



## Give

With the holidays fast approaching, perhaps you could give your time to someone. It doesn't cost anything, but is always appreciated. Perhaps it's speaking to a neighbour, stopping what you are doing to help someone, or simply watching a movie together.

## Connect

Play a game with a friend or family member. It could be a card or board game, or even a game you have made up. Have fun!

## Take Notice

Take notice of how much sleep you are getting. You must remember to take time to relax and rest your body, particularly at this busy time of year.

When you are rested, you feel better to cope with your day.

## Keep Learning

Research a topic you are interested in using books or the internet. What amazing facts have you found out? How could you present your information so others can find out about it? Perhaps with a drawing, homemade book or powerpoint presentation.

## Be Active

Have you ever had a dance party around your house? Perhaps pop on your favourite music and instead of just singing along, try a few dance moves. The crazier, the better!

Who loves dancing the most in your house?