

Creative Fix

Creative Calm Kit

24 DAYS OF SIMPLE CREATIVE
ACTIVITIES TO INSPIRE INNER PEACE

ALLEGRA CHAPMAN



Hi, I'm Allegra Chapman

I'm an author, columnist, and creative wellbeing practitioner. I help people unleash their inner creativity, and build creative lives on their own terms.

As an AuDHD mother of two, I know not everyone's brains work the same way, and everyone's lifestyle has its own requirements. So I'm here to help you find an approach that works for *you* as a unique individual.

How to use this kit

Here you will find 24 creative therapy activities to support you through the festive season.

This is yours to use as you like.

You could do one activity a day, like an advent calendar.

Or you can dip in and choose a random activity when you feel the need.

You don't have to do all 24 before Christmas (or your festival of choice) - you can use (or reuse) any of them whenever you like.

The activities are organised into groups to suit different aspects of the festive season. You don't have to follow this structure, just go with what suits your needs.

Each activity is simple, to fit in with your time and energy, and can be done without any special skill or equipment.

Enjoy! x



Section 1

Setting the Scene

Setting solid foundations of
calm before things get hectic!

1: Protection Wreath

Set an intention to protect your boundaries and your energy during this season.

Draw a circle in the centre of a page to form the base of your wreath, then decorate it with tiny symbols that feel grounding or protective - hearts, spirals, stars, dots, little leaves... whatever makes sense to you, drawn intuitively and imperfectly. Visualise the wreath as a boundary between you and overwhelm.

You could also make an actual wreath, and you could display that, or your drawing, somewhere it will act as a reminder.

2: Winter Window

Look out of the nearest window and write three lines describing exactly what you see in this moment - this could be sky, air, trees, light, weather, people, buildings... Keep each line short, simple, and sensory-based. No metaphor needed unless it comes naturally. Read it once aloud or silently, and see what it evokes in you. Keep writing if you like, or stop there. When you're done, place a hand on the window frame with an intention to "anchor" this moment into your body.

3: Presence Mandala

Gather buttons, coins, beads, nuts, seeds... any small objects. Start placing them in the centre of a table, building outward in circles or patterns that feel satisfying, but keep it glue-free - you're creating a temporary mandala of presence, not perfection. When you're done, admire it for a moment, then slowly sweep or gather it away, sensing release in the clearing.

4: Soft Art

Collect only soft materials such as cotton pads, felt, pom poms, yarn, velvet ribbon, or soft fabric scraps. Glue or arrange them into a tiny artwork, perhaps a moon, heart, winter scene, or abstract shape, prioritising texture over structure. Press the materials lightly as you attach them, noticing their softness. When you're finished, enjoy the sensory experience of the whole piece, and allow the softness to sink into your being.

5: Fabric Scrap Decorations

Gather scraps of fabric, ribbons, old clothing that's no longer wearable, string... any bits of material you have lying around. Shape the bits into decorations. You could cut into triangles for Christmas trees and attach ribbon "tinsel"; you could wrap into a ball to make (imperfect) baubles; you could knot white pieces together to make a rough angel or snowman shape; you could knot scraps together to form a garland; you could make bows to decorate a tree or a to create a garland... allow your creativity to flow, and allow it to be raw and personal.

6: Scent Drawing

Choose a festive scent (pine, cinnamon, orange, a candle you love, your favourite Christmas cookies...), and inhale it slowly with your eyes closed. Then open your eyes and draw the feeling of that scent as lines and marks - swirling, jagged, dotted, misty, smooth... whatever fits. Don't draw objects, draw the mood of smell. End by writing the name of the scent at the bottom and circling it in softly drawn loops. Repeat when you want to be grounded and embodied.

Section 2

Getting Ready

Managing stress while the preparations are ramping up.

