



WELLBEING ADVENT CALENDAR



Celebrate the countdown to Christmas with our 5 ways to wellbeing.

Complete your advent calendar and return it to school on **Tuesday 2nd January** to win a prize.

Prizes will be awarded to students who complete 12, 18 or all 24 days.

Sit or play with someone new at lunchtime.

1 

Spend an hour away from technology

2 

Help with a household chore or preparing a meal

3 

Smile at everyone you meet today

4 

Read a non-fiction book and learn something new

5 

Enjoy some mindful colouring

6 

Try and be kind to your siblings

7 

Leave a happy note for someone to find

8 

Spend some time in the garden

9 

Tidy your bedroom

10 


Enjoy a festive sing-a-long

11 


Dance to your favourite festive songs

12 

Learn how to say "Happy Christmas" in another language

13 

Write a thank you note to someone who has helped you recently

14 


Tell your teacher a joke

15 

Make your bed everyday for a week

16 

Let your adult have a lie-in and read a book when you wake up

17 

Play a board game

18 

Make a Christmas decoration

19 

Go on a mindful walk
What do you see?
What do you hear?

20 

Recycle or donate an item you no longer need

21 

Bake something yummy

22 

Perform a random act of kindness
Who can you help today?

23 

Spend quality time with your friends and family

24 



Merry Christmas from all at Sun Hill Junior School!