



Calming Calendar to Countdown to Christmas 2022



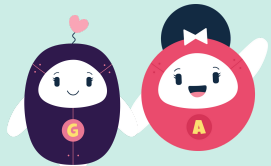
HOORAY IT'S NEARLY CHRISTMAS!



Use Gheorg's daily tips to build confidence, create calm and feel good during the festive season.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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1
Take 5 deep breaths



2
Tell a friend what you appreciate about them

3
Write down your feelings



4
Practice deep breathing when washing your hands today

5
Stay hydrated! Drink 8 glasses of water

6
Go outside and find a leaf or flower you like

7
Make a list of 3 things you're grateful for

8
Dance to your favourite music




9
Draw Gheorg with a big smile




10
Stretch your body, reach for the sky and wiggle your fingers

11
Give yourself permission to relax for some time today

12
Sing your favourite song



13
Feel and smell fruit before you eat it



14
Draw a picture of something positive about yourself

15
Breathe deeply before eating mindfully



16
Practice sharing your feelings with your reflection: "I feel...."

17
Go outside and listen to birds




18
Write down 3 things you're good at



19
Write down what you're looking forward to in 2023

20
Write down your feelings and give each one a colour





21
Tell someone how much you appreciated them this year

22
Ask a friend how they are and listen to what they say

23
Do 5 jumping jacks outside



24
Write down your strengths

25
Hug someone or something you love