7: Recipe Cards

When you're planning food and drink, why not turn your recipes into works of art? Write a recipe on a postcard or piece of card / paper. Draw tiny intuitive illustrations beside some of the words (an orange, star, little mug, pine sprig, biscuit, etc.) without worrying about realism. Decorate the edges of the card with drawings, paint, collage... any way you like.

You could even use these recipe cards as gifts.

You could also do this with your festive to do list or schedule.

8: Worry Snowman

Rip a sheet of white paper into tiny pieces, letting the confetti fall onto the table. Then tear three slightly larger pieces and write one worry on each one. Ball each one up and add them onto the confetti pile like a snowman on a blanket of snow.

Visualise your worries melting like snow. Then gather up all the paper - if you have a fireplace or a fireproof bowl, you can burn the paper (safely!), or simply bin it. Consider the worries released.

9: Draw Your Breath

When you need a quiet moment, sit somewhere you won't be interrupted (just for a few minutes) with a piece of paper and a pencil. Allow your breath to find its natural rhythm and then draw it - move your pencil up the paper with your inhale, and down with your exhale. Don't judge it, just notice how your breath flows, and if it changes as you go.

10: Scribble It Out

Write down everything that's annoyed you or stressed you out over the course of the day, or anything that's particularly bothering you about the holidays. You could make a list of things, or of your feelings, or you could write a paragraph or two on (a) specific issue(s).

Once you feel like you've got it all out, scribble over it. You could simply scribble randomly, or you could scribble patterns or a drawing over the writing. Keep going until it's pretty much impossible to read it.

Press hard. The act of writing down your feelings helps to release them from your mind, but hard, and fairly speedy, scribbling moves those feelings out of your body.

When you've finished, if you want to, you could rip up the piece of paper. The act of tearing paper is good stress relief in itself.



11: Bilateral Drawing

Bilateral drawing uses both hands at the same time. This engages both sides of the brain, which helps to regulate the body and mind.

Take a piece of paper. I recommend either putting a small piece of blue tack on the underside of each corner of your piece of paper, so that you can stick it to the table, or putting a weight on either side of the piece of paper to hold it down. Otherwise, the paper can slide around.

Hold one crayon (or whatever drawing implement you like) in each hand. Move your hands in circles or lines (up and down, side to side), one on either side of the paper. Then move both hands in random patterns or scribbles, doing whatever they want to do.

Top tip: you can disguise this as a fun game for kids or party guests when you feel some decompression is needed!

12: Micro-Gift Challenge

Pick an incredibly simple gift idea (bookmark, star, tag, postcard, paper heart, painted stone), and set a 10-minute timer. When the timer starts, get making the gift without measuring, overthinking or restarting.

If you finish early, decorate the envelope or packaging instead. When the buzzer sounds, you must stop - done is done.

This is a great way to calm your system while making small gifts for people you want to acknowledge without spending a fortune on - teachers, neighbours, that cousin you never see...

Section 3

Having Feelings

Dealing with some of the big emotions that can surface over the festive season.

13: Emotional Weather

Take a moment to tune in to how you're feeling right now. Breathe slowly and deeply, and listen to what's going on inside you.

Then draw your emotions as if they were weather - sunshine, fog, gentle rain, wind, snow... whatever feels right to you. Keep your marks loose and non-detailed. Don't aim for metaphor mastery, just emotional temperature. When you're done, take a moment to think what you need for this weather.

14: Gratitude garland

Tear or roughly cut seven small rectangles or triangles of paper or card. Decorate each one if you like.

Write one thing you're grateful for on each, then punch a hole and string them onto ribbon or yarn without worrying about even spacing. Hang or lay the garland somewhere you'll see it. Imperfect shapes are encouraged. The softness and sincerity is the medicine.

15: Thread-pull card weaving

Take a piece of card or thick paper and poke or cut a few holes or slits. Then thread yarn or thick soft string through them in any direction that feels satisfying, pulling gently until it forms a soft tactile "weave". Tie the yarn at the back when finished.

You could gift it as a tiny handmade card, or keep it and run your finger over it whenever you need calm.

