

Wellbeing Advent Calendar

Take a photograph
Photograph something which makes you smile. Try taking one photo a day for advent.



Call a friend
Check in with a friend. Ask how they are feeling. Share some positive news with them.



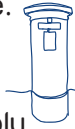
Be Kind to Yourself
Find an online meditation class or video to help you feel calm and relaxed in body and mind.



Listen to music
Make a playlist of your favourite music. Relax whilst you listen, or share it with a friend.



Send a letter
Write a letter to someone. Tell them your good news. Ask them to reply.



Breathe
Sit comfortably and focus on your breath. Breathe slowly in and out, from your belly. Feel the sense of calm.

Watch the sunset
Find a place to watch the sunset on clear day. Quietly enjoy the changing sky colours.



Be grateful
Think of 3 things you are grateful for. You can note this down or just think to yourself.



Have an art day
Spend a day making art. Drawing, painting, creating things to give as presents or keep.



Have a picnic
Make a picnic, wrap up warm and head out to a local park to enjoy lunch in the fresh air.



Be Mindful
Stay present, give things your full attention, try to avoid distractions, stay in the moment. Return to the present if your mind strays.

Write a poem
Poems don't have to rhyme! Write a short poem about nature, or something you find uplifting.



Listen to nature
Find a quiet place to sit. Notice the sounds of nature. Birds singing, leaves rustling - what else?



Repurpose clothes
Turn an old sock into a christmas stocking, or an old jumper into a cushion cover.



Bake a cake
Treat yourself with your favourite bake, whether it's a cake or bread.



Do a kind deed
Make someone happy with a simple 'hello'. Little good deeds can mean a lot and you'll feel great too!



Walk in nature
Whatever the weather, dress for rain or shine and head outside to enjoy the healing powers of nature.



Observe
Look out of your window. Quietly observe the sky. Watch the clouds moving and the colours changing.



Watch a seed grow
Watch some beans sprout. Place dried beans on damp kitchen roll, keep them watered and watch them sprout!



Exercise outdoors
Head out for a bike ride, or a walk on local paths. Feel energised by exercise.



Have a clear out
Make your home a place of calm. Donate things you no longer use.



Dance!
Whatever your ability, dance movement can be hugely uplifting. Put on some music and start by tapping your toes!

Make a Fakeaway
Make your own version of a take-away, using healthy ingredients you have at home.



Watch the sunrise
Early to bed, then wake up to watch the sunrise on a clear, crisp morning.

