

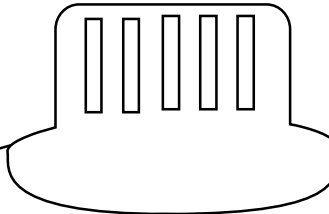
'ABOUT ME' CHRISTMAS BOOK



Staple here

CHRISTMAS BAUBLE – ALL ABOUT ME

Decorate your
bauble with all
the things you
like about
Christmas

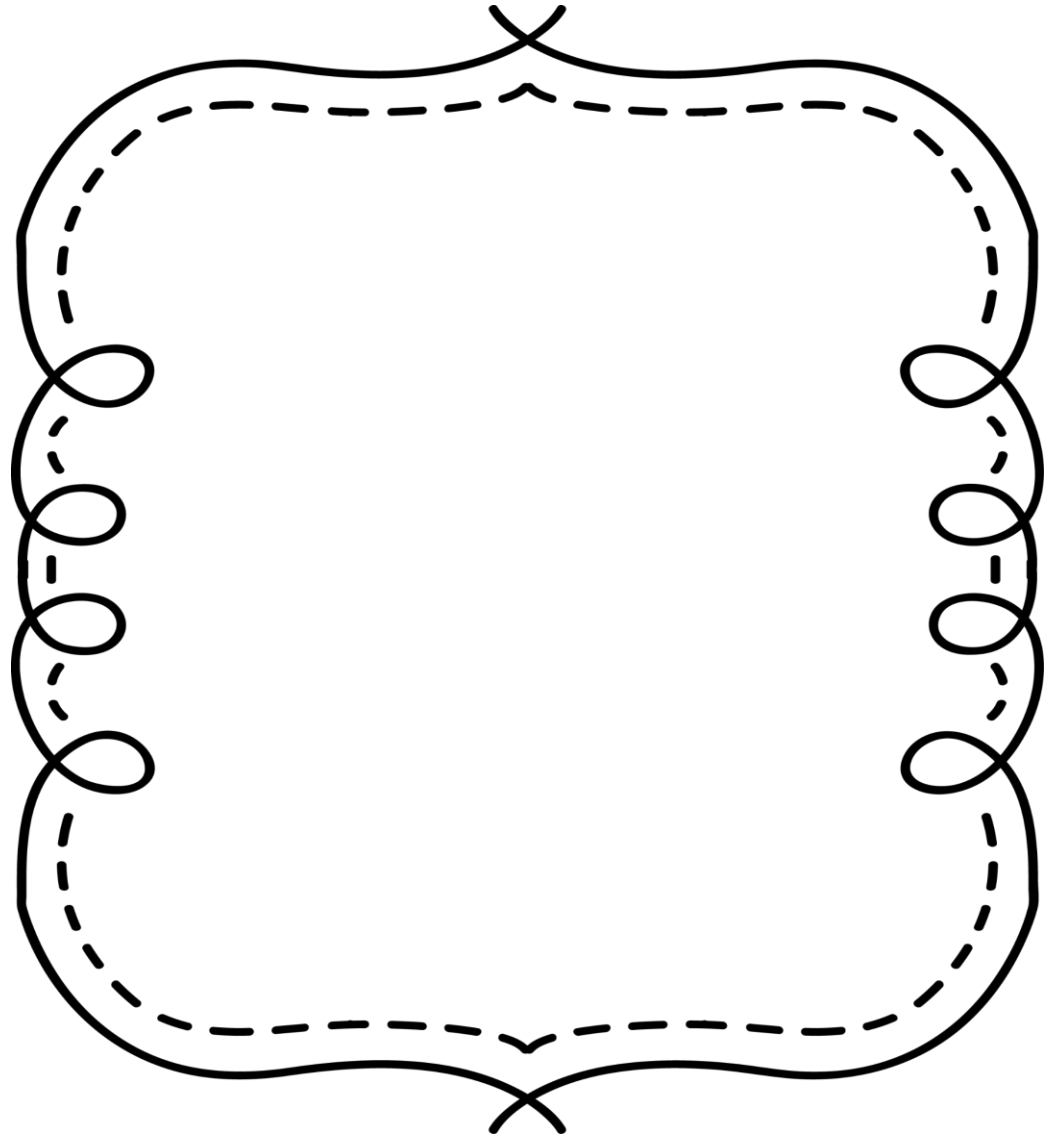


My name is...

I am _____ years old

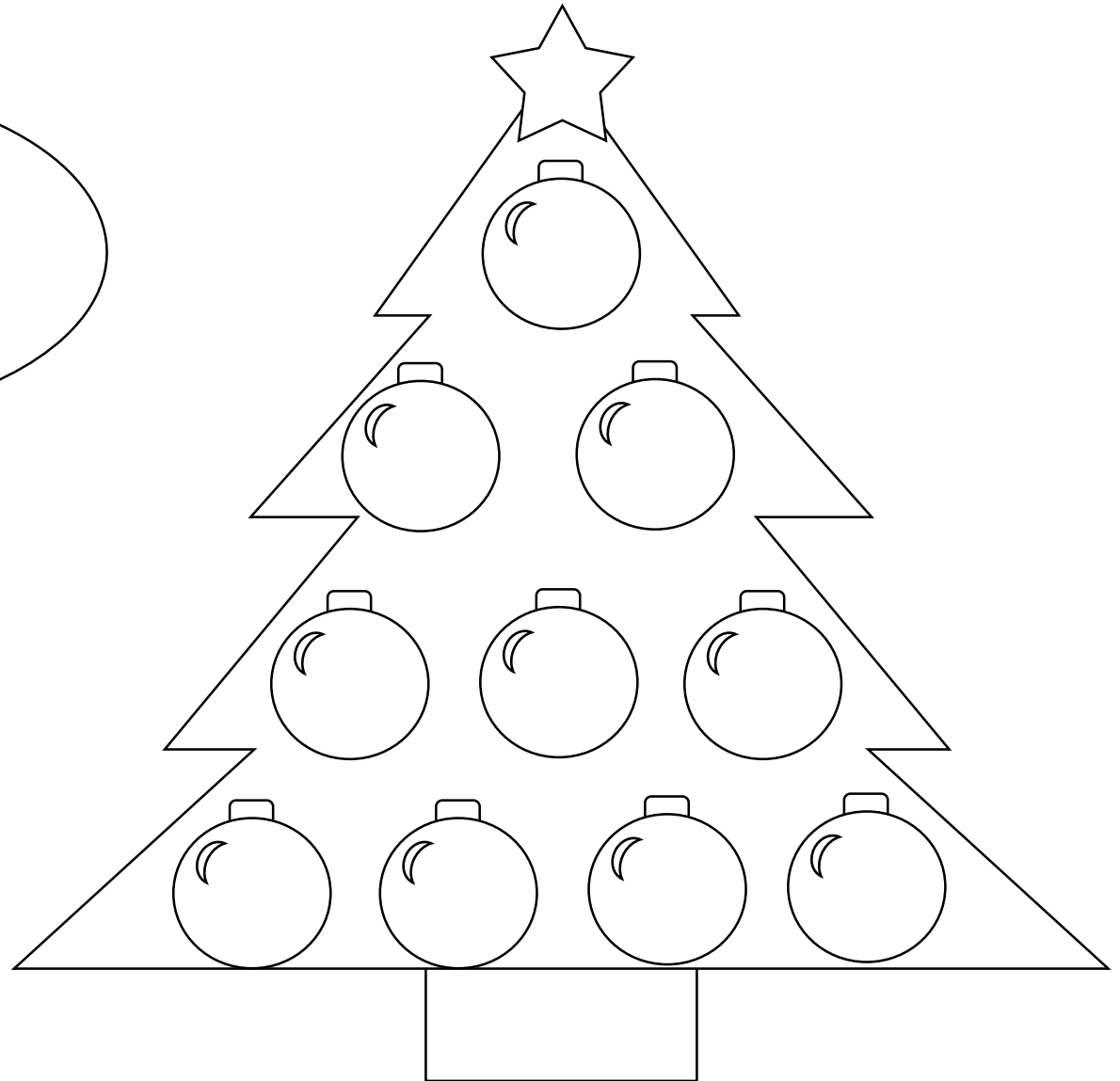
Draw a Selfie.
You could draw
yourself
dressed as an
elf!

