

2021 X'mas Advent For Well-Being Parent & Child(ren)

Take time to discuss and enjoy the activities together!



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1
RITUAL
PER DAY

May you & your child(ren) have a peaceful festival



1
Mindfully together sip favorite hot drinks



2
Breathe through this pose for 5 mins



3
Design your Christmas trees



4
Find a song to sing or play till X'mas Day



5
Be a secret Santa for another family member



Meditation/ Visualization

6
Do BODY SCAN meditation for 5 mins



7
Do something heart-warming for someone



8
Shine yourselves today as bright stars



9
Say it loud "We love ourselves"



10
Enjoy this pose for 5 mins



11
Select & color a mandala image



12
Pick 3 songs to dance & have fun



Being Mindful/ Present/

13
Hug all family members



14
Enjoy this pose for 5 mins



15
Write a thank you letter to each other



16
Do 1 kind act to a stranger



17
Express gratitude to 3 persons



18
Enjoy this pose with fun together



19
Take a walk in the nature (breathe)



Express Gratefulness/ Appreciation

20
Mindfully taste the fruits you eat



21
Let go 1 of your X'mas worries



22
Enjoy this pose for 5 mins



23
Make a wild wish for 2022



24
Do 1 fun thing together & take photo



25
Wishing you well in 2022!!

** Parents, please take lead and show your child(ren) about self-care and caring for others! **

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