

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.

