

## THEME: INVITE WARMTH AND COMFORT



Take a moment to pause with this visualisation.

Imagine you are sitting by a cosy fireplace.

You snuggle up in your favourite jumper or blanket...

You feel the warmth of the fire on your face..

The orange and yellow glows of the fire are so peaceful..

And you can hear the soft sounds of crackling wood.

You feel calm and safe here.

Take a deep breath in through your nose,

And let the smells of pine and cinnamon comfort you.

Now tell yourself: "I invite quiet. I breathe in warmth. I am comforted."

Now breathe in... And breathe out.

May you be safe. May you be healthy. May you be loved.

We are here for you, for them.



### MANTRA

"I invite quiet.  
I breathe in warmth.  
I am comforted."



# CHALLENGE

## Parent Time-Out



With all the stresses at this time, tensions can rise. It is important for you to take some time out, just to yourself, and show your children how to positively deal with stress. Have a 10 minute bath, read a few pages of your book, or simply find a quieter spot and close your eyes for a few minutes while breathing slowly. Value the importance of this time and space, and your children will learn to do the same.



# ACTIVITY

## Mulled Apple Juice



Do something new and festive to take the focus off stress. Try this comforting recipe from the BBC, then once you've made it, sit down together for some colouring, reading or even just a cuddle.

1 Liter Apple Juice, Strips of Orange Peel, 1 Cinnamon Stick , plus extra to garnish, if you like, 3 Cloves, Sugar or honey to taste

- Simmer the apple juice with the strips of orange peel, cinnamon stick and cloves for about 5-10 mins until all the flavours have infused. Sweeten to taste. Serve each drink with a little orange peel and a piece of cinnamon stick, if you like.