SELFIE



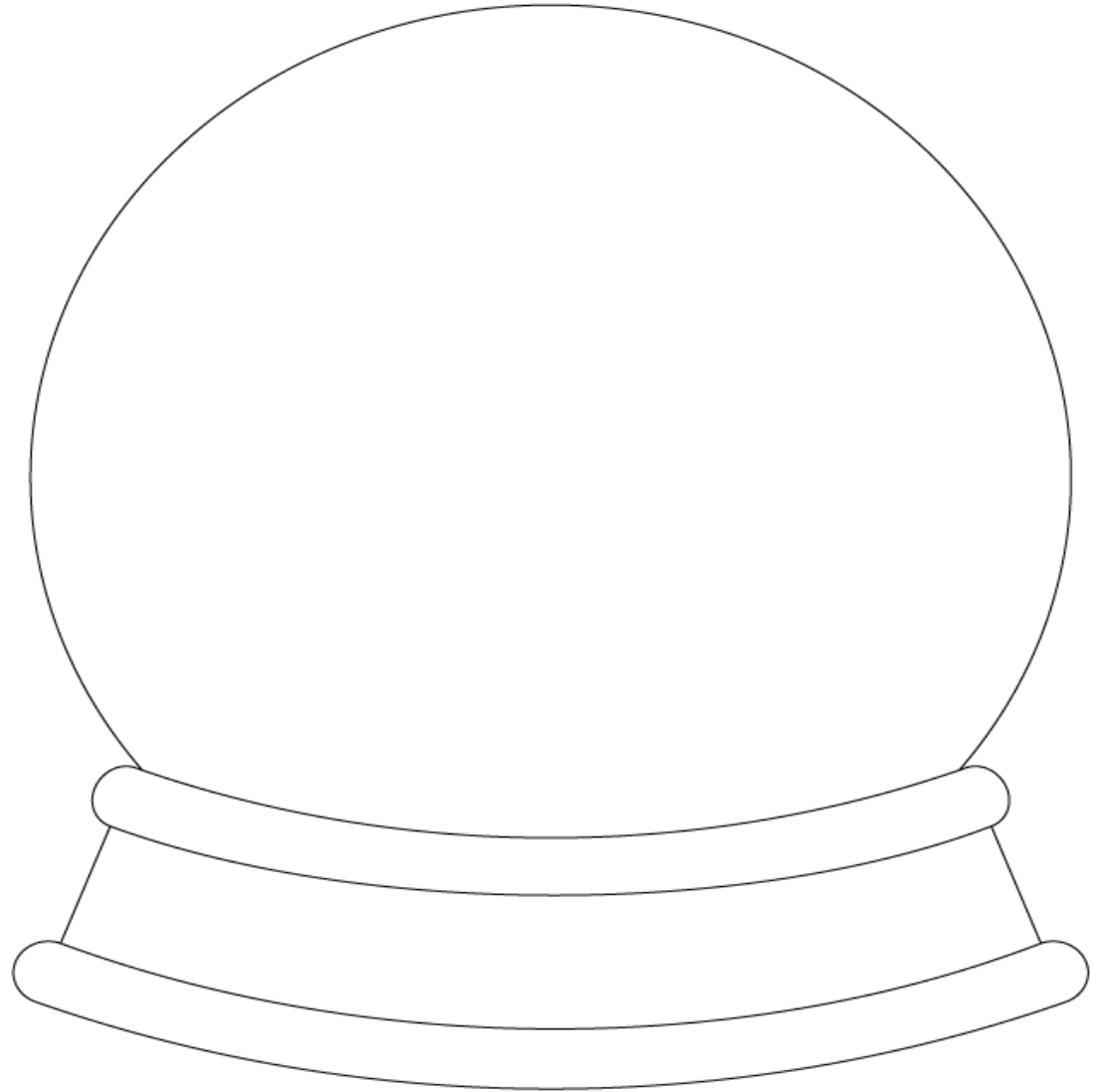
MY FAMILY CHRISTMAS TREE

Write all your family
members on your
Christmas tree and
then colour in your
tree.



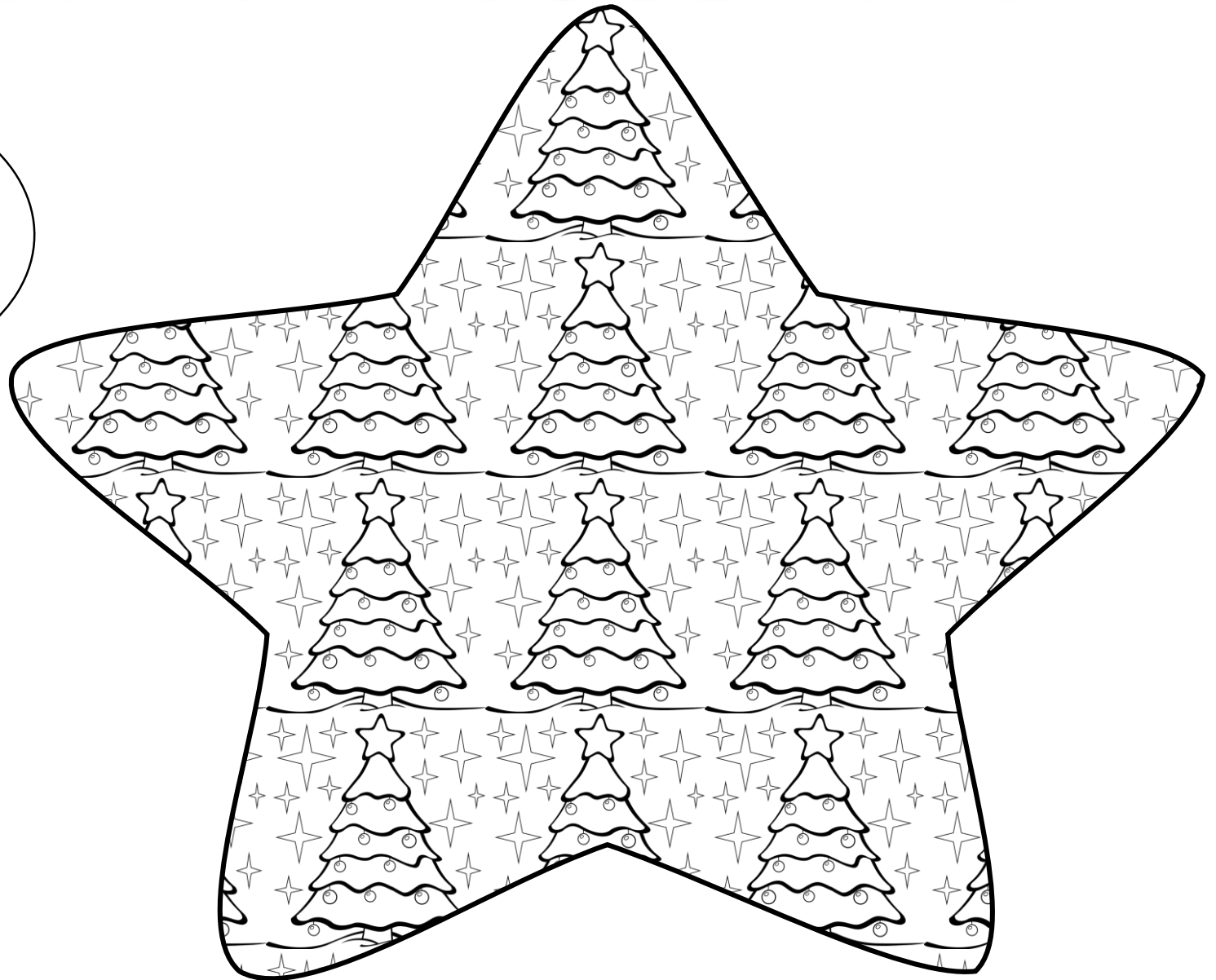
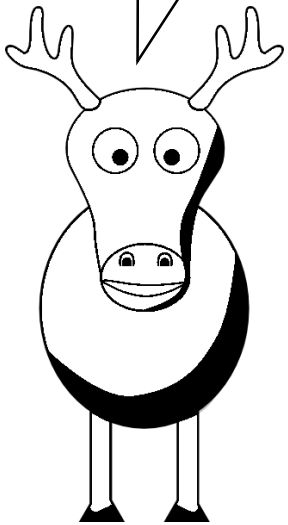
MY PERFECT CHRISTMAS

