



HAZEL WOOD INFANT SCHOOL

CHRISTMAS EDITION

Healthy minds, healthy lives, healthy future

CHRISTMAS FUN!

The Christmas holidays are a fun and exciting time for most families. However, it can leave you feeling exhausted as a parent/care giver and child. Being over stimulated can lead to sensory overload for you and your child.

Below are some ways that you can support this and try to support and engage with your child at home during the holidays. The activities are designed to encourage communication, learning through play and help develop social and emotional skills to help your child flourish.

WHAT CAN I DO AT HOME?

- ❖ **Relax-** It may seem obvious, but we are all guilty of feeling the need to fill our time and fill our children's time. It is ok to be bored and it is ok to not do an activity and have a home day. Children will often say they are bored when confronted with nothing but time, their imagination will often go away but they will then come up with a great game on their own. *This encourages create play, learning emotions and social skills. This will then boost communication and self-esteem when they achieve creating on their own.*
- ❖ **Teach gratitude-** Often we forget what we are grateful for and the positives in our day. We tend to focus on what went wrong. Everyday try to think about what you are grateful for. A great time to do this is at family dinner times. Put electronics away and make time to check in with each other. *This helps your child learn social skills and promotes their self-esteem.*
- ❖ **Exercise-** This is a great way to spend time with your child and move your body. This one is great, especially if you have a child with a lot of energy and gets over stimulated. Movement helps. You can move like an animal (see below HIIT workout guide). Wheelbarrow walking is another great way to help a child who is over stimulated as it makes them aware of their muscles and regulates. By encouraging your child and offering growth mindset praise such as "great effort", "I like how you moved like a cheetah" then "I love you took your time to do that" you create a child who is resilient and confident, boosting their self-esteem. Try not to offer inflated praise such as "you're the best". Although this seems a helpful phrase it creates a child who has low resilience when they cannot achieve something. More information can be found <https://positivepsychology.com/growth-mindset-for-kids/>

- ❖ **Cooking-** You can involve your child by asking them to put pasta in a pot, progress it further by asking them to count how many they put in. Make it fun and enjoy showing your child a skill. Maybe sharing a memory of how you learnt to cook. *This can help children develop socially and emotionally and promotes self-esteem when they get a sense of achievement.*
- ❖ **Lego-** Building blocks or Lego are a great way to get your child to use their problem-solving skills and creativeness. They can build whatever they want, and you can join in, sit on the floor and talk, ask questions and create something together. *This game encourages communications, resilience, problem solving, motor skills, emotional development.*
- ❖ **Games-** Board games and cards are all great ways to spend time away from a screen and spend quality time with your child. Helping your child understand turn taking and not winning are helpful life skills. You could progress the game by creating your own board games and using paper or card for the board and counters. *This game encourages communications, resilience, problem solving, motor skills, emotional development.*
- ❖ **Music-** A great way to help your child to unwind from a busy day. Singing, dancing or just relaxing to music are all great ways to promote good wellbeing and regulation. *This can help children develop socially, have self-awareness, regulate emotionally and promotes self-esteem.*

CHRISTMAS FUN!

- ❖ **Furzey Gardens-** Christmas trails, the furzey express **13th-23rd December 2025**
[Shows Archive - Furzey Gardens](#)
- ❖ **Exbury Gardens-** Christmas fair and trail
[Exbury Gardens & Steam Railway |](#)

High-five breath

This is a handy practice to help you feel calm by paying attention to your breath. Matching mindful movement with your breathing can be calming. Take your time.

 FOR THE GROWN-UPS...

Briefly pausing at the top and bottom of each breath is healthy, but holding your breath can cause tension or anxious feelings.

1

Starting at the outside edge of your thumb, breathe in and use your index finger to trace up to the top. When you breathe out, slowly trace down the other side.

Begin here, at the outer edge of your thumb.

2

Keep breathing in and out, tracing up and down for a total of five breaths until you reach the other side of your hand.

Keep going up and down until you reach the other side of your hand.



7 MINUTE HIIT WORKOUT FOR KIDS

DO AS MANY OF EACH MOVE AS YOU CAN IN 45 SECONDS. TAKE A 15 SECOND BREAK IN BETWEEN.



FROG JUMP

Hop, hop hop! up and down like a frog



BEAR WALK

With your hands & feet on the floor, hips high, walk left & right



GORILLA SHUFFLE

In a low sumo squat, use your hands to balance and shuffle around the room.



STARFISH JUMPS

Jump up and down spreading your arms and legs wide (jumping jacks)



CHEETAH RUN

Run in place as fast as you can, just like the fastest animal in the Sahara



CRAB WALK

Sitting down, place your palms on the ground behind you, lift your hips and crawl on your hands and feet.



ELEPHANT STOMPS

March in place, stomping your feet as hard as you can.

he's
EXTRAORDINARY
TOOLS FOR RAISING AN EXTRAORDINARY PERSON

8 Minute Animal Themed Workout for Kids

1. Set interval timer
for 45 seconds of
work, 15 seconds of
rest

2. Do as many of each
move as you can.



lizard runs



kangaroo jumps



monkey climbs



hummingbird flies



snake crawls



hatching butterfly



donkey kicks



downward dog

Gratitude walk

Go for a walk around your house, garden, classroom or school. Use your senses of sight, hearing, touch, smell and taste to make a list of things you are grateful for. Write them below.

The worksheet is designed for a gratitude walk activity. It features five large rectangular boxes for notes, each with a label for a sense: Hear, See, Touch, Smell, and Taste. The page is decorated with a banner at the top, several stars, and a bee logo at the bottom.

Hear

See

Touch

Smell

Taste