



myHappy**mind**
Christmas Activity
Thankfulness Wreath

Thankfulness Wreath

What do you have to be grateful for from this year? Capture your answers and add them to each of your baubles so that you can decorate your thankfulness wreath!

WHAT YOU WILL NEED TO CREATE YOUR THANKFULNESS WREATH...

Pen or pencil
Paint or colouring pencils (optional)
Printer
Scissors
Sticky tape or glue

HOW TO MAKE YOUR THANKFULNESS WREATH...

Firstly, print out your thankfulness wreath template.

Next, decorate your wreath! You can use any materials you would like for this including pens, pencils or paint.

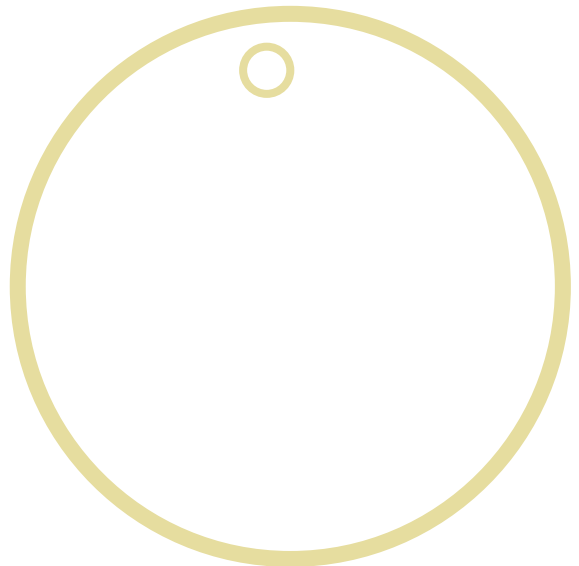
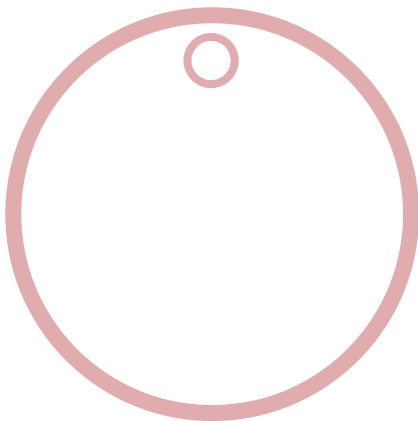
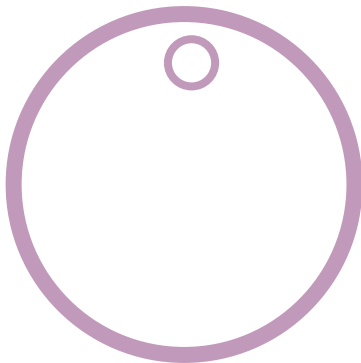
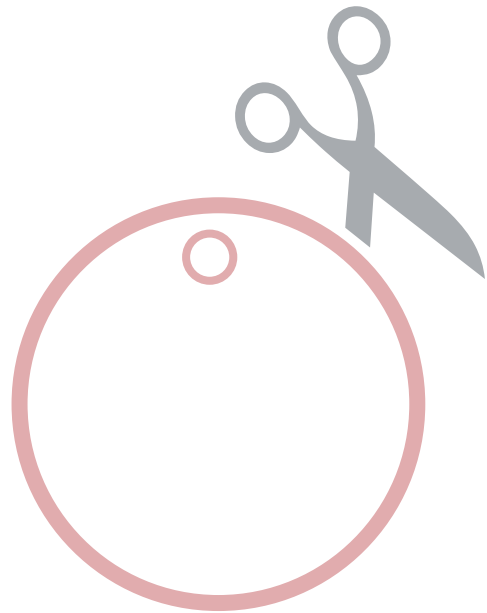
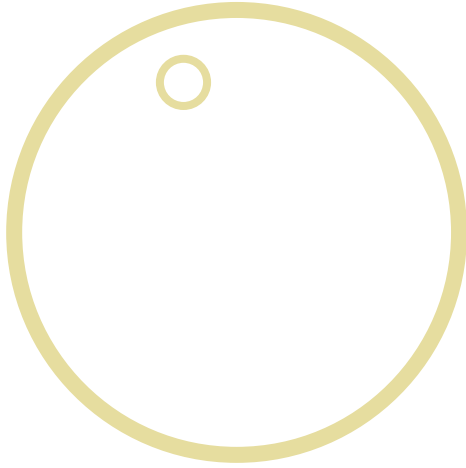
Lastly, using scissors carefully cut round the outlines of your baubles.

