My Little Christmas Calm Time

Festive colouring and mindfulness activites



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Let's Decorate the Christmas Tree!

Take your time and decorate the Christmas tree. Choose your favourite colours!



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A Little Christmas Pause

Let's Take a Little Christmas Pause!

1. Breathe in slowly.



2. Breathe out gently.



3. Choose your favourite colours and decorate your reindeer.

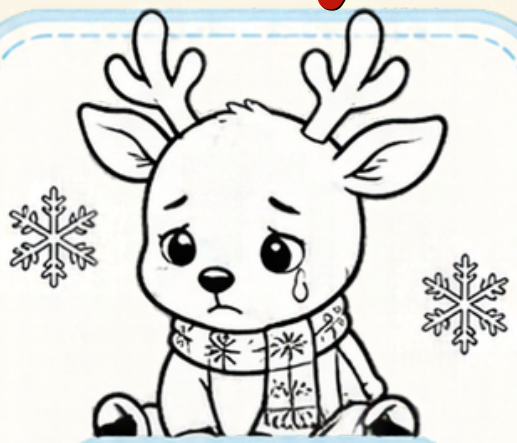
A Calmer
Brighter
Happier You

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How Am I Feeling Today?



Happy



Sad



Worried



Calm

- Can you point to the character that shows how you feel?
- What makes you feel happy?
- What helps you feel calm?

It's okay to feel all kinds of feelings!

You are brilliant just as you are!

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My Favourite Christmas Moment



What is your favourite part of Christmas?

Well done!

You've enjoyed your own little Christmas calm moment.

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