



# Darell Primary School



## Wellbeing Newsletter December 2025

### Christmas Wellbeing tips:

While Christmas is often portrayed as a season of unbridled joy, it can significantly impact our mental health in many different ways. Whether you're actively celebrating or simply navigating the festive season happening all around you, this time of year often piles on extra **emotional, social, and financial pressure**. If you find the Christmas season difficult, demanding, or isolating, please know you are not alone. Here are some constructive tips to help you manage:

**Coping with money worries** - It can be tough to cope with the financial pressures of Christmas. This can be especially difficult if you're already struggling with money. And for many of us, rises in the cost of living will have made things even harder. Here are some ways to cope:

- Access financial support
- Make lists, plans or a budget.
- Be open with others about financial struggles.
- Look for local offers or events.
- Look for free or low-cost items online.
- Try to avoid comparisons.
- Be kind to yourself.



**Looking after yourself** - Be gentle and patient with yourself. It might help to think about what is best for your wellbeing during Christmas, and prioritise what you need.

**Planning ahead** - Think about what might be difficult about Christmas for you, and if there's anything that may help you cope. It might help to write this down. For example:

- Try to include as much of your regular routine in your Christmas plans as you can.
- Plan something nice to do after Christmas to help you destress.

**Talking to other people** - Let people know you're struggling. It can help to talk to someone you trust about how you're feeling. Letting them know what they can do to help and support you and what things to avoid doing to make this an easier time.



### Wellbeing Activity ideas:



#### Paper & Cardboard Crafts

- **Paper Snowflakes:** All you need is paper (white, silver, or colorful) and scissors. Folding and cutting creates unique designs—a classic that's great for all ages.
- **Paper Chains:** Simple strips of colored paper (red, green, gold) glued or taped into rings to create long garlands. Excellent for fine motor skills and decorating.
- **Paper Plate Faces:** Transform paper plates into festive faces like **Santa, Snowmen, or Reindeer** using paint, cotton balls, buttons, and construction paper.
- **Toilet Paper Roll Figures:** Upcycle cardboard tubes into characters like **Angels, Snowmen, Elves, or Santa** by adding paint, paper, and googly eyes.

### December Kindness 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
1	Spread kindness and share the December calendar with others	2	Contact someone you can't be with to see how they are	3	Offer to help someone who is facing difficulties at the moment	4	Support a charity, cause or campaign you really care about	5	Give a gift to someone who is homeless or feeling lonely	6	Leave a positive message for someone else to find	7	Give kind comments to as many people as possible today
8	Do something helpful for a friend or family member	9	Notice when you're hard on yourself or others and be kind instead	10	Listen wholeheartedly to others without judging them	11	Buy an extra item and donate it to a local food bank	12	Be generous. Feed someone with food, love or kindness today	13	See how many different people you can smile at today	14	Share a happy memory or inspiring thought with a loved one
15	Say hello to your neighbour and brighten up their day	16	Look for something positive to say to everyone you speak to	17	Give thanks. List the kind things others have done for you	18	Ask for help and let someone else discover the joy of giving	19	Contact someone who may be alone or feeling isolated	20	Help others by giving away something that you don't need	21	Appreciate kindness and thank people who do things for you
22	Congratulate someone for an achievement that may go unnoticed	23	Choose to give or receive the gift of forgiveness	24	Bring joy to others. Share something which made you laugh	25	Treat everyone with kindness today, including yourself!	26	Get outside. Pick up litter or do something kind for nature	27	Call a relative who is far away to say hello and have a chat	28	Be kind to the planet. Eat less meat and use less energy
29	Turn off digital devices and really listen to people	30	Let someone know how much you appreciate them and why	31	Plan some new acts of kindness to do in 2026								



ACTION FOR HAPPINESS

Happier · Kinder · Together



