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We wish you a happy and healthy  
2022 #Belonging. Find out more  
about the resilience framework at  
[www.boingboing.org.uk](http://www.boingboing.org.uk)  
#RESILIENTMOVES.  
[WWW.RESILIENTRUTLAND.CO.UK](http://WWW.RESILIENTRUTLAND.CO.UK)



# December 2021: Resilience & Sparkle



List 3 things you are looking forward to this month.

What is your favourite meal? Can you help make it today?

Put some Christmas music on and dance. Smiling?

Who needs a hug today? Pass on a kind word or note.

Share a winter story with your friends today. What was your favourite bit?

What is your perfect bedtime routine? Do it today.

Draw Christmas baubles. Write in the names of people you love / who care about you.

Where is your safe place? Make a snuggly den today.

Remind someone important to you that you love them.

Message someone you cannot be with today. Remind them you are thinking of them.

Check in with someone today. Remind them you care.

Smile. Can you pass on a smile today?

A winter's walk. Fresh air, mud and windy skies? Enjoy.

Christmas Day! Share some thank you's & show people you care.

Find out what clubs and activities there are for you to do. What do you enjoy?

What are your favourite Christmas films or books? Read/Watch one.

Find an online work out and enjoy.

Who can you help today? Be generous.

Fresh air! Go get some. Walk, skip, play. Notice nature.

Healthy snacks? Use some fruit to make a festive treat.

Get creative. Art? Music? Drama? Do something different today.

Christmas Eve: A time of hope. Take a moment to think what you are hopeful about.

Write down 3 memories that have made you smile this year.

Take some time today to try some deep breathing. Exhale.

What have you done to be proud of this year? Share a complement too.

Look at yourself in the mirror. Tell yourself you are proud.

Do something for someone else today. #kindness

What do you enjoy doing? Find time today.

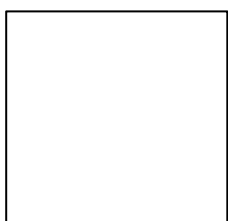
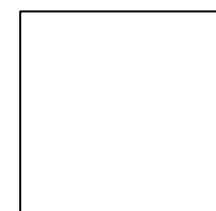
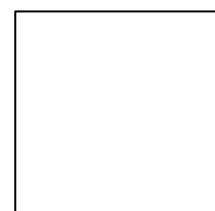
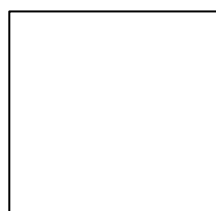
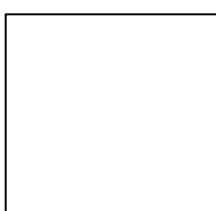
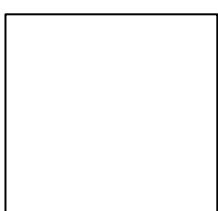
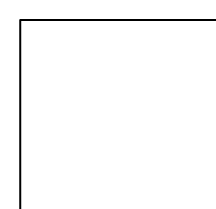
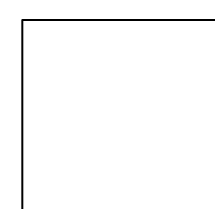
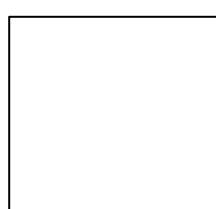
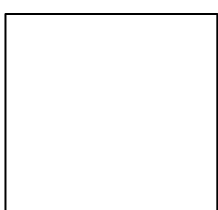
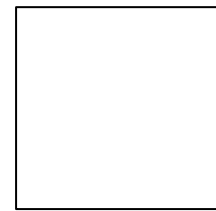
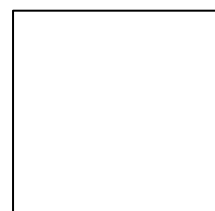
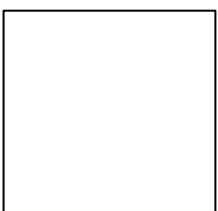
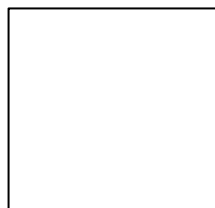
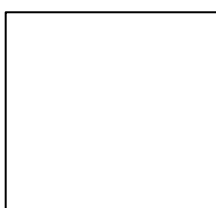
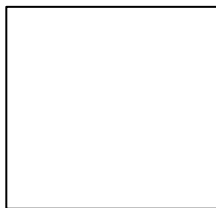
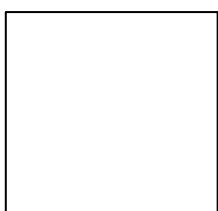
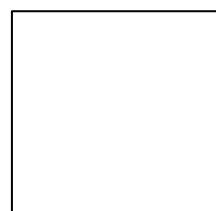
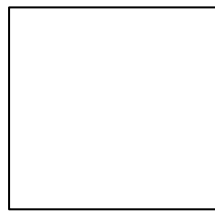
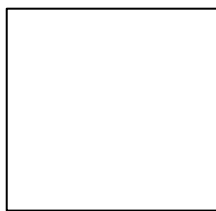
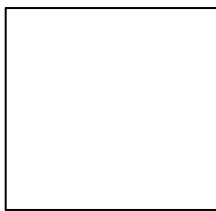
What has been good about today? Be thankful.

What are your hopes and plans for 2022. Write these down.

Write a recipe today for friendship. What will you include?

We wish you a happy and healthy 2021 #Belonging. Find out more about the resilience framework at [www.boingboing.org.uk](http://www.boingboing.org.uk) #RESILIENTMOVES. [WWW.RESILIENTRUTLAND.CO.UK](http://WWW.RESILIENTRUTLAND.CO.UK)





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Lyn Harte 2020