



St Joseph's Catholic Primary School, Guildford  
*The Way, The Truth, The Life*

# Wellbeing at St Joseph's



## Christmas 2024


Welcome to the Christmas Wellbeing newsletter.  
Christmas is a really busy time of year for us all. All the preparations that feel so important and need to be done before 25th December. There never seems to be enough hours in the day to get everything done!

Maybe this Christmas try and take a step back and think about what is really important.....

 be satisfied with good enough - nothing is perfect

 set yourself modest expectations

 schedule relaxation time - it's important to recharge your batteries

 ask for help - you don't have to do everything on your own

 don't bottle up your stress - share your feelings

 have some family fun

 get out of the house and go for a walk

You could try our '7 days of Christmas Challenge' as a family:



Day 1

**Affirmation:** I can give things a try

**Activity:** Write or draw your favourite part of the week or weekend

**Challenge:** Ask someone to play a game



Day 2

**Affirmation:** We are all important

**Activity:** Draw, write or talk about your favourite place or somewhere you would like to visit one day

**Challenge:** Ask someone about their favourite place



Day 3

**Affirmation:** I am a good friend

**Activity:** Write or draw about a time when you gave a helping hand to someone

**Challenge:** Help a friend/family member today



Day 4

**Affirmation:** We are thankful for everything we have

**Activity:** Write or draw one thing that has made you smile this week (you may have more than one!)

**Challenge:** Help around the house



Day 5

**Affirmation:** I am resilient

**Activity:** Draw, write or talk about something that you found tricky but you managed to do it!

**Challenge:** Say something kind or encouraging to a friend/family member



Day 6

**Affirmation:** All emotions are okay

**Activity:** Draw or write as many different emotions you can think of

**Challenge:** Make someone smile today by telling them a joke



Day 7

**Affirmation:** We are all unique

**Activity:** Draw or write about three things you are really good at

**Challenge:** Use one of your talents today

Mrs Sewell and Mrs Alongi  
Pastoral Team