Using a pen or pencil write what you are grateful for on each of your baubles and stick them on to your wreath with sticky tape or glue.

Display your wreath at home or in your classroom to remind you of what you are grateful for every day!









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Christmas Activity
Character Strength Snowflakes

CHARACTER STRENGTH SNOWFLAKES

SNOWFLAKES FOR INDIVIDUALITY...

Just as every snowflake is individual, so are you and those around you. This one is for the whole family or class: spot the strengths that you've used this year, and add them to each snowflake.

How big can you make your snowflake pile?

WHAT YOU WILL NEED TO MAKE CHARACTER STRENGTH SNOWFLAKES...

A printer & paper
A pair of scissors
A pen or pencil

HOW TO MAKE CHARACTER STRENGTH SNOWFLAKES...

Firstly, print out your snowflakes and carefully cut around the outline using scissors.

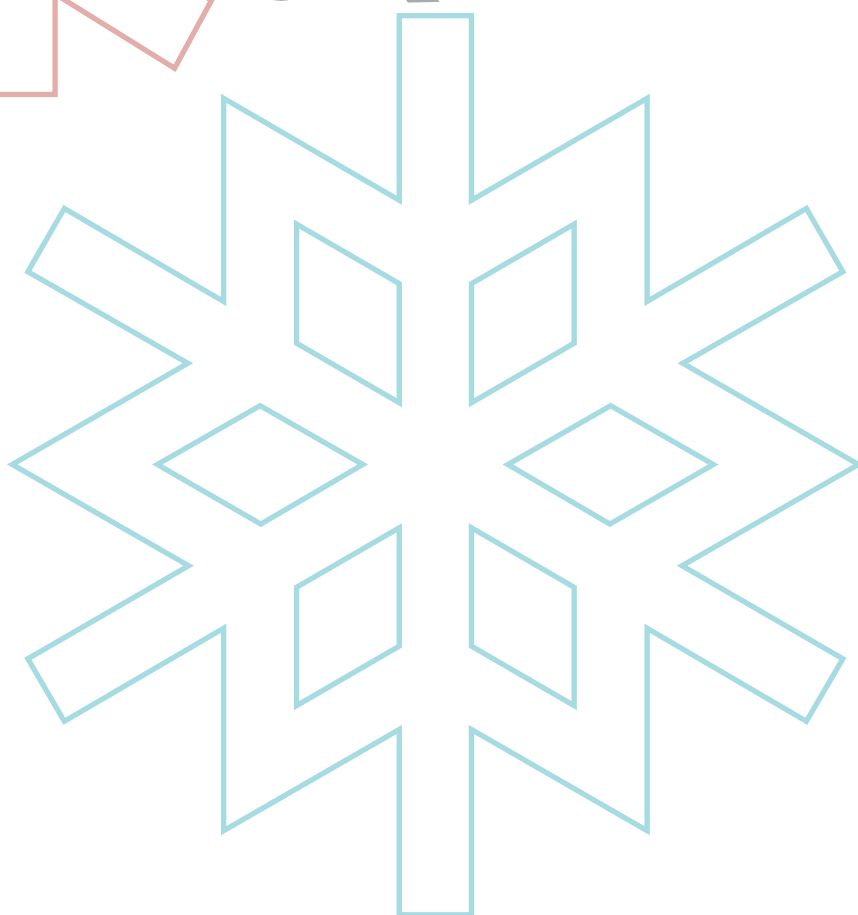