16: Letter Through Time

Write a letter to someone you miss this festive season, or to a past version of yourself, or even a past Christmas that you remember fondly. Decorate it if you wish.

You could send the letter to the person if it's possible and if you want to, or you could fold the paper into a star or other shape to hang on the tree or on the wall so that that person or memory is with you over the season.

17: Colour Your Feelings

If your emotions were a colour, what colour would they be? Choose a colour that represents how you're feeling right now, and then collect materials in that colour. Paint, pens, pastels, paper, fabric, yarn... anything you can put your hand on in your chosen colour. Cover a piece of paper in your materials. If you're using paint, you might want to get your hands involved - smear, thump or stroke the colour onto the page. Create shapes or patterns that represent your feelings.

18: Calm Aid

Make a list of 3 - 5 things you find stressful or overwhelming at this time of year. Beside each one, write down an antidote. It could be time in nature, headphones, rest, snacks... whatever you think would counter the effects of your stressor.

Write a word or draw an image to represent each antidote onto separate small pieces of paper or card. Keep them somewhere you can easily refer back to them when you need a lift - then you can choose one to bring you back to centre.

Section 4

Being Present

Staying grounded and in the moment during the big days

19: Tag Yourself

Cut or grab 3-5 blank gift tags or small rectangles of card. Using poster paint, watercolour, or acrylic, dab or smear paint using your fingers or a bit of sponge, keeping it abstract and low-detail. Let them dry naturally without trying to perfect them.

When finished, write an affirmation or grounding sentence on the back. Attach them to gifts or use them as place cards.

20: Pocket Guides

On pieces of card or paper, write short affirmations or reminders. One per card.

"I am enough just as I am."

"Soften and breathe."

Whatever makes sense to you.

Put cards in coat pockets, bags... anywhere you might need them throughout the season. Take one out and take a look when you need the reminder.

21: Value Statement

Write down a list of values that you want to live by and embody over this festive period. Illustrate it if you like.

You could turn the list into a decoration to be displayed in your home - you could even direct guests' attention to it, as the values you hold dear in your household - or you could keep it somewhere where only you can refer back to it to keep you grounded in what matters to you, no matter what happens around you.

22: Memory Making

Collect mementos from festive celebrations - pieces of wrapping paper, stubs of tickets, cards, leaves, anything you pick up along the way.

As you move through your special day(s), you could also carry a notebook with you and make a note of any moments that you want to remember or that you feel especially grateful for. Draw any doodles or grab any mementos that represent that moment to you.

You could ask others you gather with to draw a little doodle (it can be as abstract as they like) or write a few words to express how they feel about the day. Only give them a small piece of paper.

Use all the mementos and doodles or words to create a collage to represent your festive season.



23: Sky Journaling

In the midst of a gathering (or just outside), pause for 30 seconds. Look up at the sky and write or speak one sentence capturing exactly what it looks like right now. Add one tiny sketch beneath it if you like.

Then touch something near you - table, wall, tree, ground - to anchor the entry into the present moment.