Snow globes are
magical. Draw
your most
perfect
Christmas in your
snow globe..



TAKE A MINDFUL BREAK

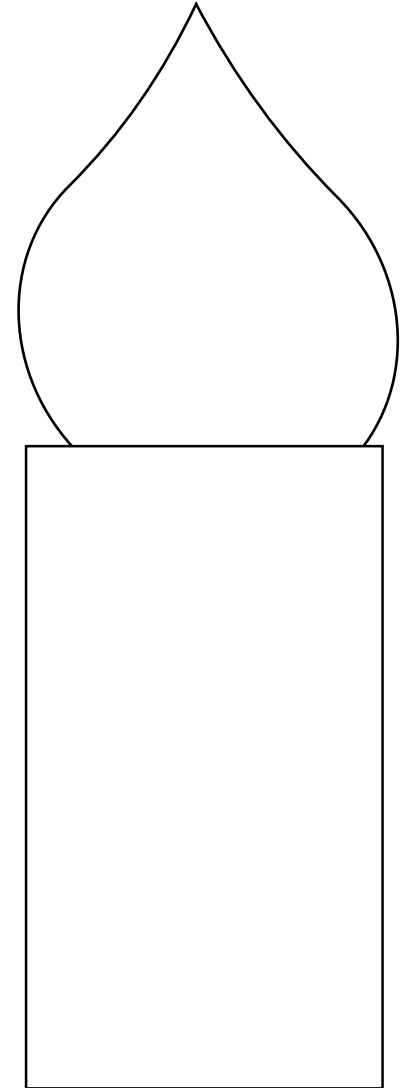
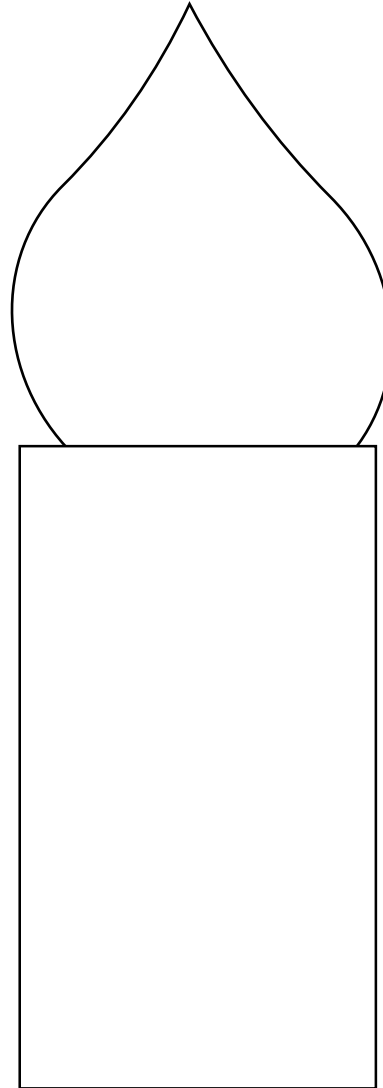
Colour the Star
very carefully. Fill
your mind with the
activity. No time to
worry or be angry.
Just colour!



I REMEMBER...

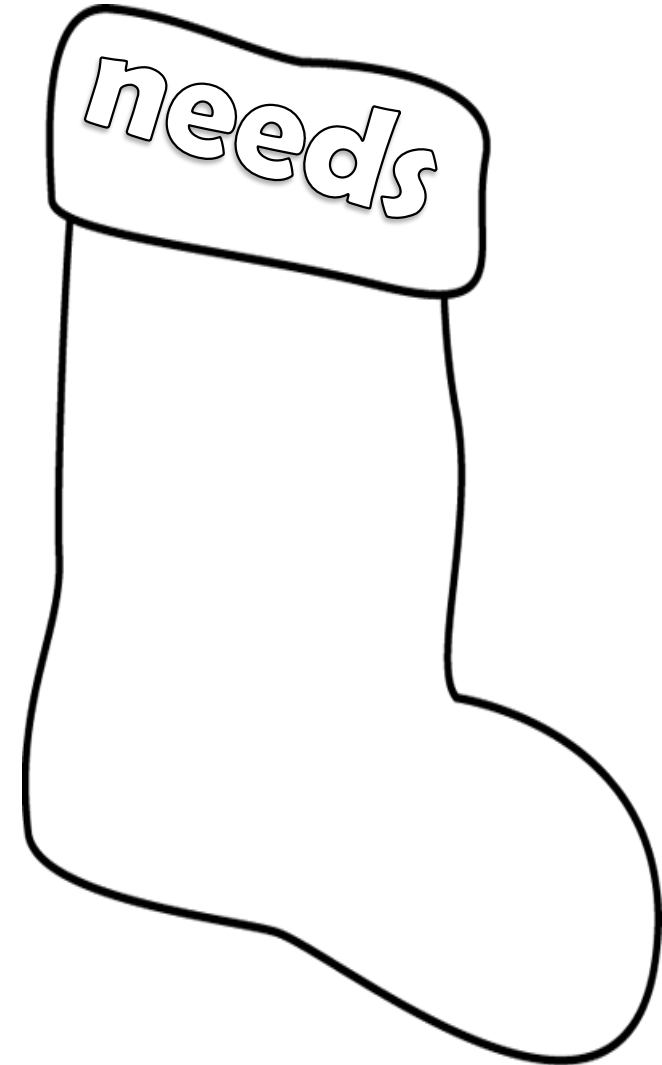
You might have lost a family member, friend or pet and Christmas is a time when you might think about them more.

