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Other resources you will LOVE!



Please click the image to take you to this related and relevant resource:

ADVENT MINDFULNESS CARDS
24 mindful and relaxing exercises plus 10 printable mandalas

Colour in the number for today

17 Playful Penguin
Now it's time to do a 'playful penguin'. You are playful penguins. Stand up tall like a penguin, toes pointing outwards. Arms by your sides but with hands outwards. You can waddle and shuffle around the room, playing must try not to touch each other. You are happy and excited to see each other. Make sure when you finish makes sure you hold onto that happiness!

20 Candy cane Heartbeat focus
Now it's time to do a 'heartbeat focus' exercise. Our hearts beat all of the time. Sometimes they beat slowly and sometimes they beat very fast. They beat fast when we exercise and beat slowly when we are relaxed and calm. They beat fast when we are excited, anxious, and angry too. See if you can find your heartbeat now. You can put your hand on the left side of your chest to feel it or you can feel it by feeling the pulse point on your wrist. You will have to be very still and quiet and really focus on your heartbeat. Now stand up and do a crazy dance for 3 minutes. Get your heart beating faster. When you stop feel your heartbeat again? Is it faster? Can you feel it getting slower as you rest? If you feel your heartbeat getting fast and you are feeling angry or anxious then you can use any of the breathing exercises to help calm you down.

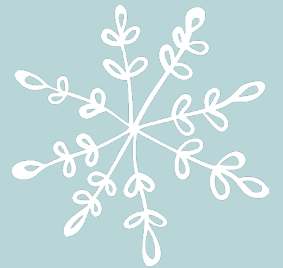
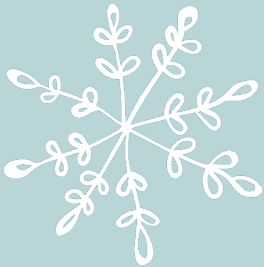
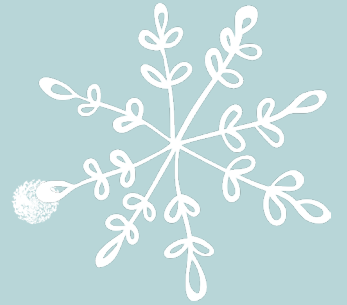


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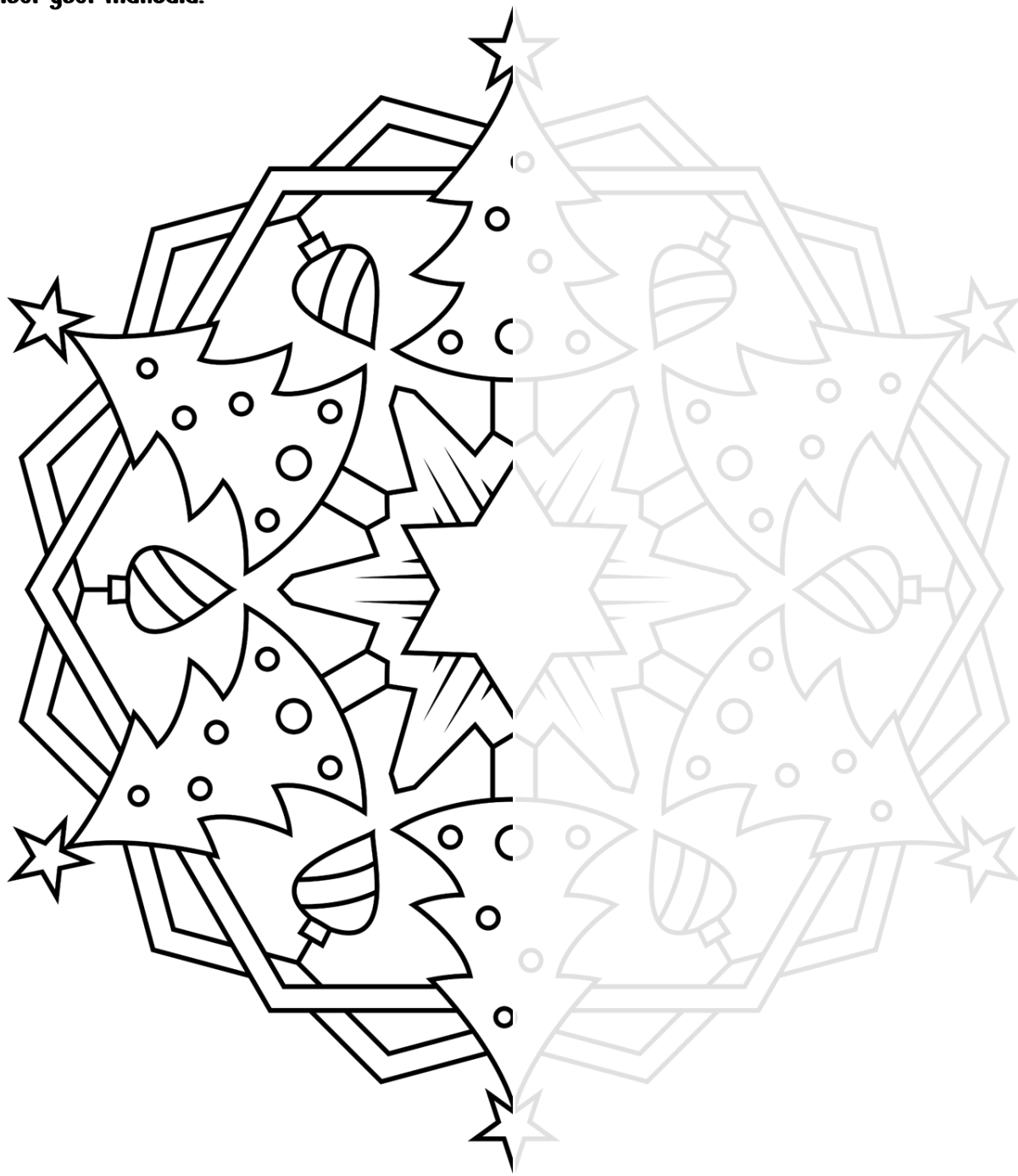
Advent

