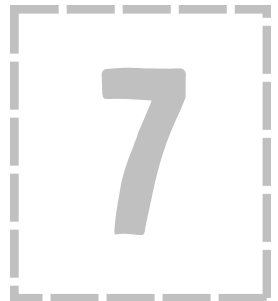




My Mindful Advent Calendar 2025



Open the door
each day in
December to
reveal a fun
mindful activity!



Snow Globe Shake

Pretend you're inside a snow globe! Shake your arms and legs for 5 seconds, then stand still and let the "snow" settle as you breathe deeply.

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Santa's Belly

Breathe in slowly and watch your belly fill with air! When it's big and round just like Santa's, breathe out and watch it fall. Finish by saying ho, ho, ho!

Snowman Count

Close your eyes and imagine snowmen popping up in the snow. Count them as they appear... 1 snowman... 2 snowman... 3 snowman... all the way to 10.

Bauble Breaths

Trace a big bauble in the air with your finger. As you draw the circle, take a slow breath in... and when you finish the circle, breathe out gently. Make 3 colourful baubles.

Christmas Star Jumps

Do 10 star jumps, take a deep breath in and out between each one. Imagine you are a glistening Christmas star jumping to the top of the tree!

Festive Feel

Find something Christmassy in the room - some tinsel or a decoration. Close your eyes and explore it with your hands, focusing on how it feels. Can you describe it?

Warm Thoughts

Wrap your arms around yourself for a big hug. Think about how safe and warm you feel. Take a deep breath in and out, then say something kind about yourself.

Santa's Sleigh

Imagine you are high in the sky in Santa's sleigh. What can you see? Stars? Clouds? Reindeer antlers? Describe it out loud or draw it!

Festive Daydream

Lie down and close your eyes for 2 minutes. Think of all your favourite things about this time of year and all the little things that make you happy.

Be a Penguin

Waddle around the room like a penguin! Try to change the pace every 5 seconds, waddling slowly then faster, then slowly again.

Snowball Squeeze

Pretend you're making a soft snowball. Squeeze your hands gently into fists, then slowly open them wide and let the snowball melt away. Repeat 5 times.

Santa's Footsteps

Sneak around the room trying to be as quiet as you can, like Santa delivering presents. Move softly and notice how your feet feel with each step.

Reindeer Reaches

Lift your arms like reindeer antlers. As you breathe in, stretch your antlers tall. As you breathe out, let your shoulders soften and relax. Repeat.

Elf Balance

Stand on one foot like a steady little elf. Imagine you're carrying a stack of presents and keeping them perfectly balanced as you breathe slowly.

Silent Night Pause

Close your eyes and be calm and still for 30 seconds. When you open your eyes, name three things you can see.

Nutcracker March

March on the spot like a Nutcracker soldier - slow, tall steps and straight arms. Keep marching for a few breaths, nice and steady.

Tree Lights Gratitude

Imagine a string of three tree lights. Say something you're thankful for to make each light glow your favourite colours.

Wish Upon a Star

Close your eyes and take a deep breath in, imagining a twinkling Christmas star. As you breathe out, make one gentle wish for yourself.

Angel Feathers

Let go of a worry by imagining yourself dropping a tiny feather. Watch it drift away and out of your mind. Repeat until you've let go of all your worries.

Silent Snowfall

Take a deep breath in and hold your hands out in front of you. As you breathe out, wiggle your fingers and slowly pull your arms down like falling snowflakes. Repeat 3 times.

Elf Ears

Close your eyes and listen carefully. Can you hear the furthest sound, the nearest sound, and the most unusual sound around you?

Reindeer Nose Scan

Take a slow breath and start at your nose. Notice how it feels, then gently scan down your body - nose to toes - relaxing each part as you go.

Hot Chocolate Hands

Rub your hands together until they feel warm, then cup them like you're holding hot chocolate. Take 3 deep breaths as you take in the chocolatey smell!

Christmas Kindness

Close your eyes and think of a time someone helped you. Now think of one kind thing you can do for someone else today.

Gingerbread Freeze

Stand like a gingerbread person. Tense your whole body for 5 seconds... then relax everything and feel the calm spread.