We can light a candle to remember someone. Who would you light a candle for? Write their name in the flame and then colour it in. You might want to write or draw something about them on the base of the candle.



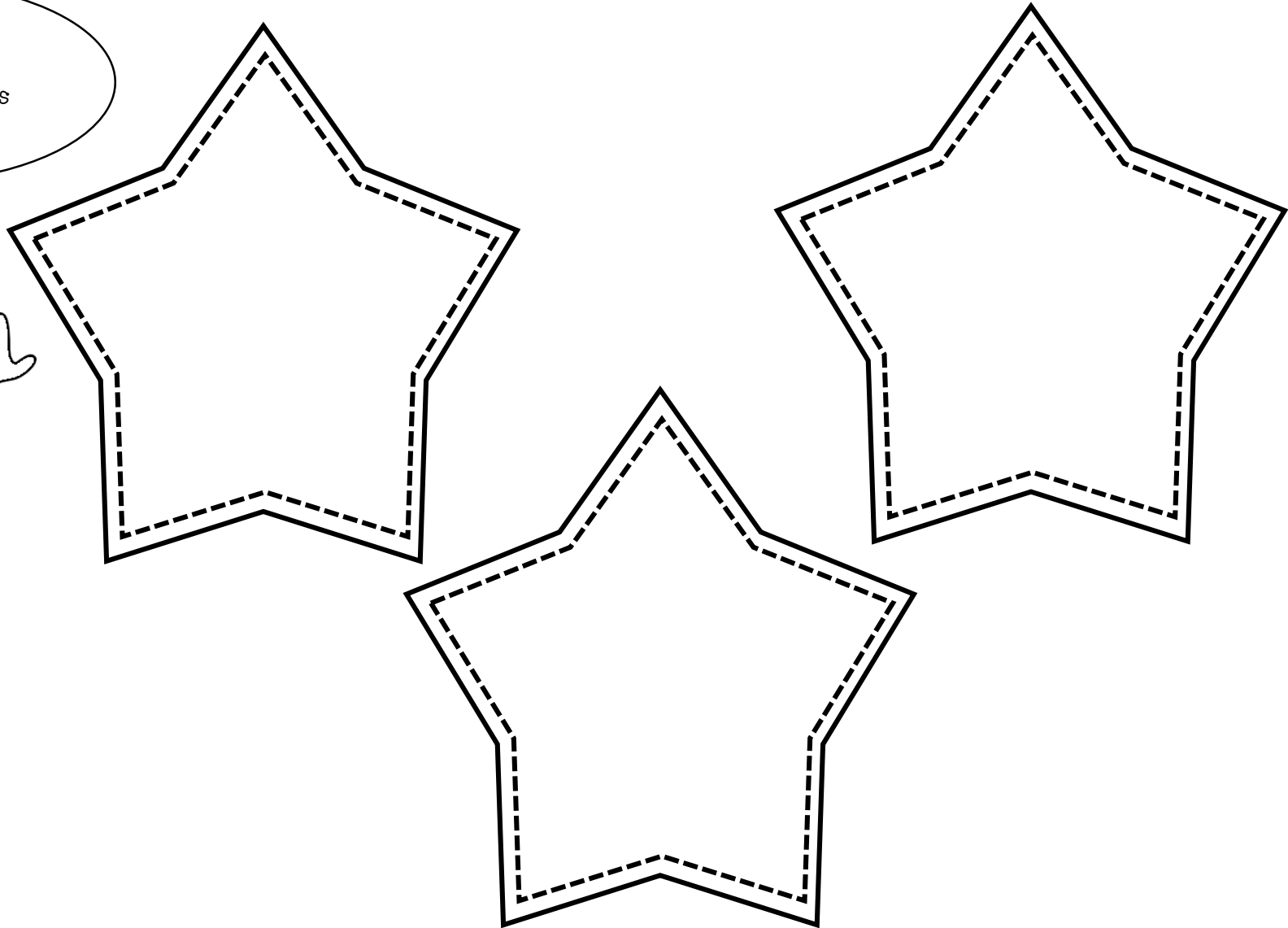
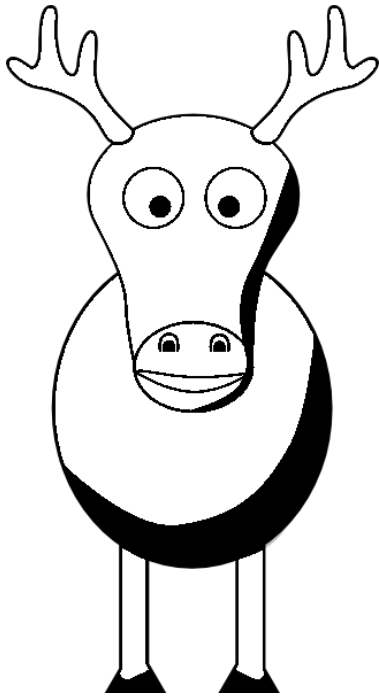
WANTS AND NEEDS

You might want lots of things for Christmas. Think about what you 'WANT' and what you might 'NEED'. Make a list in each stocking



CHRISTMAS WISHES

Write or draw 3
Christmas Wishes



MINDFUL MINUTE

Christmas can get a bit stressful. Let's practice a 'MINDFUL MINUTE'. After your minute. Write down the things you could hear, smell, feel, see and taste



A MINDFUL MINUTE



What can I hear?



What can I smell?

What can I feel?



What can I see?

What can I taste?



Take one minute, concentrate and fill your mind with what is happening right now. All your worries will disappear and you will feel calm and relaxed.



Clipart from My cute Graphics
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I could hear...

I could smell...

I could feel...

I could see...

I could taste...

MY FAVOURITE EMOTION

We have lots of feelings associated with Christmas. What is your best or most favourite emotion?

There are a few examples for you to think about. Write some more if you can think of any, then draw your emotion face.

excitement

happy

calm

relaxed

nostalgic

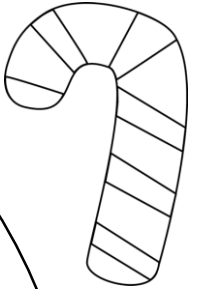
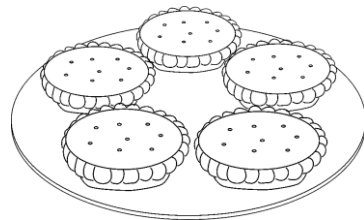
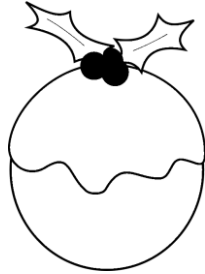
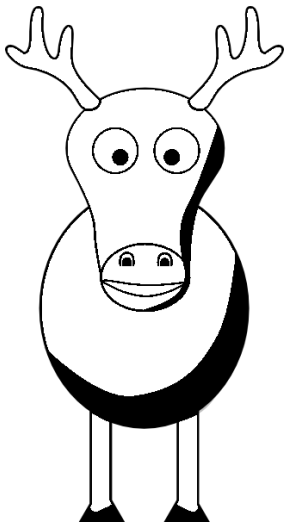
surprise

