

9 Habit Activities December: Joyful

★ Each morning, write out a note of gratitude – what are you joyful for? This will start your day off feeling positive!

★ Bring some joy into your home by creating some Christmas decorations! Using a piece of cardboard, cut out a triangle in the shape of a Christmas tree. Then, paint some dry pasta in green to stick on the template as leaves. Paint some cereal pieces in any colour you want to make the decorations. Finally, cut out a star using the cardboard to stick on top!

★ To add some joyfulness to your dinner, have a go at making a fruity Christmas dessert! You will need: bananas, strawberries, marshmallows, smarties and wooden skewers. Build up your ingredients like the picture and enjoy a delicious, joyful treat!

★ An easy way to spread joyfulness is by singing! Practise singing your favourite song or Christmas carol. Then, have a go at performing it in front of your family or friends to bring some joy to them!

