

# A very *hapPEA* Christmas!

## **Sprinkling a little mindfulness magic this December**

Activities to build gratitude, kindness and love this Christmas.

Put your calendar somewhere where you can tick off each day & notice how it feels to do things that support your wellbeing & make a difference to others.

Marcel the Mindful Monkey and his mindful friends remind us that we can practice curiosity, trust, patience, love, generosity, kindness and feeling calm to activate our superpowers!



*happier christmas*

# Fill your December with mindful moments of thankfulness, kindness and love

Have fun trying these different activities and notice how it makes you or your child feel. You can move the order around or you may be inspired to add your own ideas. Enjoy sprinkling some mindful magic this month!

1. Start your December by doing something to help at home - e.g. tidy your room, wash up, help with cooking
2. Have fun creating your own Christmas cards to send to others
3. Think of '3 Things I am Thankful for' today & write them down
4. Bake some biscuits to share with someone or those at home with you
5. Make your own Christmas tree decoration to put on your tree & add some sparkle
6. Make a bird feeder (*see instructions available from [www.happea.net](http://www.happea.net)*) & put out food to help the birds now that it is Winter
7. Say hello to an elderly relative, family friend or neighbour who is on their own
8. Check with your grown up to see if you can donate to your local foodbank or drop an item of shopping in the box at your local store
9. Draw a picture of someone who makes you feel happy & share it with them
10. Practice this 'grounding' exercise in a difficult moment today: Name 5 things you can see, 4 things you can touch, 3 things you hear, 2 things you can smell & 1 thing you can taste
11. Spend quiet, comfy time in your favourite spot at home reading your favourite book
12. Take the '2 Minute Litter Challenge' to help keep your local area clean (always be safe & complete activity with a grown up)
13. Talk to someone at school who may be on their own
14. Try the 'Kindness Challenge' today - Do 3 activities for each challenge: 'Being kind to you', 'Being kind to others' & 'Being kind to the world' - what will you do today & what difference does it make?
15. Ask your teacher if you can do something to help them
16. Do something that makes you feel happy & helps you to recharge during this busy time of year
17. Have a tech free day today & design your own games to play
18. Go for a family walk, bike ride together
19. Take the '1 Minute Mindful Challenge' to tune inwards, enjoy time to breathe & gently notice your thoughts, emotions & feelings in your body
20. Create a Christmas playlist of your favourite songs to have a kitchen disco & family sing-a-long
21. Spend time outside today, notice what you see & draw a picture to remind you
22. Do something to help someone else today, spread smiles with those around you
23. Eat a piece of food mindfully taking time to explore the sight, smell, feel & taste of your food.  
Notice how this helps to appreciate it more because you are paying attention to it
24. Put out food & write/draw a note to say thank you to Father Christmas & his reindeer
25. Enjoy Christmas Day celebrating precious time with those you love, sharing kindness and gratitude for each other
26. Ask your grown ups at home if you can do something to help them today
27. Play a family game altogether
28. Spend time today saying thank you for your presents - write a letter/ draw a picture to send to the person & let them know you are grateful.
29. Say hello to someone who you know has been on their own this Christmas
30. Write a list of all the things you are grateful for from this year
31. Set your intentions for 2022 - write down your goals & keep them visible to inspire you.

Take a moment to say a huge well done & notice how you feel!

