

Mindfulness Advent Calendar



17

Worldwide winter
Learn how other cultures and countries celebrate different things about winter

1

Belly breaths
Take a big deep breath in and fill your belly up with air. Then slowly breathe out through your nose.

15

Snuggle up and listen to your teacher read a Christmas story.

22

Get crafty
Draw, paint or craft your favourite animal that reminds you of winter. Polar bear? Penguin? Reindeer? Or even just a cat with a funky scarf on!

4

Christmas Charades
Select a guesser. Tell the rest of the class the charade. The rest of the class act it out until the guesser gets it right.

12

Body scan
Try a body scan meditation to help you let go of stress or worries. There are lots of free videos of this on YouTube!

6

Get the giggles
Give laughter yoga a go. It's said to make you happier and less stressed! There are lots of free videos on YouTube.

23

Dance to your favourite Christmas music!

19

Snow Angels
(See Active Advent for instructions.)

8

Signs of winter
As a class, take a silent, mindful walk around the school grounds. Noticing signs of winter along the way. Such as frost, falling leaves or even robins.

13

Your 2023
Write down your favourite school moments of 2023 and any hopes or goals you might have for 2024.

9

Create ice art. Collect leaves or petals and put them in a pot of water then freeze it. Take your ice sculpture out of the pot and display it.

21

Affirmation station
Spread some winter joy to your classmates by writing positive messages on cards.

10

Watch your favourite Christmas film with someone special.

20

Mindful colouring
Enjoy some quiet colouring time.

2

Gratitude snowman
Draw three circles on top of each other to create a snowman. In each circle, write something you're grateful for today.

16

Play a board game with the whole family.

24

Learn how to make a new seasonal craft.

3

Throwing Snowballs
Place pots at different distances away. Score one point for each pair of socks (snowball) you throw that lands in the pot.

14

Dance party
As a class, sing and dance along to tunes that make you feel happy!

7

Stretch it out
Stretch your body from head to toe. Roll your neck, spin your arms and flex your toes!

11

Catch the Snowflakes!
Pupils stand behind their chairs. Start with one snowflake (scrunched paper). Pupils to pass the snowflake around the class. Introduce more snowflakes.

18

Santa Says
Teacher gives out instructions e.g. Santa says, jump on one leg.

5

Random act of kindness
Do something nice for someone else today. Doesn't it feel great?

MERRY Christmas