



Winter Wellbeing Vibes

Design a happy December playlist

Think about your favourite things that help you feel happy and calm. You can use these things to create your own **Winter Wellbeing List** to have a great time during colder months.

My favourite music: *(Maybe a recent hit, a movie song or a TV theme tune?)*

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My favourite hobby: *(Maybe drawing, baking, gaming or dancing?)*

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My favourite toys: *(Maybe a soft toy, building blocks or something else?)*

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My favourite place: *(Maybe your bedroom, a shop or your classroom?)*

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A large dashed rectangular box for drawing.

Draw you and your favourite things here!

