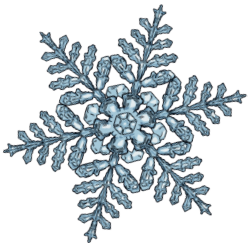
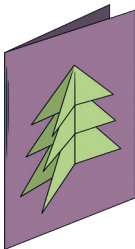




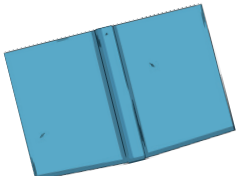

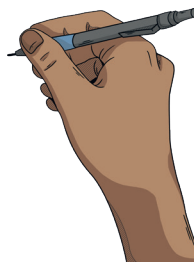


Christmas Wellbeing Challenge



<p>Day 1 Watch a Christmas film.</p> 	<p>*Day 2 Make an origami tree Christmas card and give it to a friend or loved one.</p> 	<p>Day 3 Make a decoration for the Christmas tree.</p> 	<p>Day 4 Write down three things that make you happy.</p>	<p>Day 5 Dance around the room listening to your favourite Christmas music.</p> 	<p>*Day 6 Relax with some mindful colouring or draw some festive doodles.</p> 	<p>Day 7 Wrap up warm and go out for a walk.</p>
<p>Day 8 Make yourself a luxury hot chocolate or your favourite drink.</p> 	<p>Day 9 Sit back, relax, and read your favourite book.</p> 	<p>Day 10 Turn off your phone, computer, and any other electronic gadgets for an hour.</p>	<p>Day 11 Spend an hour doing something creative like painting or crafting.</p> 	<p>Day 12 Write down your greatest achievement from the past year.</p> 	<p>Day 13 Come up with three goals for the new year.</p>	<p>Day 14 Let someone know you appreciate them.</p>

*Resources will need to be printed off.

