

## MINDFUL HOLIDAY MOMENTS



In a time when our minds can  
feel so busy,  
with checklists and people to  
see,  
we can get stuck in thoughts of  
what might be.

So here's an invitation for your  
given or chosen family,  
to play curiously,  
and notice mindfully.

It's no contest,  
but little moments to help  
depress,  
and let go of all the rest.

To see nature's wonders,  
sounds, scents and taste holiday  
flavours,  
taking time to express thanks  
and kindness to self and others.

## Household Items

Snow globe

Baked good

Santa (plushie, decorative figure,  
or a photo from a book will do)

Hot cocoa or warm drink

Music playlist or bells

Christmas tree

A gift

All optional, you have full  
permission  
to modify as you like



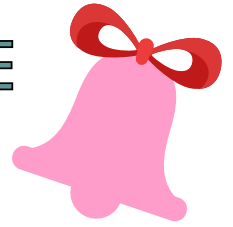


## WATCH THE SNOW FALL

Outside, or a snow globe works too



## HEAR THE MUSIC



## SMELL THE GOODNESS



## DO SOMETHING KIND FOR SOMEONE ELSE

Donate, compliment, help, smile, share, you decide

## BREATHE LIKE SANTA

Take a deep breath in through the nose, hold it for a moment, slowly let it out with a slow: "Ho ho ho"

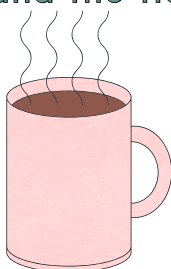


## STRETCH TALL LIKE A CHRISTMAS TREE

Move, stretch, walk- feel into the body

## FEEL THE TASTE

Prepare a hot cocoa or, tea and enjoy it slowly, feeling warmth and the flavours



## IMAGINE ALL THE STEPS ITS TAKEN BEFORE A GIFT ARRIVED TO YOU



From those that had a hand in creating, constructing, selling, wrapping, etc. much to be grateful for