

Time for reflection....



List 5 things you are proud of this year....  
or create a 'best bits' of 2025' poster.

Pop this booklet into the postbox (in the triangle at school) after the Christmas holiday to get your MOLE challenge signed off, be entered into our prize draw and receive a special WAM voucher! :-)

## Back to Basics AND 'MOLE' Christmas Challenge!



Can you demonstrate the 5 ways of wellbeing over Christmas?

There are some challenges inside....

You will be able to tick off 'Caring' from your CRAB MOLE challenges if you do these - as well as be entered into our prize draw!

Remember to post this booklet into the post box in school after the Christmas break!

Name: \_\_\_\_\_

Class: \_\_\_\_\_

The 5 ways of wellbeing are: NOTICE, GIVE, CONNECT, LEARN and BE ACTIVE. Can you complete all these challenges over the Christmas break? Have a go! Get your family involved too!



NOTICE....

Can you NOTICE yourself and your family over the busy festive season and help yourself and others stay calm?

Try this:

Hot chocolate breathing—pretend to blow on your hot chocolate to calm down....  
5 minute stretch like an elf when you wake up!

LEARN....

Can you LEARN how to wrap gifts?  
Start with simple shapes and then learn how to wrap those trickier gifts!  
Or could you complete a Christmas puzzle?



GIVE....

Can you GIVE kindness to others?

Perhaps say something kind to a different person every day....or....help tidy up—without being asked!

Perhaps you could donate a toy you no longer use to a charity?

Or help out by setting the table?



CONNECT...

Can you CONNECT with a family member by interviewing them about their favourite childhood Christmas memories?  
You might discover something new or share a common interest!



BE ACTIVE....

Can you BE ACTIVE and complete some Elf Energy Challenges?

10 elf star jumps

A reindeer run around the garden or park

8 candy cane twists (twist your torso from side to side)

10 North pole knee lifts

15 present passing side steps

8 reindeer hops (two footed jumps)

