.

9

Get creative! Use paint to create a winter scene.

10

Listen to your favourite Christmas song.

11

Go for a winter picnic with hot chocolate and a cake.

12

Complete a seasonal craft project. Use sequins, glitter or colouring pens to get creative.

13

Sit in a quiet area outside and listen to all the natural sounds you can hear.

14

Look outside in the early evening and try to spot some stars.

15

Dance to your favourite Christmas song.

16

Research a charity. Think of a way you could help raise money to support a good cause this Christmas.

17

Create a senses box. Place smells and textures that remind you of Christmas inside it.

18

Plant some spring flowering bulbs like daffodils or tulips.

19

Sitting comfortably, close your eyes and breathe deeply. Think of five things you are grateful for.

20

Create ice art. Collect leaves or petals and put them in a pot of water and then freeze it. Take your ice sculpture out of the pot and display it.

21

Watch your favourite Christmas film with someone special.

22

Invite a friend round to play a game.

23

Wrap up a gift for a family member.

24

Arrange a family meal where everyone suggests a course.

25

Wrap up warm and go for a walk outside.