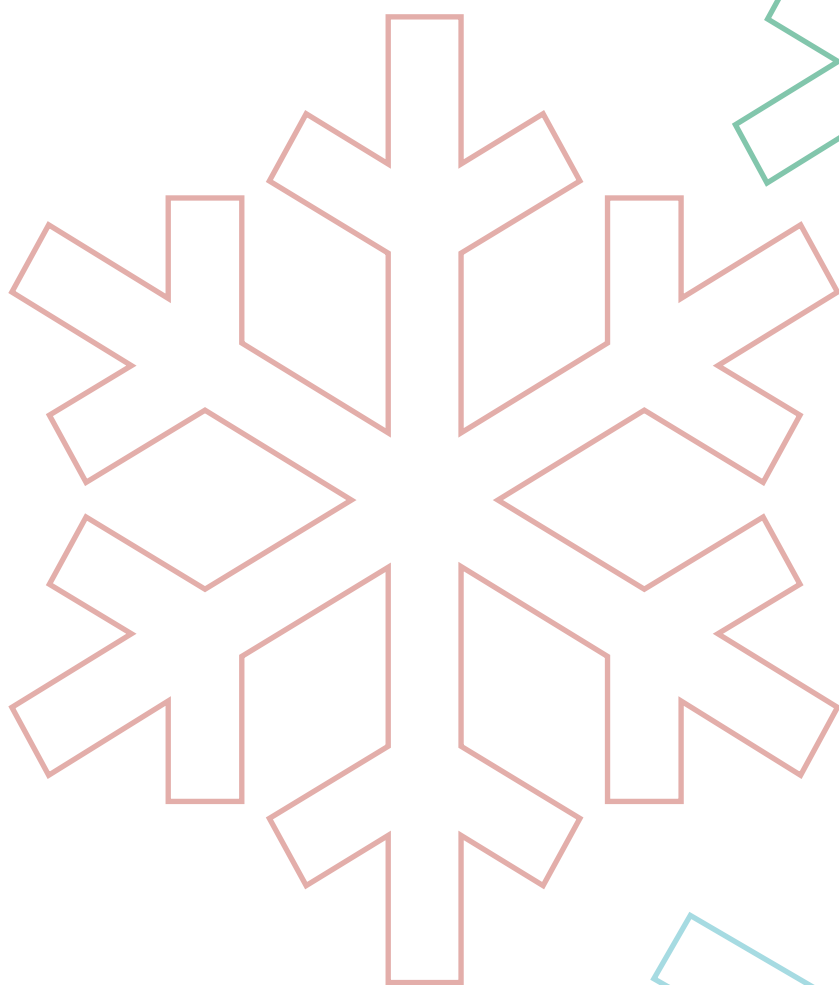
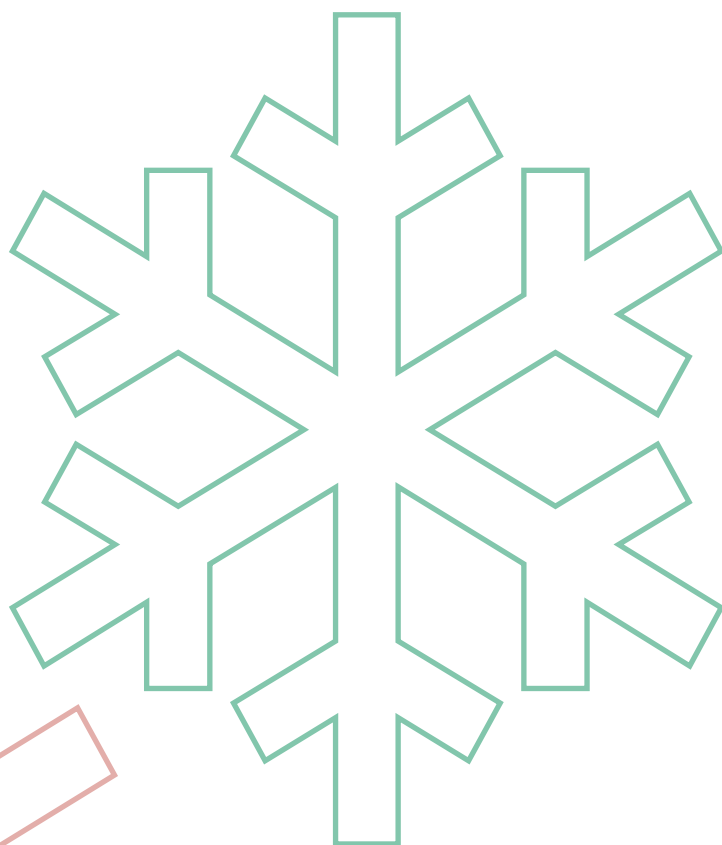
Next, using a pen or pencil write on the snowflakes the Character strengths that you recognise in each of your family members, such as Love, Kindness, Bravery, Love of Learning, Love of the world, Creativity, Honesty, Teamwork, and Friendship etc and why not colour them in too!


Don't forget that giving compliments releases the same amount of happy hormones in the person giving the lovely words as those receiving them, a win-win for everyone!

Stick to a window in a pile or coming down from the sky. See how special and individual you are just like a snowflake. You can also add the character strengths of those in your class or family!



Cut and decorate
each snowflake...





I hope you enjoy this festive activity!
On behalf of all the team at myHappymind,
I'd like to wish you a restful Christmas!

Take care,

Laura

We love being social so connect with us on
Facebook, Instagram, Twitter!

