

Wellbeing Advent Calendar

1.

Make a playlist of your favourite holiday music

2.

Create a piece of art from natural materials

3.

Wrap up warm and go outside

4.

Declutter your bedroom

5.

Pay attention to your 5 senses. What are you responding to in the moment

6.

Think of **THREE** things you're grateful for

7.

Spread happiness and share a smile

8.

Call an old friend for a chat

9.

Dance to your favourite Christmas songs

10.

Connect with others
Connect with your community and join a new community group

11.

Write your own wellbeing journal

12.

Make a DIY self-care kit

13.

Practice positive thinking

14.

Donate or gift something to someone

15.

Write a letter to a friend and post it

16.

Cosy night in:
Hot Chocolate, Blanket and favourite Christmas films

17.

Listen to an audiobook or read

18.

Enjoy a "me day" outside your home

19.

Breathe!
Take a moment to yourself

20.

Do something you loved as a kid

21.

Have a lazy day and spend it relaxing

22.

Pyjama day!

Stay in your pyjamas all day

23.

Listen to your favourite Christmas song

24.

Spend some time with friends, family or your pet

25.

Merry Christmas