1



Christmas Mandala

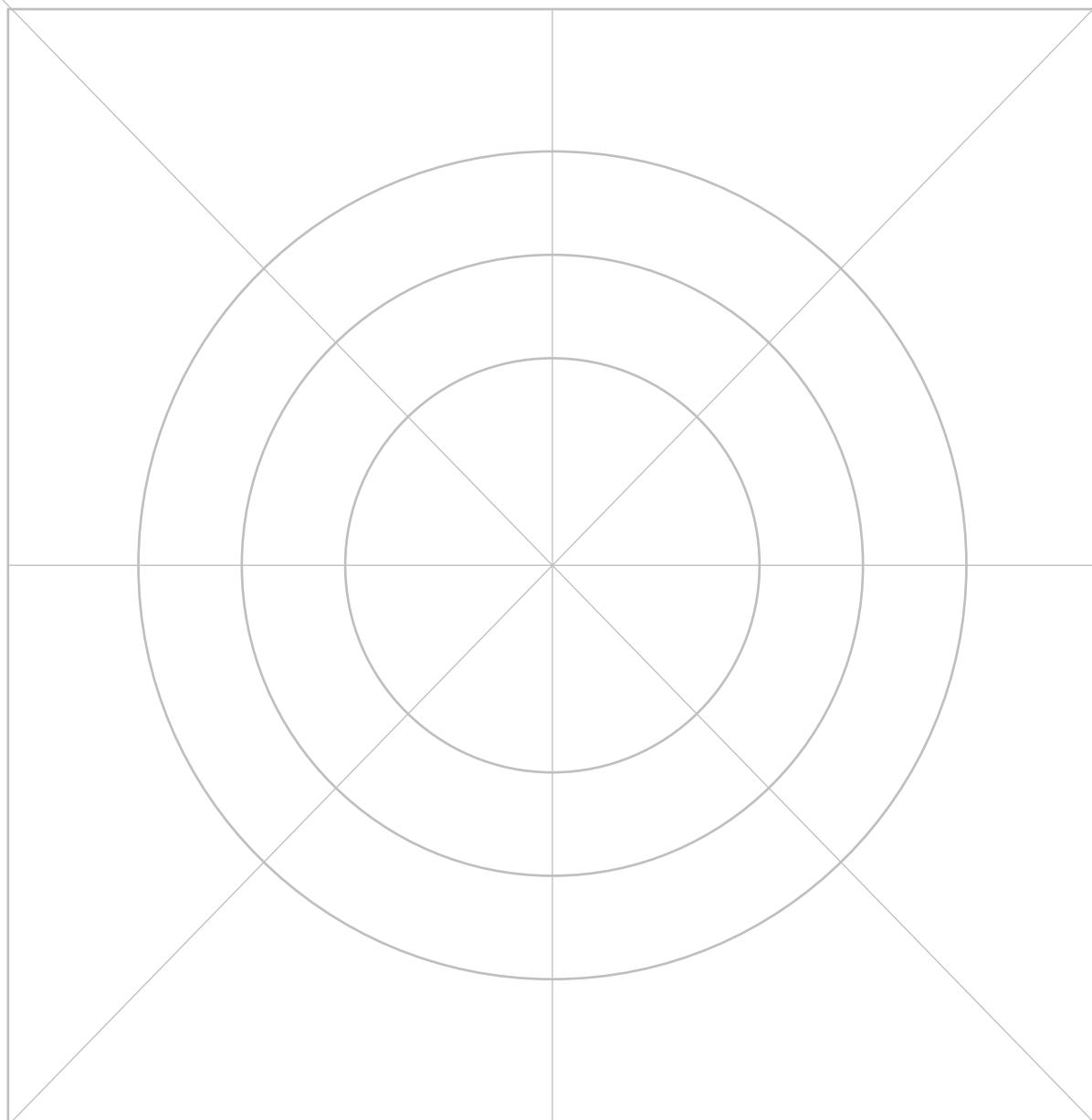
Can you complete this mandala by drawing carefully over the blanked-out shapes. You can then colour your mandala.