amazement



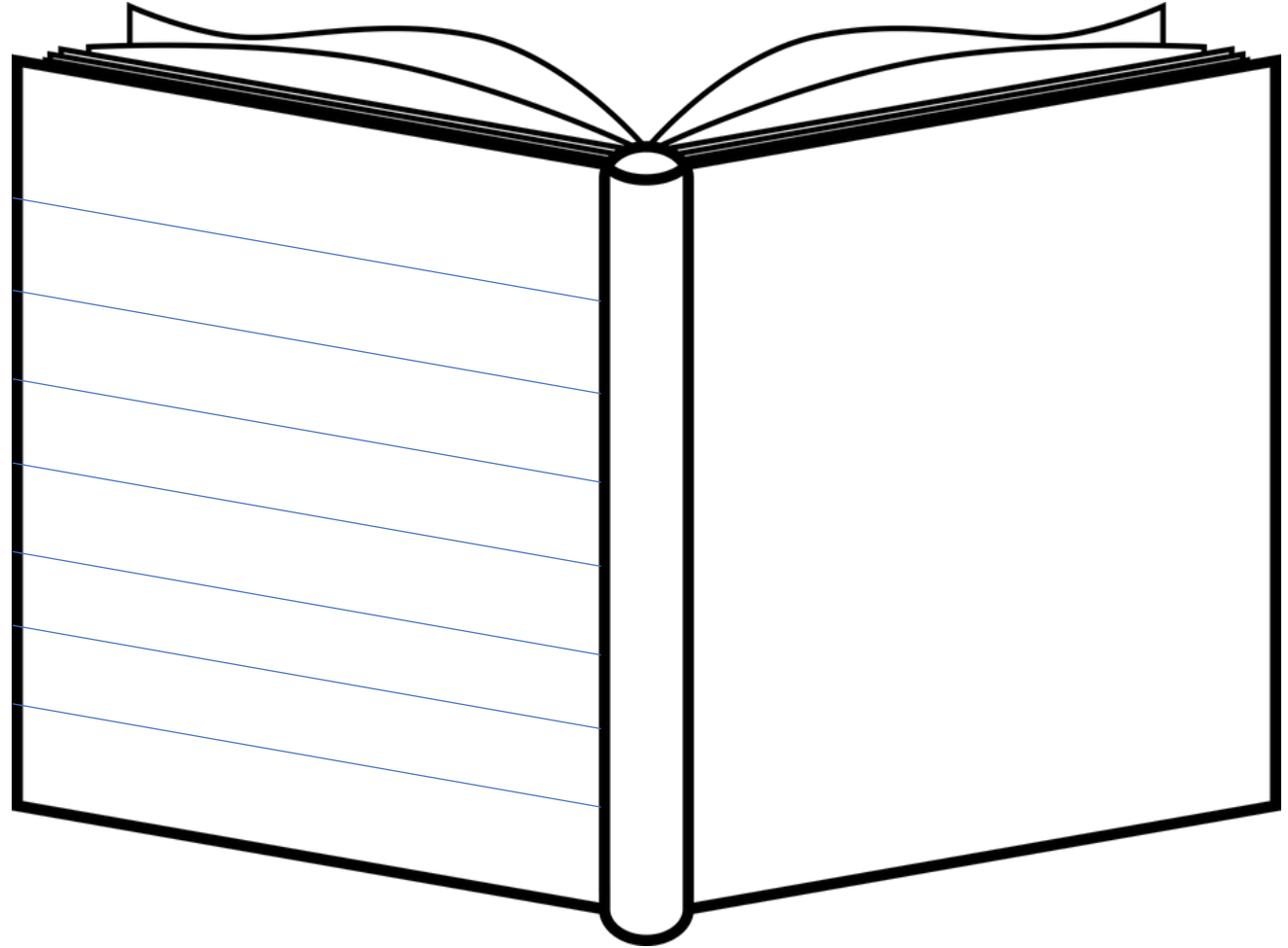
MY FAVOURITE CHRISTMAS FOOD

Christmas food is amazing! What is your favourite Christmas food? Draw a plate full of wonderful food.



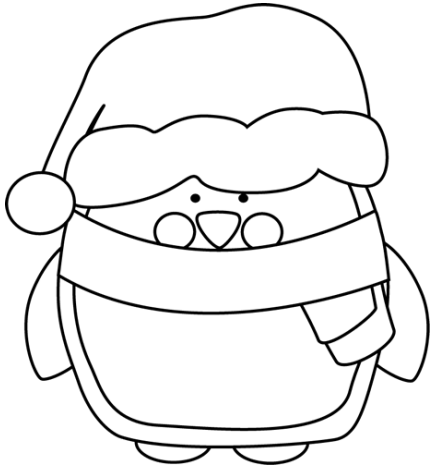
MY FAVOURITE CHRISTMAS BOOK

What is your favourite Christmas Book? Draw the cover and then write a few sentences about why you like it.



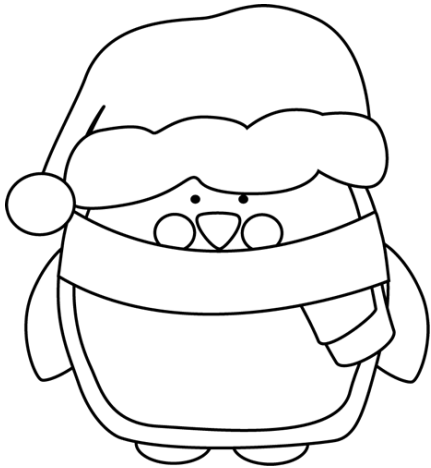
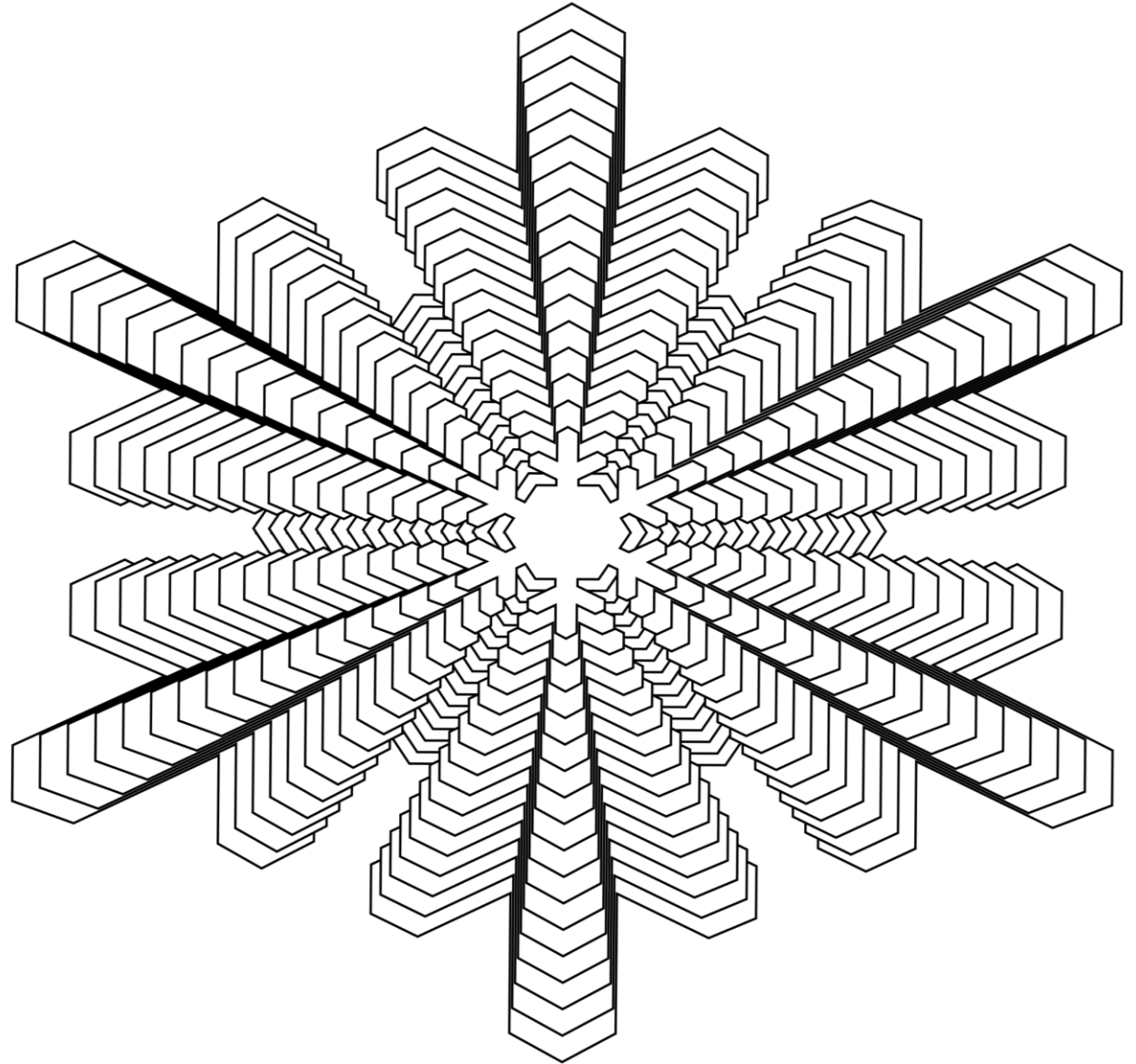
MY FAVOURITE CHRISTMAS MOVIE

