Parent Guide

@twinklparents

We're excited to share this activity with you. If you are interested in finding more exciting, fun and interesting activities for you and your children, then check out these links to different areas of the Twinkl Parents website.

games

crafts

puzzles

experiments

word searches

What is this resource and how do I use it?

Christmas is an exciting and challenging time which can lead to children feeling nervous and over-excited. These Christmas mindfulness activities will help you and your child to feel calmer and more centred - this will help your child enjoy Christmas more fully. Enjoy a quieter pace this Christmas and prioritise connecting with one another.

What skills does this practise?

- Calm
- Quality Time
- Joy
- Contentment

Further Activity Ideas and Suggestions

Look out for:

- Christmas Yoga Breathing Mats
- Christmas Yoga Adventure Story

Parents Blog

Twinkl Kids' TV

Homework Help

twinkl Parents Hub

15 Christmas Mindfulness Activities



Christmas Dancing Boogie Woogie

Dancing is active and can make you feel happy and buzzy. For mindful dancing, choose music that is calm rather than bouncy to help you relax and wind down. You could use music that is full of Christmas joy as well as being calming. Find the rhythm, keep soft, sway and move in a way that helps you to stay present and in the moment.

Festive Eating



There are so many Christmas treats, and it is easy to overeat during the festive period. Mindful eating is perfect for Christmas time. Choose a festive treat, settle down somewhere comfortable and eat it very slowly, enjoying each tiny moment. Mindful Christmas treats taste good and help you to slow down your eating and connect with your senses.



Festive Sounds

Christmas has so many special sounds, such as jingling bells. Find a sound track with bells on it or make your own music by shaking bells. Sink into the music and let it settle and inspire you. Find the rhythm, and stay focused on the sounds while relaxing tension in the shoulders.

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Touching Christmas



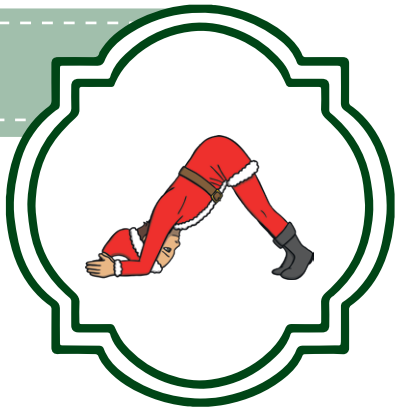
Make yourself a special sensory bag of Christmas textures. Go around your home collecting bits of tinsel, ribbon, pine cones, ornaments and other Christmasy items. Have fun finding the items. Put them in a bag and then when you need calm, sit with the bag, feeling, touching and sensing each item.

Christmas Singing



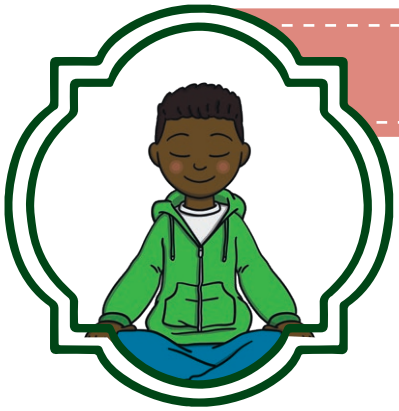
Put on some Christmas tunes you love and sing away. Singing improves your breathing and increases your feelings of aliveness and alertness. You might sing a quiet, gentle song or a robust joyous one. Whatever you do, give it your all! Sing with your body and soul.

Yoga



Twinkl Parents has a **Winter Yoga Adventure Story** that you can download to help you release tension and stretch out this Christmas.

Breathing



Twinkl Parents has a Winter Breathing resource that you can download to help you breathe easily this Christmas.

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Relaxation



Twinkl Parents has a **Winter Relaxation** that you can download to help you rest and relax your way into Christmas.

Let it Snow



Find a snow globe and set it somewhere pretty - maybe somewhere the light can catch it, whether that's daylight or Christmas lights. Gently shake the snow globe and then let all the tiny snowflakes fall. Watch the dance the snowflake makes before it settles. Let your thoughts settle like the snowflakes.

Gratitude Ornaments



Making your own decorations is a wonderful way to be mindful at Christmas. Choose a style that suits you, whether it is paper or 3D. Settle yourself down with what you need and then enjoy a good hour or two of making time. Each time focus on one thing you are really grateful for and what difference it has made to you.

Thankyou Cards



Make cards for your near and dear, saying what you are thankful for. Simple sticky notes or little cards work well. It could be 'thank you for being my friend' or 'thank you for helping me with my homework'. These little thank yous are a wonderful way to make the world a better place.

Cocoa Meditation



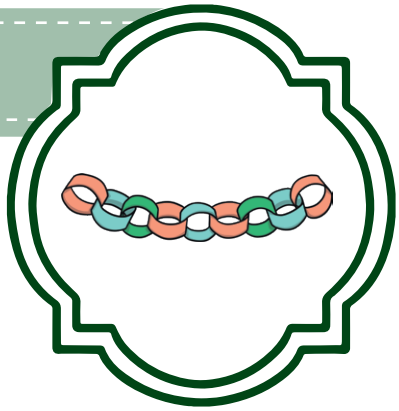
Why not make up your own cocoa ceremony? Make a hot chocolate, using a special cup, pouring technique and serving tray. Make the hot chocolate as if something very profound is happening. Drink it slowly and with your full attention. Tidy it away with that same sense of quiet joy.

Light it Up



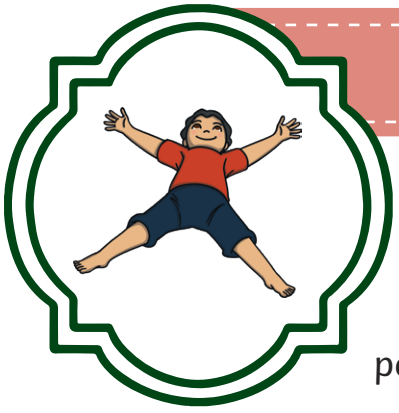
There is nothing like a little light show. Put on the Christmas lights and spend time just enjoying their twinkle. Watch the colours, the light areas, shadows and how they change. You might spend more time there doing a quiet task or listening to gentle music.

Chain Gang



Making paper chain decorations is a really calming and productive way to spend your time. Simple strips with tape at the end can be linked together to create a lovely decoration. Decorate the strips before assembling with written messages or hopes.

Shining Star Pose



Lie on the floor with your legs and arms stretched out comfortably so you are in a star shape. Imagine your heart is the centre of the star and that it beams out peaceful love. Breathe slowly and easily as you relax your shoulders and neck. Rest here for 10 lovely breaths.

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Disclaimer: We hope you find the information on our website and resources useful. As far as possible, the contents of this resource are reflective of current professional research. However, please be aware that every child is different and information can quickly become out of date. The information given here is intended for general guidance purposes only and may not apply to your specific situation.