

# Christmas Wellbeing Advent Calendar

Enjoy these activities with an adult.

**1**  
Have a  
snuggly story  
on the sofa.

**2**  
Do something  
kind for  
someone else.

**3**  
Make some  
Christmas  
biscuits.



**4**  
Go for a sound  
walk. Listen to all  
the natural sounds  
you can hear.

**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 thank-  
you card for a  
friend.

**9**  
Get creative! Use  
paint to create a  
winter scene.

**10**  
Listen to your  
favourite  
Christmas song.



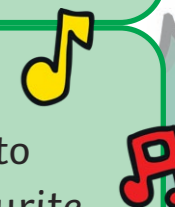
**11**  
Go for a winter  
picnic with family.  
Enjoy some  
hot chocolate  
and cake.

**12**  
Use sequins, glitter  
or colouring  
pens to make a  
seasonal craft.

**13**  
Sit in a quiet area  
outside and listen  
to all the sounds  
you can hear.

**14**  
With an adult, look  
outside in the early  
evening and try to  
spot some stars.

**15**  
Dance to  
your favourite  
Christmas song.



**16**  
Make a bird feeder  
from a pine cone,  
soft butter and  
bird seed.

**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**  
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**  
Learn how to  
make a new  
seasonal craft.



**25**  
Wrap up warm  
and go for a  
walk outside.