What is your favourite Christmas movie? Draw a film strip picking out the key points of the movie that you like.



TAKE A MINDFUL BREAK

Colour the
Snowflake very
carefully. Fill your
mind with the
activity. No time to
worry or be angry.
Just colour!



MY FAVOURITE CHRISTMAS SONG

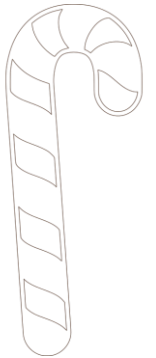
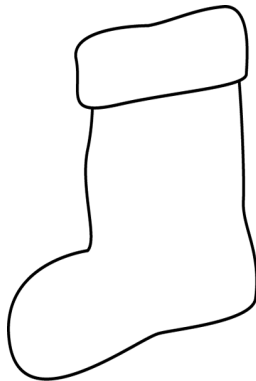


What is your favourite Christmas song? Find the lyrics and write them here. Why do you like that song?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

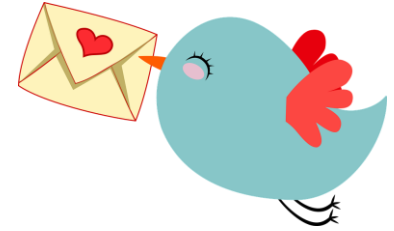
I FEEL...

When you see these
Christmas/winter
items, how does it
make you feel? Write
the feeling words
next to the item.




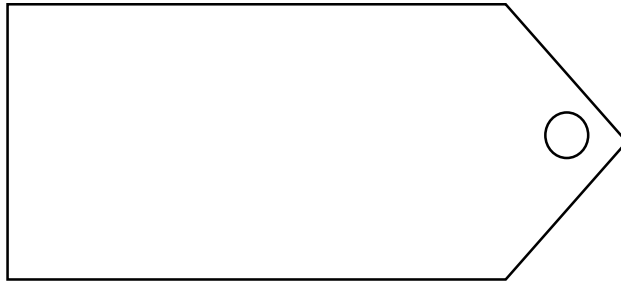
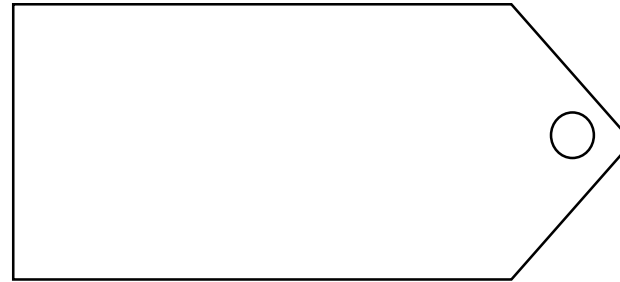
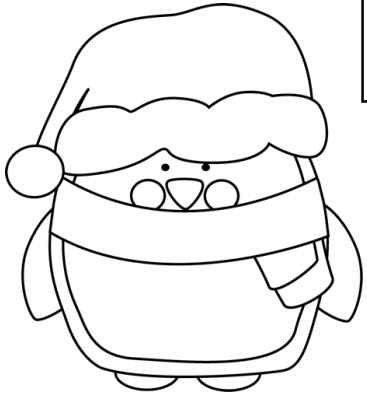
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This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



MY CHRISTMAS GIFT LIST

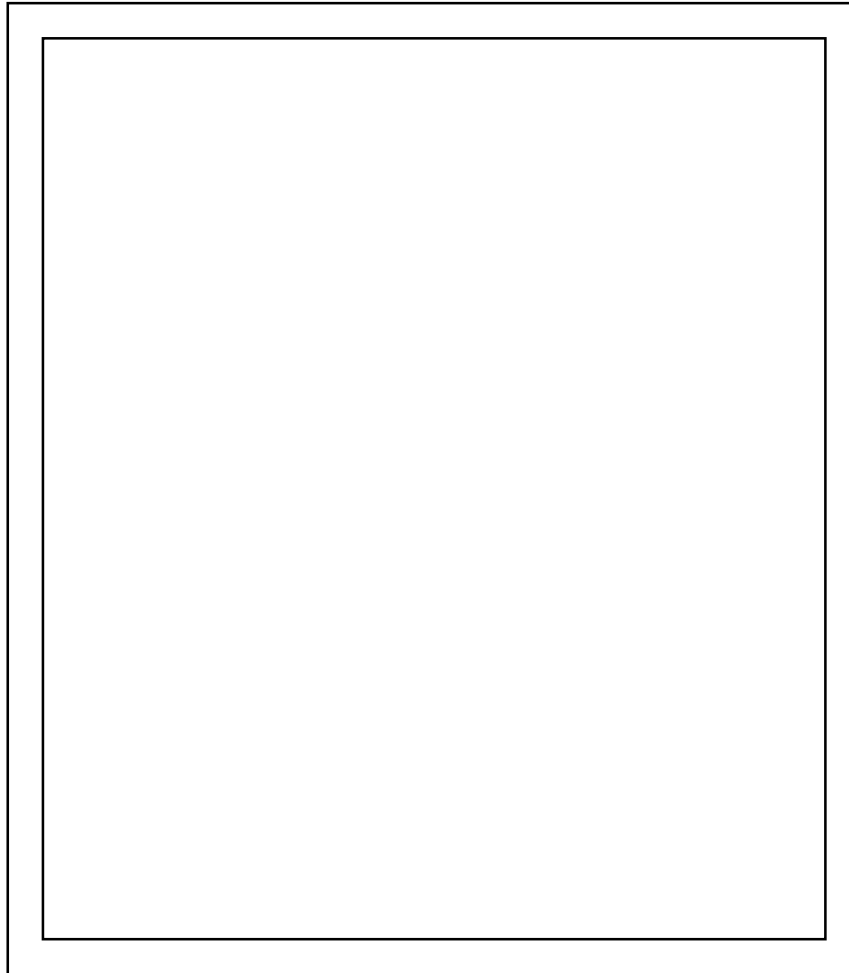
Who will you send
gifts to. Write their
name and what you
want to buy, or make
them.

