

12 DAYS OF FESTIVITIES TO KEEP SPIRITS HIGH

1

WATCH A FESTIVE FILM.



2

FESTIVE BAKING!
ENJOY THE AROMAS AS WELL AS THE TASTE!



3

DONATE TO A LOCAL FOOD BANK.



TAKE A MOMENT TO
THINK OF SOMEONE
LESS FORTUNATE THAN YOU.



4

MAKE A FESTIVE WREATH.



6

TAKE A LONG WALK AND ADMIRE THE SCENERY, NOTICE THE SOUNDS AND THOUGHTS IT PROVOKES.



7

COOK UP A STORM IN THE KITCHEN
WITH A WINTER WARMING RECIPE.



8

RECONNECT
WITH SOMEONE YOU'VE LOST CONTACT WITH.



9

GIVE THREE THINGS TO CHARITY
THAT YOU'VE NOT WORN OR USED THIS YEAR.



10

TAKE FIVE MINUTES
TO PRACTISE MINDFULNESS OR CALMING TECHNIQUES.



11

GET CREATIVE
DRAW A PICTURE. SOMETHING THAT MEANS SOMETHING TO YOU.



12

VISIT WILDLIFE AT A LOCAL PARK

IF ALLOWED, WHY NOT FEED THE WILDLIFE - NUTS FOR SQUIRRELS AND BIRD SEED FOR THE DUCKS.