Decorating the Christmas tree is a mindful celebration of love, family, and the beauty of shared moments and memories.

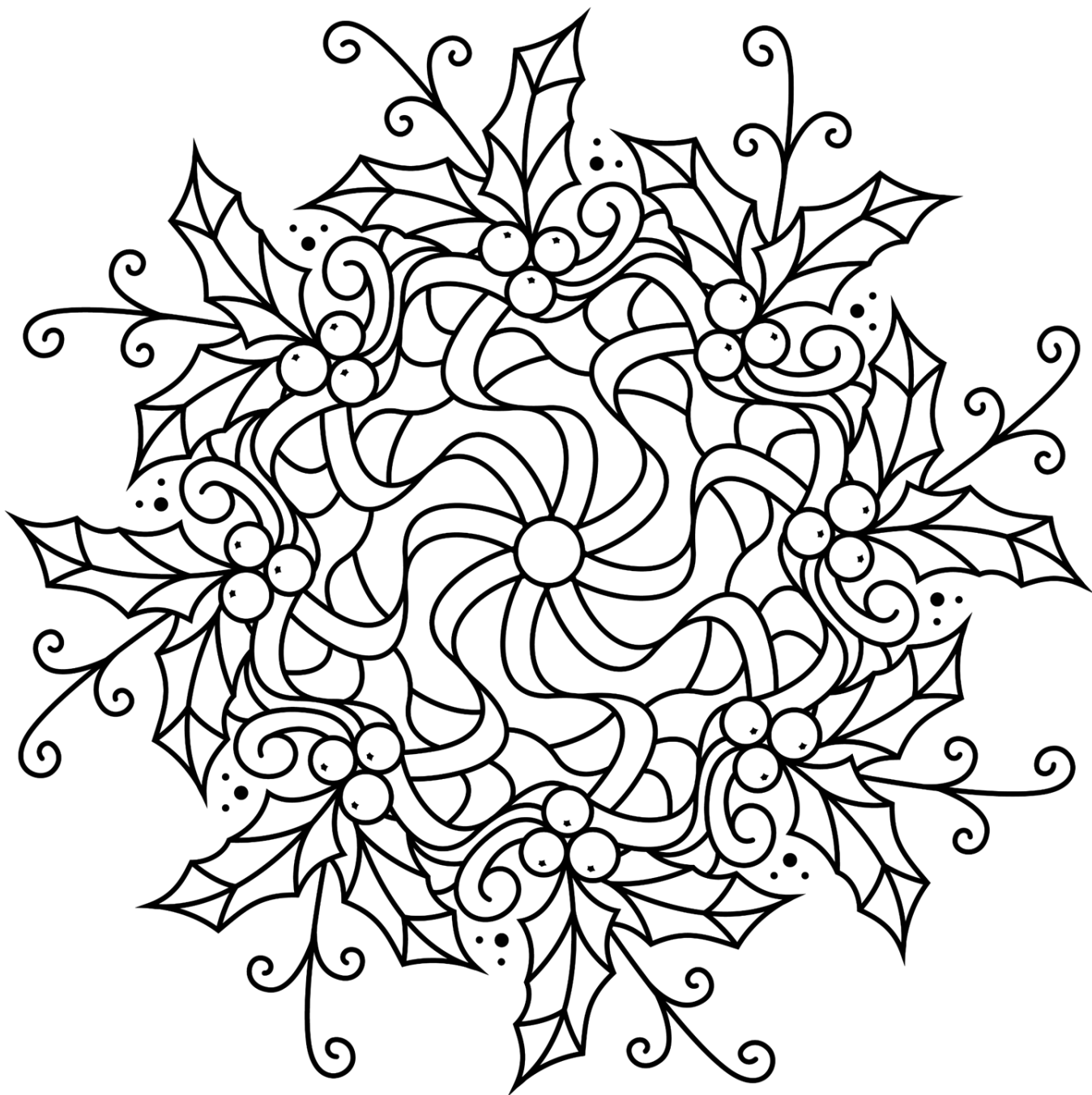
Draw your own

Can you make your own mandala. It's all about lines and shapes making patterns. Each section needs to be the same as you go around the circle, It's called radial symmetry. You might have done it in Maths. You can do it just with dots of paint or bits of playdough though. You don't need to draw complicated patterns. You could use Christmas colours or draw Christmas shapes.



