



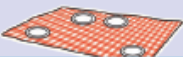
# DECEMBER WELLBEING NEWSLETTER

## UPCOMING EVENTS

11 December

Start Winter  
Break

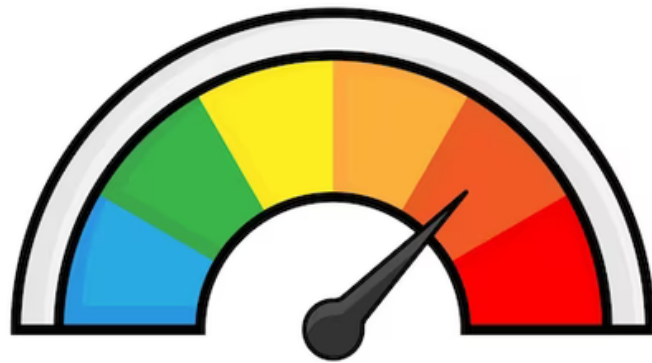
## Boredom Buster! Winter Activity Calendar

<p>Day 1 <input type="checkbox"/></p> <p>Make a winter journal using materials you find around the house.</p>	<p>Day 2 <input type="checkbox"/></p> <p>Paint a picture of what you see outside your window.</p>	<p>Day 3 <input type="checkbox"/></p> <p>Create snowflakes to put in your windows at home.</p>	<p>Day 4 <input type="checkbox"/></p> <p>Have a play day with friends in your backyard or house.</p>	<p>Day 5 <input type="checkbox"/></p> <p>Have a winter snack party with your family.</p> 
<p>Day 6 <input type="checkbox"/></p> <p>Enjoy a picnic inside. Lay a blanket out and enjoy a meal with your family.</p> 	<p>Day 7 <input type="checkbox"/></p> <p>Make puppets using paper bags and put on a show for your family.</p>	<p>Day 8 <input type="checkbox"/></p> <p>Have a family board game night.</p> 	<p>Day 9 <input type="checkbox"/></p> <p>Create art on black construction paper using chalk.</p>	<p>Day 10 <input type="checkbox"/></p> <p>Have a karaoke day with friends.</p>
<p>Day 11 <input type="checkbox"/></p> <p>Draw a picture of the winter scenery where you live.</p>	<p>Day 12 <input type="checkbox"/></p> <p>Make an art project using your handprints and paint.</p> 	<p>Day 13 <input type="checkbox"/></p> <p>Invite friends for a fun art day. Make an art gallery with your art.</p>	<p>Day 14 <input type="checkbox"/></p> <p>Write a letter to a favorite teacher, neighbor, or friend.</p>	<p>Day 15 <input type="checkbox"/></p> <p>Have a movie night with your family.</p> 
<p>Day 16 <input type="checkbox"/></p> <p>Visit the library with your family.</p>	<p>Day 17 <input type="checkbox"/></p> <p>Invent something to keep people warm when it is cold. Draw a picture of your invention.</p>	<p>Day 18 <input type="checkbox"/></p> <p>Enjoy hot cocoa with your friends or family.</p> 	<p>Day 19 <input type="checkbox"/></p> <p>Create a scavenger hunt for your family. See if they can follow the clues!</p>	<p>Day 20 <input type="checkbox"/></p> <p>Have a family talent show night.</p>
<p>Day 21 <input type="checkbox"/></p> <p>Go on a virtual field trip with your family.</p>	<p>Day 22 <input type="checkbox"/></p> <p>Make a tent fort inside.</p>	<p>Day 23 <input type="checkbox"/></p> <p>Take your winter journal outside and write a story about something in nature.</p>	<p>Day 24 <input type="checkbox"/></p> <p>Build something with recycled materials or building blocks.</p>	<p>Day 25 <input type="checkbox"/></p> <p>Make a treasure map.</p> 



# TOPTIPS CHALLENGING BEHAVIOUR AT HOME

## Clear Expectations



### EXPECTATIONS



Make a set of family expectations (this is more positive than rules), focusing on what you feel is most important. Too many expectations can be confusing, therefore try to keep them to 10. Make a list of the family expectations and clearly display them so you can refer to them throughout the day when discussing behaviour with your child (such as "We tidy our toys away when we have finished with them."). Discuss the expectations with your child - make it clear what the rewards are for following the expectations and what the consequences might be if they are not followed.