24: Time Capsule

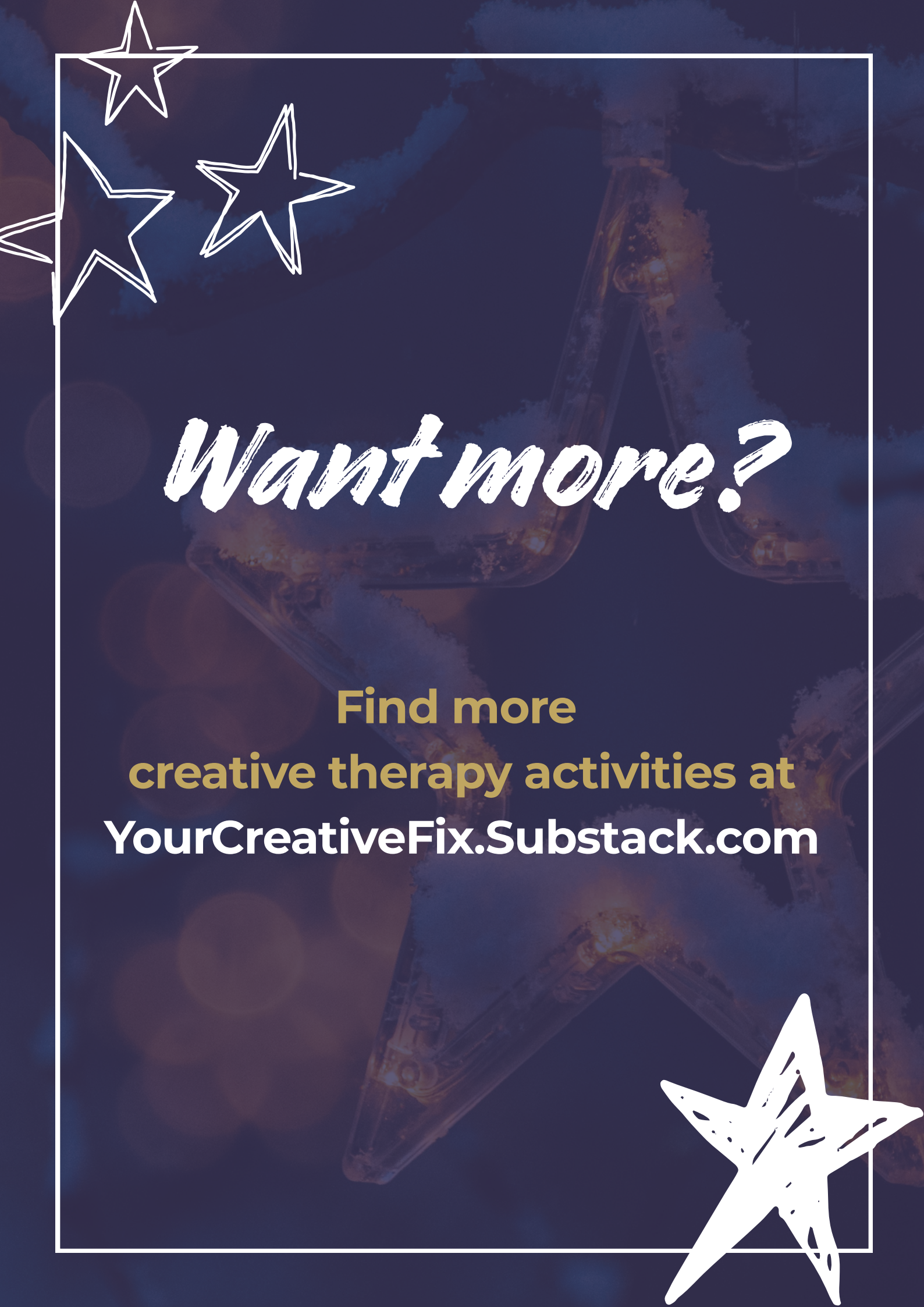
Take an envelope and place inside one tiny memento (craft scrap, yarn, wrapping paper, a tag...). On a piece of paper, write one sentence and/or draw a small doodle about what this day has meant to you. Seal it and write the date on the front. Save it for next year's festive season as a moment of future reflection and continuity.

Reminder: it's only Christmas

There's a lot of pressure to make Christmas magical, but remember that most of that is artificially generated by a capitalist system that wants to pressure us into spending money. This is just one month out of the year, and no one benefits from you running yourself into the ground or going into debt. Love and connection is more special than stuff.

If this festive season isn't all you'd hoped, or you're struggling with the people around you, keep in mind that this is just one part of the year - there are 335 other days (at least) to enjoy.

Take your time and look after yourself this Christmas.



Want more?

**Find more
creative therapy activities at
YourCreativeFix.Substack.com**

