

Talk



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Be Heard

# Christmas Wellbeing Pack

The Christmas holidays are a time to relax, recharge, and enjoy a break from school. Remember, it's okay to take time for yourself and prioritise your wellbeing.

We wish you a restful and happy Christmas

## Our Christmas Prayer~

Dear God,

As Christmas approaches, help us to slow down and find moments of real rest. Give peace to our minds, calm to our hearts, and strength to anyone who feels tired or overwhelmed.

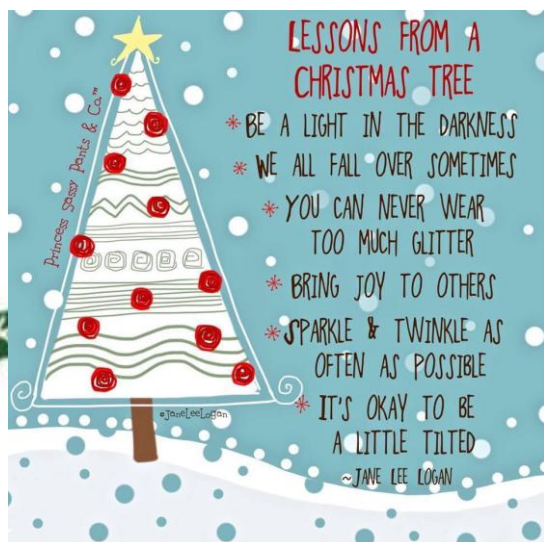
Teach us to stand together in solidarity, to notice those who are struggling, to include those who feel left out, and to show kindness even in small ways.

May this Christmas remind us that we belong to one human family, and that your love brings hope to everyone.

**Amen**



Click on the hyperlinked image to get this wellbeing planner!



## APP CORNER



Stop Breathe Think



What's Up

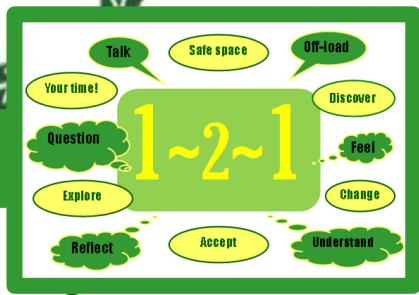


eQuoo



Smiling Mind

Check out more at <https://www.camhs-resources.co.uk/apps-1>



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# Solidarity

We Belong to one human family.

Solidarity means standing together. It's the idea that we are all part of one big human family, so we should look out for each other, especially when someone is struggling.

It's not just about feeling sorry for people. Solidarity means acting with kindness, fairness, and support so everyone has a chance to live with dignity.



*Reflect: When have you felt supported by others this year?*

*How can you show support to someone who may feel alone this Christmas?*

SUNDAY

7 Give kind comments to as many people as possible today

14 Share a happy memory or inspiring thought with a loved one

21 Appreciate kindness and thank people who do things for you

28 Be kind to the planet. Eat less meat and use less energy

SATURDAY

6 Leave a positive message for someone else to find

13 See how many different people you can smile at today

20 Help others by giving away something that you don't need

27 Call a relative who is far away to say hello and have a chat

FRIDAY

5 Give a gift to someone who is homeless or feeling lonely

12 Be generous. Feed someone with food, love or kindness today

19 Contact someone who may be alone or feeling isolated

26 Get outside. Pick up litter or do something kind for nature

THURSDAY

4 Support a charity, cause or campaign you really care about

11 Buy an extra item and donate it to a local food bank

18 Ask for help and let someone else discover the joy of giving

25 Treat everyone with kindness today, including yourself!

WEDNESDAY

3 Offer to help someone who is facing difficulties at the moment

10 Listen wholeheartedly to others without judging them

17 Give thanks. List the kind things others have done for you

24 Bring joy to others. Share something which made you laugh

31 Plan some new acts of kindness to do in 2026

TUESDAY

2 Contact someone you can't be with to see how they are

9 Notice when you're hard on yourself or others and be kind instead

16 Look for something positive to say to everyone you speak to

23 Choose to give or receive the gift of forgiveness

30 Let someone know how much you appreciate them and why

MONDAY

1 Spread kindness and share the December calendar with others

8 Do something helpful for a friend or family member

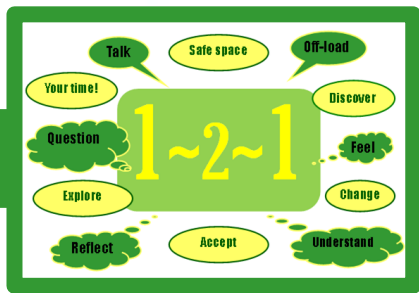
15 Say hello to your neighbour and brighten up their day

22 Congratulate someone for an achievement that may go unnoticed

29 Turn off digital devices and really listen to people

December Kindness 2025





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Be Hard

# Christmas Activities Near You

Scan these QR codes to find activities near you!

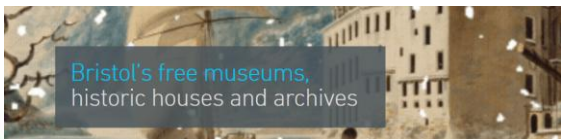
Bristol information



The Ranch, Southmead



Gym and sports activities



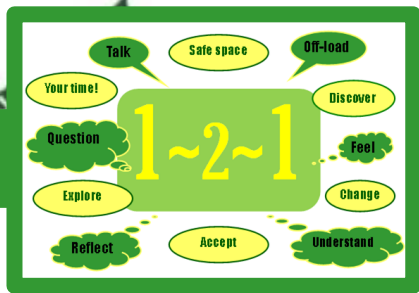
South Gloucester



## GRAND PIER

Weston-Super-Mare





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# Mental Health Support

Click on the hyperlinked images

Need someone to talk to?



Explore how to boost your mental health



## Urgent Support



Call **116 123** to talk to Samaritans, or email: [jo@samaritans.org](mailto:jo@samaritans.org) for a reply within 24 hours



Urgent Mental Health Care  
CAMHs  
**0800 953 9599**