



Elsa-Support's



Advent Christmas Resource Pack

Included in this download is a front cover and a contents sheet. It will show you what is coming on the run up to Christmas. By the 24th December you will have a file full of resources. I am planning on printing one out and spiral binding it, but any file would do to keep this all together.

Each day during advent a new resource will be published which you can download and use with your pupils. There are a variety of resources, and most will suit all ages.

The resources for each day will appear at 7:00am in the [FREE RESOURCE SECTION](#).

I will be sharing photos, and videos on social media each day so make sure you are following me on [INSTAGRAM](#), [FACEBOOK](#) AND [TIKTOK](#)

I am hoping we can build on the file next year and add more resources to each day.

Merry Christmas to you all and thank you for your continued support this year.

Love



Debbie



Elsa-Support's

Advent Christmas
Resource Pack





Contents

Day 1	Mindful Mandala Colouring
Day 2	Doodle a Tree
Day 3	Cup of Self-Care
Day 4	Candy Cane Support
Day 5	Christmas Worry Tree
Day 6	Winter Progressive Muscle Relaxation
Day 7	Santa Wishes Concertina book
Day 8	Thankful Wreath
Day 9	3 Houses
Day 10	Christmas Puzzle
Day 11	Christmas Swirly Memory Tree
Day 12	Winter Themed Strength Cards
Day 13	Christmas Tree Dream Catcher
Day 14	Secret Santa of Kindness
Day 15	Mindful Minute
Day 16	Hot Chocolate Breathing
Day 17	Bookmarks to Gift
Day 18	Christmas Refocus elf-abet
Day 19	Affirmations Paperchain
Day 20	Christmas Mood Tracker
Day 21	Christmas Calming Lanyard Cards
Day 22	Christmas Story Cubes
Day 23	Family Snow Globe
Day 24	Gingerbread Emotion Cookies




Calm-o-meter

Calm-o-meter

	Overwhelmed					Calm					
	1	2	3	4	5						



How calm do I feel?




Before

After

Calm-o-meter

	Overwhelmed					Calm					
	1	2	3	4	5						



How calm do I feel?




Before

After

Calm-o-meter

	Overwhelmed					Calm					
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Before

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