A rectangular gift tag with a pointed right side and a small circle at the tip, intended for a staple.A rectangular gift tag with a pointed right side and a small circle at the tip, intended for a staple.A rectangular gift tag with a pointed right side and a small circle at the tip, intended for a staple.A rectangular gift tag with a pointed right side and a small circle at the tip, intended for a staple.A rectangular gift tag with a pointed right side and a small circle at the tip, intended for a staple.A rectangular gift tag with a pointed right side and a small circle at the tip, intended for a staple.

MY FAVOURITE PRESENT

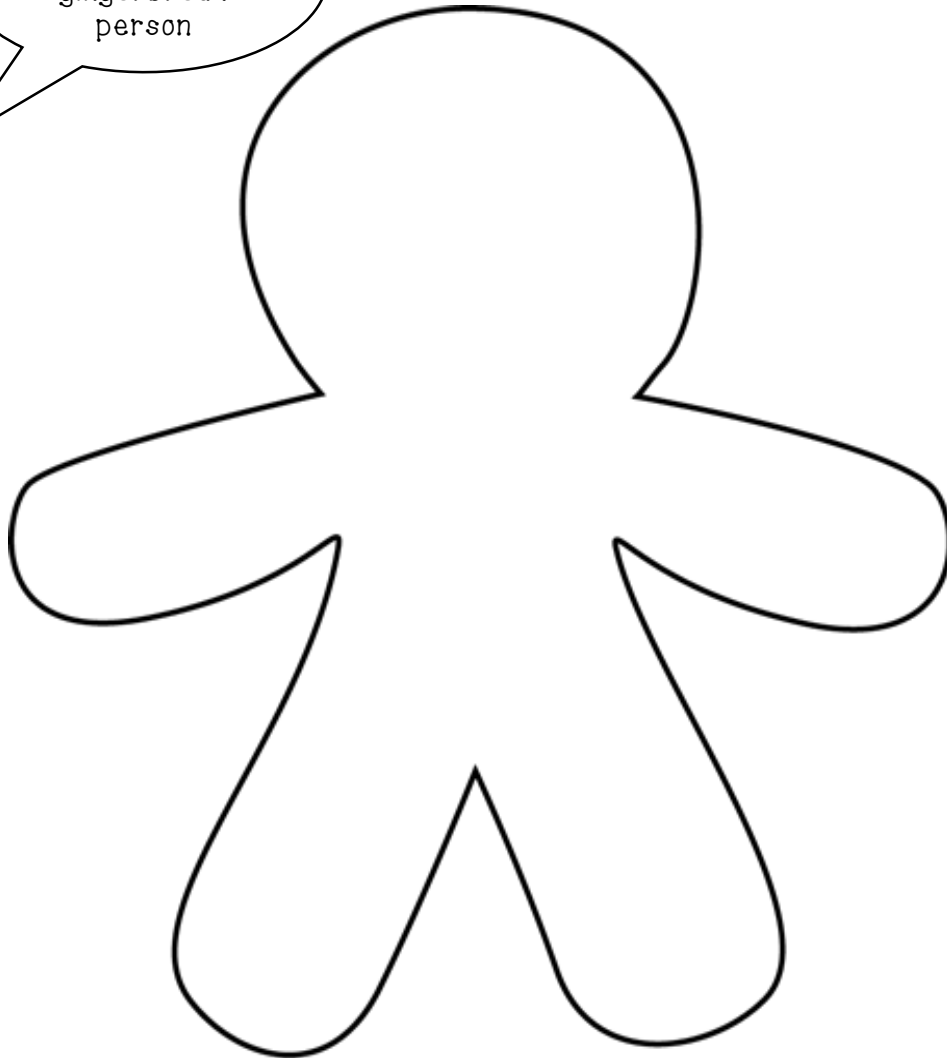


What has been
your most
favourite
present of all
time. Draw it
and then write
about it.



MY GINGERBREAD PERSON

Bake and
design a
gingerbread
person



Gingerbread Person

Ingredients

350g plain flour
175g light brown sugar
100g butter or margarine
1 medium egg
4 tablespoons of golden syrup
1 teaspoon bicarbonate of soda
3 teaspoons of ground ginger
Currants and icing to decorate

Method

Put the flour, butter, ground ginger and bicarbonate of soda into a mixing bowl. Rub in with your fingers.

Add the golden syrup, sugar and egg. Mix it up until you have firm dough.

Using a rolling pin, roll out the dough until about 5mm thick and cut out your gingerbread man.

Grease a baking tray with a little butter and place your gingerbread man onto the tray. Don't lay them too close to each other.

Press some currants into the gingerbread man's face for eyes and a mouth.

Bake at 180 for between 10 and 15 minutes.