Christmas Mandala

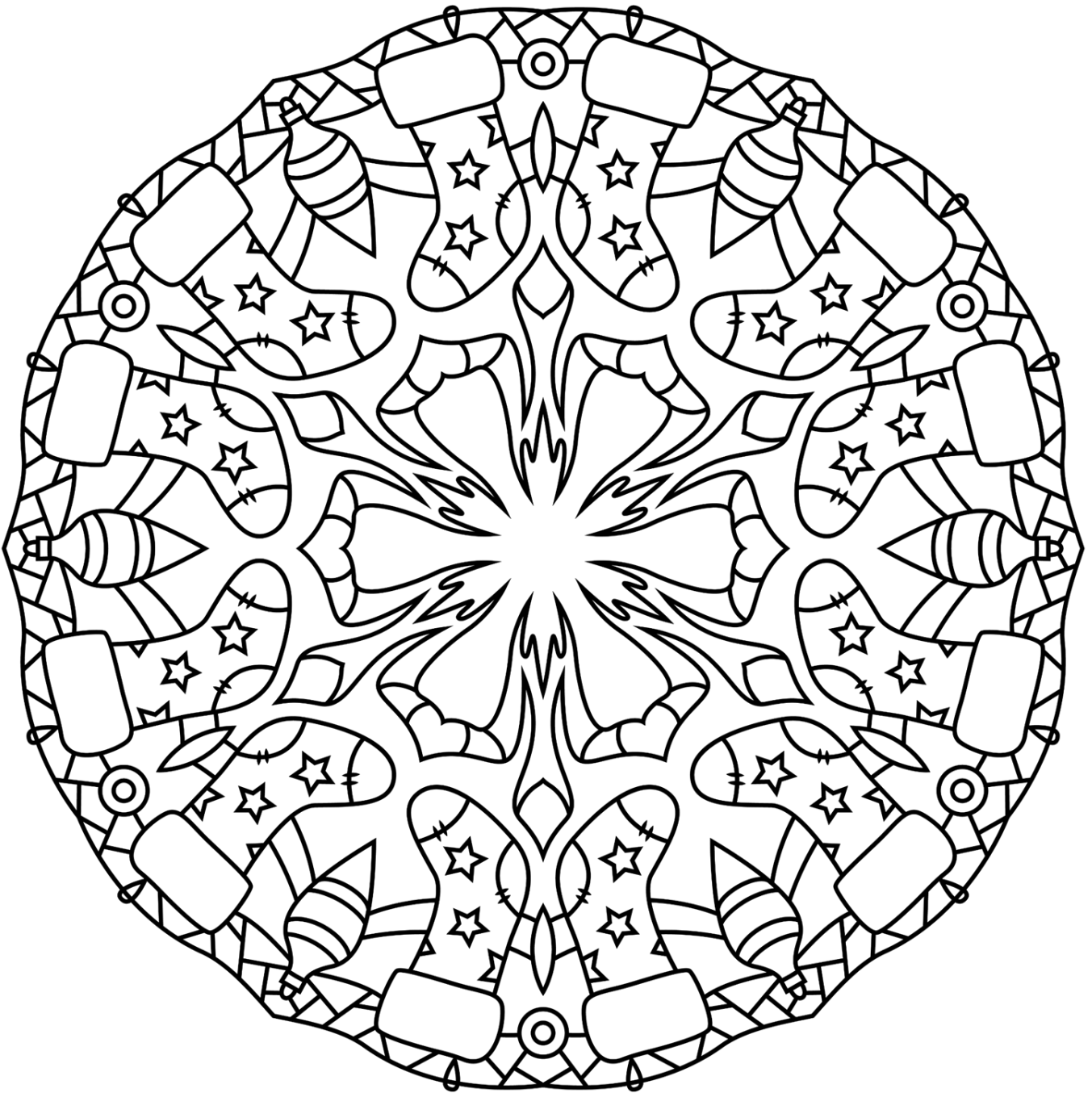
Can you use mindfulness to really concentrate on colouring this mandala. Challenge yourself to just use 3 or 4 colours.



*Christmas is not just about presents.
It's about being present in the moment and enjoying
every part of it*

Christmas Mandala

Can you use mindfulness to really concentrate on colouring this mandala. Challenge yourself to just use 3 or 4 colours.



As you hang your stocking, remember that the true beauty of Christmas lies in the memories made with loved ones.