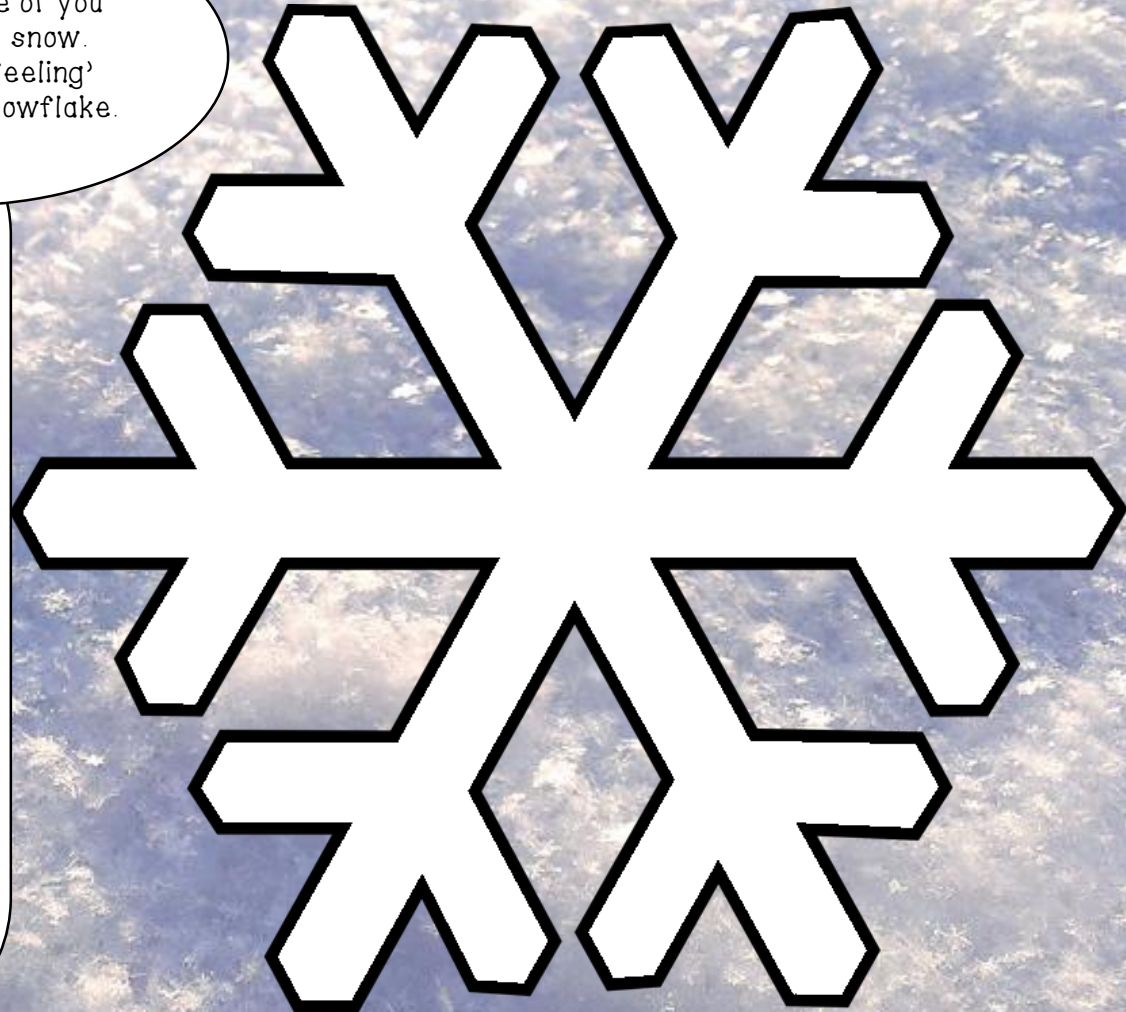
Remove from the tray when they have cooled a little and place on a cooling tray.

When cold decorate with icing.

Staple here

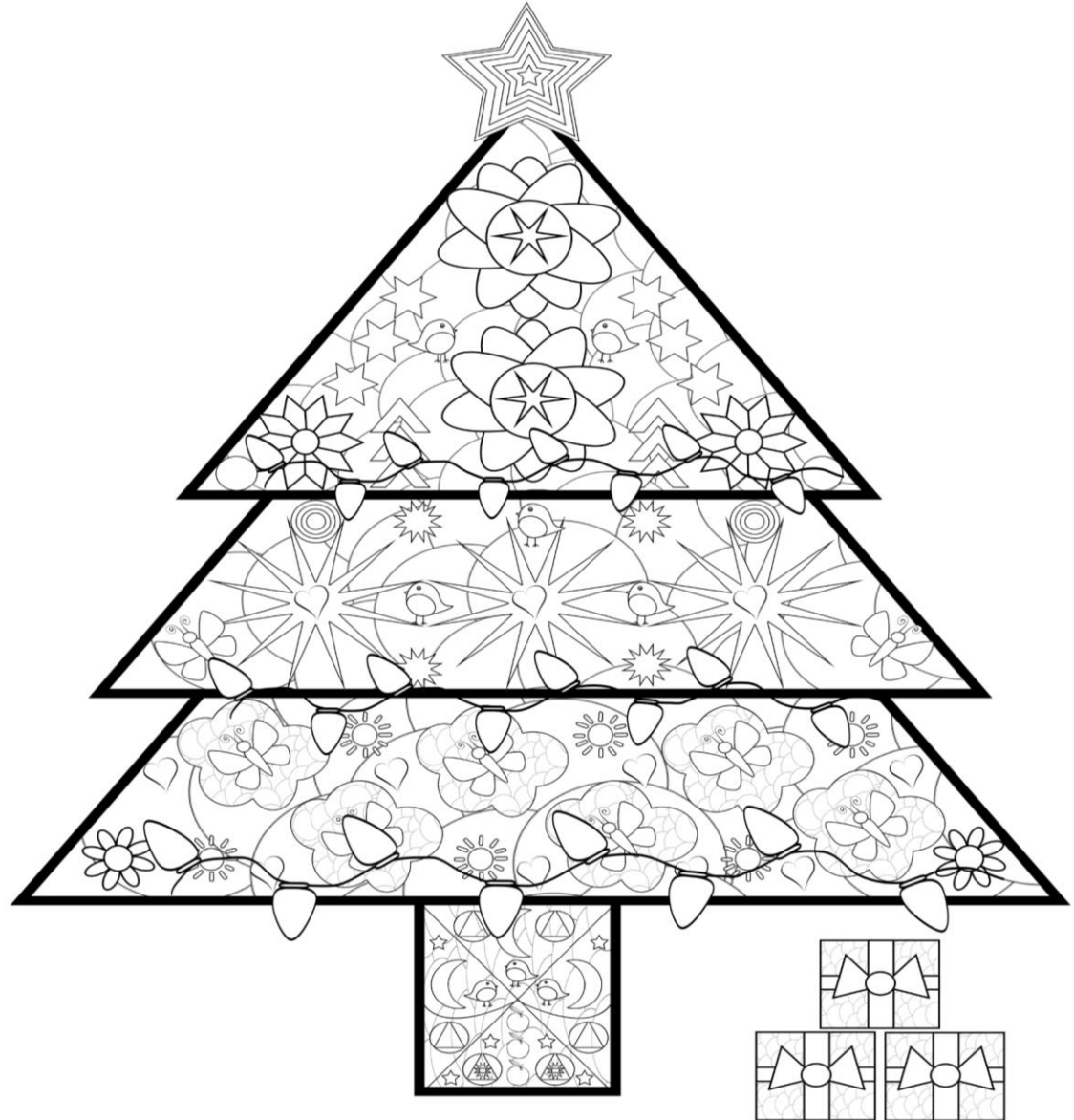
SNOW MAKES ME FEEL...

Draw a picture of you
playing in the snow.
Write some 'feeling'
words in the snowflake.



TAKE A MINDFUL BREAK...

Colour the
Christmas tree
very carefully. Fill
your mind with the
activity. No time to
worry or be angry.
Just colour!



CHRISTMAS CHALLENGE...

24 challenges to do before Christmas. See how many you can cross off before the big day!

Do something nice for someone	Sing a Christmas song	Feed the birds	Give an old toy to a charity shop	Write someone a letter or a card	Bake some cookies or mince pies
Photograph something that makes you happy	Draw a robin	Make a Christmas decoration	Read a Christmas story	Watch a Christmas movie	Write a letter to Santa
Make a paper chain	Tidy your bedroom	Help prepare a meal	Can you spot a Robin?	Put some Christmas music on and dance	Be kind to someone today
Make a Christmas wish	Make some Christmas cards	Drink some hot chocolate	Help someone in your family	Read a Christmas story to a younger child	Go for a walk with your family and look for Christmas lights

This Christmas Workbook has been created by
Debbie Palphreyman at ELSA Support.
ELSA Support creates resources for Social and
emotional learning.

Contact: info@elsa-support.co.uk

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